



Egyptian Herbal Monograph

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Volume 2

Medicinal plants used in Egypt

Egyptian Drug Authority (EDA)

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***Garcinia gummi-gutta* (L.) Roxb.**

جارسينيا

1. Names & Synonyms

***Garcinia gummi-gutta* (L.) Roxb.**

Family: Clusiaceae /Guttifereae

Syns.: *Cambogia gummi-gutta* L., *Cambogia gutta* L., *Garcinia cambogia* Desr., *Mangostana cambogia* Gaertn., (1, 2).

Arabic: جارسينيا

English name: Malabar tamarind (2, 3).

2. Parts used for medicinal purpose

Fruit peel (3) (rind (4), pericarp (5)).

3. Major chemical constituents

-Organic acid: Hydroxycitric acid (HCA) (6).

-Benzophenones: Camboginol (garcinol), cambogin (isogarcinol; xanthochymol), guttiferones - K, I, J, M and N (7).

-Xanthoness: Oxy-guttiferones M, K2, I and K, rheediaxanthone-A (7).

-Others: Bioflavonoids (volkensiflavone, fukugetin) (6, 8).

4. Medicinal Uses (Indications)

A. Used for weight reduction during weight control programs (9, 10).

B. Used for suppression of appetite; temporarily increase satiety and feeling of fullness (3).

5. Herbal preparations correlated to medicinal use

Standardized extracts (3, 5, 10).

Herbal preparation is 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:

- 1.5 - 2 g as single dose, 2-3 g daily (3).
- 500 mg, 3 - 4 times daily (2, 10, 11).

Method of administration: Oral use, before meals.

7. Contraindications.

- Hypersensitivity to active substances and to other plants of the same family.
- Patients with existing or previous liver pathologies (12), (13).

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.
- Physician should be consulted prior to use in case of kidney problems, liver disorder or develop symptoms of liver trouble (such as abdominal pain, dark urine or jaundice).
- Stop use and physician should be consulted if the patient experiences any new symptoms including yellowing of eye or skin, dark urine, nausea, vomiting and fatigue, stomach pain, abdominal pain or jaundice (13, 14).
- Use in children under 18 years of age is not recommended (3).



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

None reported.

10. Fertility, pregnancy and lactation

- Safety during pregnancy and lactation has not been established. In the absence of sufficient data, the use during pregnancy and lactation is not recommended (11).
- 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

Headache, dizziness, dry mouth, and GI complaints such as nausea and diarrhoea (11).

13. Overdose

No case of overdose has been reported.

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

11/3/2026

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