



Egyptian Herbal Monograph

Egyptian Herbal Monograph

Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

2026





Egyptian Herbal Monograph

Herbal Formulations Used in Egypt

Korean Ginseng, Nigella oil

جنسنگ / زيت حبة البركة

1. Names & Synonyms

Korean Ginseng

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

Family: Araliaceae.

Syns.: *Aralia ginseng* (C. A. Mey.) Baill, *Panax verus* Oken (1).

Arabic: جنسنگ

English: Korean Ginseng, Red Ginseng, White Ginseng (2), Asian Ginseng (3).

Nigella (4, 5)

***Nigella sativa* L.**

Family: Ranunculaceae

Syns: *Nigella cretica* Mill., *Nigella indica* Roxb. ex Flem., *Nigella truncata* Viv.

Arabic: al-haba-el-sauda الحبة السوداء, habat-al-baraka حبة البركة

English : Nigella, black seed, black cumin, black caraway.

2. Parts used for medicinal purpose

Korean Ginseng: Dried root (6-9).

Nigella oil: Dried seeds (10,11).



3. Major chemical constituents

Korean Ginseng

- **Triterpenoid saponins (Ginsenosides):** A complex mixture of compounds including Rb1, Rb2, Rc, Rd, Re, and Rg-1 (8,12).
- **Polysaccharides:** Pectins and glucans (13).
- **Others:** Peptides, polyacetylenic alcohols, fatty acids (8), starch, β -amylase, vitamins (B1, B2, B12, pantothenic acid, biotin), choline, minerals (8).

Nigella oil (14 – 16):

- **Fixed oil:** Unsaturated fatty acids (linoleic, oleic, eicosadienoic and dihomogamma- linolenic acid (DGLA)) and saturated fatty acids (palmitic and stearic acids).
- **Essential oil:** Thymoquinone, thymohydroquinone, dithymoquinone (nigellone), *p*-cymene, carvacrol, 4- terpineol, *t*-anethole, sesquiterpene longifolene, α -pinene and thymol.

4. Medicinal Uses (Indications)

- As a prophylactic and restorative agent for enhancement of mental and physical capacities.
- For symptoms of asthenia such as fatigue and weakness, exhaustion, tiredness, loss of concentration, and during convalescence

5. Herbal preparations correlated to medicinal use

Combination of Korean ginseng root dry extract (extraction solvent: Ethanol/Water) and nigella seeds oil

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 Korean ginseng extract 0.075gm and nigella oil 0.005ml, 2times daily.

Duration of use: up to 3months.

If the symptoms persist for more than 2 weeks during the use of the medicinal product, a doctor or pharmacist should be consulted.

Method of administration: Oral use.

7. Contraindications.

- Hypersensitivity to active substance(s) and to other plants of the same families.
- It should not be used in breast cancer or if other oestrogen dependent conditions are present (17-19).

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.
- Use in children and adolescents under 18 years of age has not been established (9).
- General cautions should be taken to patients with cardiovascular diseases or diabetes (7, 8).

9. Interactions with other medicinal products and other forms of interaction (10,17-19)

- **Anticoagulants, antiplatelets, salicylates:** may decrease the action of these products and may increase the risk of bruising and bleeding.
- **Antihypertensive drugs:** may decrease blood pressure levels. Blood pressure should be monitored closely.



- **Immunosuppressants:** may diminish the effect of immunosuppressants; do not use immediately before, during, or after transplant surgery.
- **Immunosuppressants:** concurrent use might decrease the effects of these medications.
- **MAOIs:** Concurrent use of MAOIs may result in manic-like syndrome.
- **Stimulants:** Use of stimulants (e.g., xanthines) concurrent use is not recommended; overstimulation may occur.
- **Caffeine:** Concurrent use with caffeine-containing preparations or drinks should be avoided (20).
- **Ephedra:** Concurrent use may increase hypertension and central nervous system stimulation; concurrent use should be avoided.
- **Anti-diabetic drugs:** may decrease blood sugar levels. Blood sugar should be monitored closely.
- **CNS depressants:** may cause breathing problems and/or too much sleepiness.
- **Diuretic drugs:** may make potassium levels drop too low.
- **Serotonergic Drugs:** may increase serotonin too much. This might cause serious side effects including heart problems, seizures and vomiting.

Lab Test

- **Blood glucose:** may decrease blood glucose (decoctions, infusions).
- **Plasma partial thromboplastin time, INR:** may increase plasma partial thromboplastin time and INR.
- **Serum, urine estrogens:** may have an additive effect on serum and 24-hour urine estrogens.
- **Serum digoxin:** may falsely increase serum digoxin.

10. Fertility, pregnancy and lactation

- It is contraindicated in pregnancy and lactation (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 (9, 17-19,22,23)

- It may cause hypersensitivity reactions (urticaria, itching) allergic rashes, insomnia, anxiety, discomfort, nausea, vomiting, diarrhea and headache and gastrointestinal disorders like stomach constipation.
- Hypertension, chest pain, palpitation, decreased diastolic blood pressure and increase QTC interval.
- If adverse reactions occur a doctor or a pharmacist should be consulted.

