



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

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Pumpkin, Pygeum, Saw Palmetto, Tomato

قرع العسل / خوخ أفريقي / بلميط منشاري / طماطم

1. Names & Synonyms

Pumpkin (1)

***Cucurbita pepo* L.**

Family: Cucurbitaceae.

Syns: *Cucurbita aurantia* Willd., *C. courgero* Ser., *C. esculenta* Gray, *C. fastuosa* Salisb., *C. melopepo* L., *C. ovifera* L., *C. subverrucosus* Willd., *C. verrucosus* L., *Pepo melopepo* Moench., *P. verrucosus* Moench., *P. vulgaris* Moench.

Arabic: kar-e-asal قرع عسل

English: Pumpkin.

Pygeum (1)

***Prunus africana* (Hook.f.) Kalkman.**

Family: Rosaceae .

Syns.: *Lauro-cerasus africana* (Hook.f.) Browicz, *Pygeum africanum* Hook.f.

Arabic: Barkouk Afriki خوخ أفريقي - برقوق أفريقي Khoukh Afriki

English: African stinkwood, African prune, African cherry, bitter almond, iron wood, pygeum, red stinkwood (2).

Saw palmetto

***Serenoa repens* (W.Bartram) Small (1,3).**

Family: Arecaceae (1,3).

Syns: *Corypha repens* W.Bartram, *Corypha obliqua* W.Bartram,



Diglossophyllum serrulatum (Michx.) H. Wendl. ex Salomon, *Sabal serrulata* (Michx.) Schult.f., *Chamaerops serrulata* Michx., *Brahea serrulata* (Michx.) H. Wendl. (1,3).

Arabic: Balmit minshary بلमित منشاري

English: Serenoa , Saw palmetto (4) and Saw palmetto berry (5).

Tomato (1)

Solanum lycopersicum L.

Family: Solanaceae

Syns: *Lycopersicon esculentum* Mill., *Lycopersicon cerasiforme* Dunal,

Arabic: Tamatem طماطم

English: Tomato.

2. Parts used for medicinal purpose

Pumpkin: Dried seeds (6,10).

Pygeum: Dried bark (stem /trunk) (7,8).

Saw palmetto: Dried ripe fruit (9).

Tomato: Fruit (11).

3. Major chemical constituents

Pumpkin

- **Fixed oil:** composed mainly of linoleic, oleic, palmitic and stearic acids (17).
- **Phytosterols:** β -Sitosterol, $\Delta^{5,24}$ - stigmastadienol, Δ^7 -stigmastenol, Δ^7 - avenasterol (18).
- **Phytoestrogens:** including lignans (as secoisolarisiresinol), isoflavones (as genistin, daidzin and formononetin) and quercetin (19).
- **Phenolic acids:** Protocatechuic, caffeic, syringic, vanillic, *p*-coumaric and ferulic acids (19).
- **Protein:** composed mainly of the amino acids: arginine, glutamic and aspartic acids (20).
- **Others:** Vitamin E (Tocopherols), micro-elements such as phosphorus, magnesium, potassium, zinc and iron (20) as well as β -carotene (21).



Pygeum

- **Phytosterols:** β -Sitosterol and its glucoside (12) and β -sitostenone (13,14).
- **Triterpenes:** Ursolic (12) and oleanolic acids (15).
- **Phenolic acids:** Ferulic acid and its esters of docosanol and tetracosanol (15).
- **Fatty acids:** Lauric and myristic acids (14).
- **Others:** *N*-Butylbenzene-sulfonamide and atraric, benzoic and *p*-hydroxybenzoic acids (12,15).

Saw palmetto (16)

- **Fatty acids and their glycerides:** Monoacylglycerides (1-monolaurin, 1- monomyristicin). Oleic acid (unsaturated) and capric acid, caproic acid, caprylic acid, lauric acid, myristic acid, palmitic acid and stearic acid (saturated).
- **Steroids:** β -Sitosterol, campesterol and stigmasterol.
- **Carbohydrates:** Invert sugar, mannitol, high molecular weight polysaccharides with galactose, arabinose and uronic acid identified as main sugar components.
- **Other constituents:** Flavonoids (e.g. rutin, isoquercitrin, kaempferol), pigment (carotene), resin, tannin and volatile oil.

Tomato (11)

- **Carotenoids:** mainly lycopene and in small amounts β -carotene, α -carotene, β -cryptoxanthin and lutein.
- **Phenolics:** rutin, naringenin and chlorogenic acid.
- **Others:** vitamin C, and vitamin E

4. Medicinal uses (Indications)

Aid in case of Benign Prostatic Hyperplasia (BPH) or related to an overactive bladder, after serious conditions have been excluded by a medical doctor.



5. Herbal preparations correlated to medicinal use

Combination of pumpkin powder extract (Extraction solvent: ethanol), pygeum powder extract (Extraction solvent: ethanol), saw palmetto extract (Extraction solvent: carbon dioxide), and tomato powder extract (Extraction solvent: ethyl acetate).

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:

Combination of 30–60 mg of pumpkin extract, 80–160 mg of pygeum extract, 180–360 mg of saw palmetto extract, and 41.67–83.34 mg of tomato extract, daily.

Duration of use:

as directed by the physician.

Method of administration: Oral use.

7. Contraindications

- Hypersensitivity to active substance(s) and to other plants of the same families.
- The use in children and adolescents under 18 years of age, because of its effects on androgen and oestrogen metabolism (22,23) and the lower urinary tract symptoms in these populations requires medical supervision (7).

8. Special warnings and precautions for use

If complaints worsen or if symptoms such as fever, spasms or blood in the urine, painful urination, or urinary retention occur during the use of the medicinal product, a doctor or a pharmacist should be consulted (7,8, 22, 24).

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

- A few cases of suspected interactions with warfarin have been reported. Increased INR- values have been described (24).



- Diuretics: the medicinal product may increase the action of diuretics; use together cautiously (23).

10. Fertility, pregnancy and lactation

- Pregnancy and lactation: not relevant.
- 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

- Nausea, vomiting, diarrhea, abdominal pain (especially when taken on an empty stomach) (22-24).
- Allergic or hypersensitivity reactions may occur such as skin rash, headache (22-24).
- Electrolyte loss (sodium, potassium) (23).
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose

No case of overdose has been reported.

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

01/06/2026.



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