



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations used in Egypt

Egyptian Drug Authority (EDA)

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Ginkgo, Korean Ginseng, Royal jelly

چنکو / چنسنگ/رويال جيلي

1. Names & Synonyms

Ginkgo (1)

***Ginkgo biloba* L.**

Family: Ginkgoaceae.

Syns. *Pterophyllus salisburyensis* Nelson, *Salisburia adiantifolia* Smith, *S. macrophylla* C. Koch

Arabic: Ginkgo چنکو

English: Ginkgo leaf (2), Fossil tree; Kew tree; Maidenhair tree. (3).

Korean Ginseng (4)

***Panax ginseng* C. A. Meyer.**

Family: Araliaceae.

Syns.: *Aralia ginseng* (C. A. Mey.) Baill, *Panax verus* Oken (4).

Arabic: Ginseng جنسنگ

English: Korean Ginseng, Red Ginseng, White Ginseng (5), Asian Ginseng (6).

2. Parts used for medicinal purpose

Ginkgo: Leaves (1, 3, 7, 8).

Korean Ginseng: Roots (9-12).



3. Major chemical constituents

Ginkgo

- **Flavonoids:** Flavonols (quercetin, kaempferol, isorhamnetin, and their glycosides and coumaroyl esters) (13), proanthocyanidins (yield delphinidin and cyanidin as main building blocks after acid hydrolysis) (14,15).
- **Terpene lactones:** Bilobalide, ginkgolides A, B, C, J, M (13).
- **Amino acids:** 6-Hydroxykynurenic acid (2-carboxy-4-one-6- hydroxyquinoline), a metabolite of tryptophan (16).
- **Others:** Benzoic acid, ginkgolic acid, 2-hexenal, polyprenols (e.g. di-trans-polycis-octadecaprenol) and acidic polysaccharide (17).

Korean Ginseng

- **Triterpenoid saponins (Ginsenosides):** A complex mixture of compounds including Rb1, Rb2, Rc, Rd, Re, and Rg-1 (11,18).
- **Polysaccharides:** Pectins and glucans (19).
- **Others:** Peptides, polyacetylenic alcohols, fatty acids (11), starch, β -amylase, vitamins (B1, B2, B12, pantothenic acid, biotin), choline, minerals (11).

4. Medicinal Uses (Indications)

- A) Symptoms of Asthenia such as fatigue and weakness.
- B) Improvement of (age-associated) cognitive impairment and quality of life in mild dementia.

5. Herbal preparations correlated to medicinal use

1. Combination of ginkgo powder extract (Extraction solvent: ethanol/water), Korean ginseng powder extract (Extraction solvent: water) and Freeze-dried royal jelly powder.
2. Combination of ginkgo powder extract (Extraction solvent: Ethyl Alcohol), Korean ginseng powder extract (Extraction solvent: Ethyl Alcohol) and Freeze-dried royal jelly 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 and elderly

1. Combination of 60-240 mg of ginkgo extract, 13.6-54.4 mg of Korean ginseng extract and 100-400 mg of Freeze-dried royal jelly, daily after meals.
2. Combination of 60 mg of ginkgo extract, 100 mg of Korean ginseng extract and 200 mg of Freeze-dried royal jelly, 3 times daily after meals.

Duration of use:

Treatment should last for at least 8 weeks. If the symptoms persist for more than 2 weeks, a doctor or a pharmacist should be consulted.

Method of administration: Oral use.

7. Contraindications.

- Hypersensitivity to the active substance(s) and to other plants of the same families.
- History of asthma or allergies.
- If breast cancer or other estrogen-dependent conditions are present, The product should not be used (2).

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 children and adolescents under 18 years of age has not been established (12,22).
- General caution should be taken in patients with cardiovascular disease or diabetes (8,10,11).
- In patients with a pathologically increased bleeding tendency (haemorrhagic diathesis) and concomitant anticoagulant and antiplatelet treatment, the medicinal product should only be used after consultation with a doctor (2, 7,20).



- In patients with epilepsy: The product may decrease seizure threshold (2, 7, 21).
- Use should be stopped prior to surgery due to a potential risk of increased bleeding or interaction with perioperative drug treatment (21).

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

- Concomitant use of the medicinal product and efavirenz is not recommended (7).
- Anticoagulants, platelet inhibitor, salicylates and other non-steroidal anti-inflammatory drugs: their effect may be influenced, the product should not be taken concurrently with these products (2,7).
- Antidiabetics, Insulin: the product may decrease blood glucose levels, it may increase the hypoglycemic effect of antidiabetics; avoid concurrent use (2).
- Immunosuppressants: the product may diminish the effect of immunosuppressants; do not use immediately before, during, or after transplant surgery (2).
- Anticonvulsants: the product components may decrease the anticonvulsant effect; concurrent use should be avoided (7).
- Buspirone, fluoxetine: concurrent use may cause hypomania (2).
- Cytochrome P450IA2/P4502D6/P4503A4 substrates: the medicinal product may affect drugs metabolized by these agents (2).
- Selective serotonin reuptake inhibitors (SSRIs): the product is often used to reverse the sexual side effects of SSRIs (2).
- Trazadone: concurrent use with trazadone may cause coma (2).
- MAOIs: Concurrent use with MAOIs may result in manic-like syndrome (2).
- Stimulants: Use of stimulants (e.g., xanthines) concurrently is not recommended; overstimulation may occur (2).
- Ephedra: Concurrent use of ephedra may increase hypertension and central nervous system stimulation; concurrent use should be avoided (2).



Lab Test (2):

- Partial thromboplastin time, INR: the product may affect plasma partial thromboplastin time and INR.
- Platelet activity: the product may affect platelet activity.
- Prothrombin time, blood salicylate: the product may affect prothrombin time and blood salicylate.
- Serum, urine estrogens: the product may have an additive effect on serum and 24-hour urine estrogens.
- Serum digoxin: the product may falsely increase serum digoxin.

10. Fertility, pregnancy and lactation

- The use during pregnancy and lactation should be avoided (3, 21).
- 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

- Hypersensitivity reactions (allergic shock) may occur, skin, subcutaneous tissue disorders and allergic skin reactions (erythema, oedema, itching, rash) may also occur (2,7,14).
- Headache and dizziness (2,7).
- Insomnia, anxiety (2).
- Mild gastrointestinal complaints such as diarrhoea, abdominal pain, nausea and vomiting (7, 12).
- Bleeding of the patient organs has been reported (eye, nose, cerebral and gastrointestinal haemorrhage) (7).



- Hypertension, chest pain, palpitations, decreased diastolic blood pressure and increased QTC interval (2).
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose

- Restlessness (2,22), nausea, vomiting, anorexia and diarrhea (2).
- Ginseng Abuse Syndrome: edema, insomnia and hypertonia (2).
- Hypertension resulting from Ginseng Abuse Syndrome is associated with prolonged high dose the product with concomitant use of caffeine (8).

14. Relevant biological activities

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

15. Additional information

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16. Date of compilation/last revision

20/04/2026.



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