



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Fenugreek, Fennel, Dill, Caraway Garlic oil حلبة/ شمر/ شبت/ كراوية

1. Names & Synonyms

Fenugreek (1)

Trigonella foenum-graecum L.

Syns.: *Buceras foenum-graecum* (L.) All., *Foenum-graecum officinale* Moench, *Folliculigera graveolens* Pasq., *Telis foenum-graecum* (L.) Kuntze, *Xiphostylis erectus* Gasp.

Family: Fabaceae (Leguminosae)

Arabic: Hulbah, Helba حلبة (2,3).

English name: Fenugreek, Greek hay, Greek clover and Greek hay seed (4-6).

Fennel (7)

Foeniculum vulgare Mill.

Family: Apiaceae (Umbelliferae).

Syns: *Anethum foeniculum* Clairv., *A. foeniculum* L., *A. rupestre* Salisb., *Feniculum commune* Bubani., *F. azoricum* Mill., *F. capillaceum* Gilib., *F. dulce* DC., *F. foeniculum* L. H. Karst., *F. officinale* All., *F. panmorium* DC., *F. piperitum* DC., *F. sativum* Bertol., *Ligusticum divaricatum* Hoffmannsegg et Link, L., *Foeniculum* Crantz., *Meum foeniculum* L. Spreng., *Ozodia foeniculacea* Wight et Arn., *Selinum foeniculum* L. E.H.L.Krause.

Arabic: Shamar شمر

English: Fennel

Dill (8)

Anethum graveolens L.



Family: Apiaceae (Umbelliferae).

Syns: *Pastinaca anethum* Spreng., *Peucedanum graveolens* Benth. & Hook.,
Selinum anethum Roth.

Arabic: Shabat شبات

English: Dill.

Caraway (9)

Carum carvi L.

Family: Apiaceae (Umbelliferae).

Syns. *Carum velenovskyi* Rohlena.

Arabic: karawya كراوية

English: Caraway.

2. Parts used for medicinal purpose

Fenugreek: seed (4,5,10,11).

Fennel: fruit (12).

Dill: fruit (8).

Caraway: fruit (14, 15).

3. Major chemical constituents

Fenugreek

- **Polysaccharides:** Mucilage (mainly galactomannan) (16).
- **Steroidal saponins:** Diosgenin (as main sapogenin) (17).
- **Alkaloids:** Trigonelline (18), carpaine and choline (19, 20).
- **Others:** Protein (20), fats, fibres, minerals (zinc and iron), flavonoids (apigenin, orientin, luteolin, quercetrin, vitexin, and isovitexin) and volatile oil (17).

Fennel (21)

- **Essential oil:** *trans*-anethole (+)-fenchone, estragole (methylchavicol), limonene, *p*-anisaldehyde, α -pinene and α -phellandrene.



- **Phenolic acids:** rosmarinic acid and caffeoylquinic acid derivatives.
- **Flavonoids :**eriodictyol-7-rutinoside, quercetin-3-rutinoside.
- **Others:** triterpenes, smaller terpenes (monoterpenoids, sesquiterpenoids and diterpenoids) and reducing sugars.

Dill

Essential oil: carvone, limonene, α -phellandrene, dihydrocarvone, dillapiole (13), 1,8-cineole, α -pinene and α -terpene (8).

Caraway

- **Essential oil:** mainly carvone and limonene (22).
- **Fatty acids:** mainly unsaturated fatty acids as petroselinic, linoleic and oleic acids beside saturated fatty acids as myristic and palmitic acids (22, 23).
- **Flavonoids:** quercetin, kaempferol and their glycosides (quercetin-3-glucuronides, quercetin 3-*O*-caffeoylglucoside and kaempferol 3-glucoside) and isoquercitrin (22, 24).
- **Protein** (22).

4. Medicinal uses (Indications)

- A) Galactagogue to improve lactation.
- B) For dyspeptic complaints.
- C) For symptomatic treatment of discomfort associated with menstrual period.

5. Herbal preparations correlated to medicinal use

Combination of fenugreek powder, fennel Powder, dill powder and caraway powder.

Herbal preparations are in pharmaceutical dosage forms. The pharmaceutical form should be described by the pharmacopoeia full standard term.



6. Posology and method of administration correlated to medicinal use

Adults above 18 years old:

Combination of 500mg of fenugreek powder, 100mg of fennel powder, 100mg of dill powder and 300mg of caraway powder, 3-4 times daily.

Duration of use:

If the symptoms persist longer than 2 weeks during the use of the medicinal product, a doctor or a pharmacist should be consulted.

Method of administration: Oral use.

7. Contraindications

- Hypersensitivity to the active substances and to other plants of the same families.
- Patients with known hypersensitivity to Asteraceae (Compositae) should avoid the use of the medicinal product because of cross reactivity risk (12).

8. Special warnings and precautions for use

- If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- The use in patients with liver disease, cholangitis, achlorhydria, gallstones and any other biliary disorder is not recommended (14).
- The use in children and adolescents under 18 years of age is not recommended (4).
- Due to possible hypoglycaemic effect of the medicinal product, close monitoring of glycaemic control should be considered in patients treated for diabetes mellitus (4).

9. Interactions with other medicinal products and other forms of interaction

- Non reported.



10. Fertility, pregnancy and lactation

- Owing to its stimulatory effects on the uterus, the product should not be used during pregnancy (11).
- Promote lactation (5, 25, 26)
- No fertility data available.

11. Effects on ability to drive and use machines

- No studies on the effect on the ability to drive and use machines have been performed.

12. Undesirable effects (4)

- Gastrointestinal disorder: flatulence diarrhoea.
- Nervous system disorder: dizziness.
- Minor allergic reactions .
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose (4)

- High dose (between 25g and 100 g daily) may cause minor gastrointestinal symptoms such as diarrhoea and flatulence.

14. Relevant biological properties

Not required as per Egyptian guidelines for registration of herbal medicines.

15. Additional information

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16. Date of compilation/last revision

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