



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

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Anise oil, Eucalyptus oil, Licorice, Marshmallow

زيت الينسون / زيت الكافور / عرقسوس / الخطمية

1. Names & Synonyms

Anise

Pimpinella anisum L. (1)

Family: Apiaceae (Umbelliferae).

Syns: *Anisum officinarum* Moench., *A. vulgare* Gaertn., *Apium anisum* L. Crantz., *Carum anisum* L. Baill., *Pimpinella anisum cultum* Alef., *P. aromatica* Bieb., *Selinum anisum* L. E.H.L. Krause., *Sison anisum* Spreng., *Tragium anisum* Link.

Arabic: Yansoon ينسون

English: Anise, Aniseed.

Eucalyptus

Eucalyptus globulus Labill. (2)

Family: Myrtaceae.

Syns.: *Eucalyptus maidenii* subsp. *globulus* (Labill.) J.B.Kirkp.

Arabic: Kafur كافور (3).

English: Eucalyptus (4).

Licorice (5)

Glycyrrhiza glabra L. and its varieties or *Glycyrrhiza uralensis* Fisch.

Syn. *Liquiritae officinalis* Moench.

Family: Fabaceae (Leguminosae).

Arabic: Irksos, Erqsos عرقسوس

English: Licorice, Licorice root, liquorice, liquorice root, sweet root and sweet wood.



Marshmallow

***Althaea officinalis* L. (6,7).**

Family: Malvaceae.

Syns.: *Malva althaea* E. H. L. Krause, *Malva officinalis* (L.) K. F. Schimp. & Spenn. (8).

Arabic: Marshmallow مارشمالو, Al khatmia الختمية, Al Khatmy الخطمي, Khairu خير (9).

English: Marshmallow, White-mallow (10).

2. Parts used for medicinal purpose

- **Anise oil:** Dried ripe fruits (11).
- **Eucalyptus oil:** Fresh leaves (4, 12).
- **Licorice:** Dried Root (5,13-15) and rhizome (5, 15).
- **Marshmallow:** dried root (6, 7, 16-18).

3. Major chemical constituents

Anise oil: Contains mainly trans-anethole, estragole (methylchavicol, isoanethole), β -anisaldehyde, α -terpenol, *cis*-anethole (1).

Eucalyptus oil: 1,8-Cineole (eucalyptol), *p*-cymene, α -pinene and α -limonene (19).

Licorice

- **Saponins:** Glycyrrhizin and glycyrrhizic acid (glycyrrhizinic acid), as a mixture of potassium and calcium salts.
- **Flavonoids:** Glycosides of liquiritigenin and isoliquiritigenin, such as liquiritin, isoliquiritin, liquiritin apioside and licuraside (20).
- **Others:** Essential oil (mainly geraniol and geranyl hexanolate) and sterols (β -sitosterol, dihydrostigmasterol) (21).



Marshmallow

- **Acidic polysaccharides:** Mucilage (galacturono-rhamnans, arabinans, glucans, arabinogalactans) (6, 22).
- **Flavonoids:** Hypolaetin-8-glucoside, isoquercitrin, kaempferol (23).
- **Phenolic acids:** Caffeic, *p*-coumaric, ferulic, *p*-hydroxybenzoic and syringic acids (6,22).
- **Others:** Starch, pectin, asparagine, calcium oxalate, coumarins (scopoletin), sucrose, amino acids and tannins (6,22,23).

4. Medicinal uses (Indications)

Demulcent preparation for the symptomatic treatment of oral or pharyngeal irritation associated dry cough (10, 16, 18).

5. Herbal preparations correlated to medicinal use

Combination of Anise oil, Eucalyptus oil, Licorice dry extract (extraction solvent: water, alcohol, or hydro-alcoholic), and Marshmallow dry extract (extraction solvent: water).

Herbal preparations are in liquid 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 adolescents (12 years old and above): Combination of 60 mg of Anise oil, 60 mg of Eucalyptus oil, 100 mg of Licorice extract, and 400 mg of Marshmallow extract, 3 times daily.

Children (4 years – 12 years): Combination of 15 mg of Anise oil, 15 mg of Eucalyptus oil, 25 mg of Licorice extract, and 100 mg of Marshmallow extract, 3 times daily.



Duration of use:

- Not to be used more than one week.
- If the symptoms persist longer than one week during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- Use only under medical prescription.

Method of administration: Oral use.

7. Contraindications

- Hypersensitivity to active substances or other plants of the same family.
- Cholestatic liver disorders, liver cirrhosis, hypertonia, hypokalemia, severe kidney insufficiency and cardiovascular-related disorder, because Licorice ingestion has resulted in symptoms of primary hyperaldosteronism, such as water and sodium retention and hypokalemia (6).

8. Special warnings and precautions for use

- If the symptoms worsen or if dyspnoea, fever or purulent sputum occurs during the use of the medicinal product, a doctor or a pharmacist should be consulted (4, 24).
- Patients taking this medication should not take other Licorice containing products as serious adverse events may occur such as water retention, hypokalemia, hypertension, cardiac rhythm disorders (13).
- This medication is not recommended to be used in patients affected by hypertension, kidney diseases, liver or cardiovascular disorders or hypokalemia, as they are more sensitive to the adverse effects of Licorice (13,15).
- It should be used with caution in inflamed and ulcerated conditions of the gastrointestinal tract (24).
- Absorption of concomitantly administered medicines may be delayed. As a precautionary measure, the product should not be taken ½ to 1 hour before or after intake of other medicinal products.



- Use in children in age from 4 to 12 years is not recommended without medical supervision.

9. Interactions with other medicinal products and other forms of interaction (13, 15)

- Not to be used concomitantly with diuretics, cardiac glycosides, corticosteroids, stimulant laxatives or other medications which may aggravate electrolyte imbalance.
- The product may counteract antihypertensive action of prescribed medications.
- **Azole antifungals:** it may increase the levels of azole antifungals; avoid concurrent use.
- It may reduce the absorption of iron salts; separate by two hours.
- Concurrent use with grapefruit juice may increase corticosteroid action of Licorice.
- It may increase hypoglycemic action of Antidiabetics and Hypoglycemic herbs.

10. Fertility, pregnancy and lactation

- The use during pregnancy and lactation should be avoided (6).
- 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

- Allergic reactions affecting the skin, or the respiratory system may occur (15).
- If adverse reactions occur, a doctor or pharmacist should be consulted.



13. Overdose

- Overdose may cause nausea, vomiting, seizures and pulmonary oedema (1, 15).
- Prolonged use (more than 4 weeks) and/or intake of high amount of the product, may lead to overdose, which could result in symptoms such as water retention, hypokalemia, hypertension, cardiac rhythm disorders, hypertensive encephalopathy (13) and in rare cases, myoglobinuria (13, 25).
- Hypoglycemia, anorexia, and hypersensitivity reactions (15).

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

23/04/2026.



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