



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Anise oil, Thyme

زيت الينسون/زعر

1. Names & Synonyms

Anise (1)

Pimpinella anisum L.

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.

Thyme

Thymus vulgaris L. (2)

Syns.: *Origanum thymus* Kuntze, *Thymus collinus* Salisb.

Family: Lamiaceae (Labiatae).

Arabic: Za'ater زعر

English: English Thyme, Garden Thyme.

Thymus zygis L. (3)

Syns.: *Origanum zygis* (L.) Kuntze, *Thymus angustifolius* Salisb.

Family: Lamiaceae (Labiatae).

Arabic: Za'ater زعر

English: Spanish Thyme.

2. Parts used for medicinal purpose

Anise: Dried ripe fruits (1).

Thyme: Herb (4, 5).



3. Major chemical constituents

Anise

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

Thyme

- **Essential oil:** the main components are thymol, carvacrol, *p*-cymene, α and β -terpinene, linalool, terpinen-4-ol, borneol, 1,8- cineole, α -thujene, α -pinene, and caryophyllene (5).
- **Flavonoids:** apigenin, narigenin, kaempferol, and luteolin (and its glycosides) (6).
- **Phenolic acids:** salvianolic, rosmarinic, cinnamic, ferulic, caffeic and gallic acids (6).
- **Others:** monoterpene glycosides.

4. Medicinal Uses (Indications)

- A) Expectorant in cough associated with cold and inflammation of respiratory tract.
- B) Symptomatic relief of bronchitis, whooping cough and catarrh of the upper respiratory tract.

5. Herbal preparations correlated to medicinal use

Combination of anise oil and thyme herb liquid extract (Extraction solvent: water).

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: Combination of 10.2 mg of anise oil and 400 mg of thyme extract, 3–4 times daily.



Children more than 4 years: Use under medical supervision.

Combination of 7.14–10.2 mg of anise oil and 280–400 mg of thyme extract, 2–3 times daily.

Duration of use: If the symptoms persist longer than one week 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 or to other plants of the same families.

8. Special warnings and precautions for use (5, 7, 8)

- If the symptoms worsen during the use or if dyspnoea, fever or purulent sputum occurs, a doctor or a pharmacist should be consulted.
- Blood sugar levels should be carefully monitored in diabetic patients using the product.

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

If the patient is on other medications he/she should seek medical advice.

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.
- 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

- Occasional allergic reactions affecting the skin or respiratory system (1, 7, 8).
- Gastrointestinal disorders (5).
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

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

27/4/2026.



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