13. Overdose (19,22,23)

- Restlessness, nausea, vomiting, anorexia and diarrhea.
- Ginseng abuse syndrome: edema, insomnia and hypertonia,
- Hypertension resulting from ginseng abuse syndrome is associated with prolonged high dose ginseng with concomitant use of caffeine.

14. Relevant biological activities

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

15. Additional information

-

Date of compilation/last revision

23/4/2026.



References

1.	https://powo.science.kew.org
2.	Braun, L. and Cohen, M. (2010). Herbs and Natural Supplements – An Evidence Based Guide. 3 rd edition, Churchill Livingstone, ISBN: 978 0 7295 3910 4.
3.	Aronson, J. K. (2009). Meyler's Side Effects of Herbal Medicines. Elsevier, ISBN: 978-044-453269-5.
4.	https://powo.science.kew.org/taxon/urn:lsid:ipni.org:names:711687-1 .
5.	Herbal Medicine Compendium (2021). https://hmc.usp.org/monographs/nigella-sativa-seed-0-1 .
6.	British Pharmacopoeia (2020). Volume IV, www.webofpharma.com .
7.	WHO monographs on selected medicinal plants (1999). Monographs on selected medicinal plants, 1 , 168-182.
8.	Park, J. D., Rhee, D. K. and Lee, Y. H. Biological activities and chemistry of saponins from <i>Panax ginseng</i> C. A. Meyer. <i>Phytochem., Rev.</i> , 4 , 159–175 (2005). https://doi.org/10.1007/s11101-005-2835-8 .
9.	European Union Herbal Monograph on <i>Panax ginseng</i> A.C. Mayer, radix. (2014). EMA/HMPC/475726/2012. Committee on Herbal Medicinal Products (HMPC).
10.	Ahmed, M., editor (2017). Monographs on Research oriented Natural Drugs in Modern Medical Systems. Pakistan Society of Pharmacognosy, University of Karachi. http://www.pspuok.com/books/monograph%20on/33.pdf
11.	Isa, T., Ayse, S-Y., Ferda, E., Huseyin, A., Ibrahim, D. and Saban, T. (2014). Comparison of seed oil composition of <i>Nigella sativa</i> L. and <i>N. damascene</i> L. during seed maturation stages. <i>Journal of the American Oil Chemists' Society</i> , 91 (10), 1723-1729. doi:10.1007/s11746-014-2513-3.
12.	Chen, W., Balan, P., Popovich, D. G. (2019). Analysis of ginsenoside content (<i>Panax ginseng</i>) from different regions. <i>Molecules</i> , 24 (19), 3491. doi: 10.3390/molecules24193491.
13.	Kim, D. H. (2012). Chemical diversity of <i>Panax ginseng</i> , <i>Panax quinquefolium</i> , and <i>Panax notoginseng</i> . <i>J. Ginseng Res.</i> , 36 (1), 1-15. doi: 10.5142/jgr.2012.36.1.1.
14.	Forouzanfar, F., Bazzaz, B. S. and Hosseinzadeh, H. (2014). Black cumin (<i>Nigella sativa</i>) and its constituent (thymoquinone): A review on antimicrobial effects. <i>Iran J. Basic Med. Sci.</i> , 17 (12), 929-938.

15.	Majid, A. (2018). The chemical constituents and pharmacological effects of <i>Nigella sativa</i> - A Review. <i>Journal of Bioscience and Applied Research</i> , 4 (4), 389-400.
16.	Srinivasan, K. (2018). Cumin (<i>Cuminum cyminum</i>) and black cumin (<i>Nigella sativa</i>) seeds: traditional uses, chemical constituents, and nutraceutical effects. <i>Food Quality and Safety</i> , 2 (1), 1–16. https://doi.org/10.1093/fqsafe/fyx031 .
17.	https://www.webmd.com/vitamins/ai/ingredientmono-901/black-seed .
18.	https://www.rxlist.com/black_seed/supplements.htm .
19.	Skidmore-Roth, L. Mosby's Handbook of Herbs and Natural Supplements (2010). 4 th ed., ISBN: 978-0-323-05741-7.
20.	Kraft, K. and Hobbs, C. (2004). Pocket Guide to Herbal Medicine. Georg Thieme Verlag, ISBN: 1-58890-063-0.
21.	<i>Nigella sativa</i> : Benefits, Side Effects and Medications. Articles https://www.pharmaonlinetx.com/nigella-sativa-benefits-side-effects-and-medications/
22.	Natural Health Product, <i>Panax ginseng</i> (L.) (2018). Health Canada, http://webprod.hc-sc.gc.ca/nhp/nd-bdipsn/monoReq.do?id=29&lang=eng .
23.	PDR for herbal medicines (2002). Montvale, NJ: Medical Economics Company, 2 nd ed., ISBN 1-56363-361-2.