



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Medicinal Plants Used in Egypt

Eucalyptus, Guava, Tilia

كافور / جوافة / تيليو

1. Names & Synonyms

Eucalyptus (1)

***Eucalyptus globulus* Labill.**

Family: Myrtaceae.

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

Arabic name: Kafur كافور (2)

English name: Eucalyptus (3)

Guava (4)

***Psidium guajava* L.**

Family: Myrtaceae.

Syns.: *Psidium aromaticum*, *P. cujavillus* Burm, *P. pomiferum*, *P. pyriferum*, *P. pumilum*.

Arabic: Gawafa جوافة

English name: Guava.

Tilia (5,6)

***Tilia cordata* Mill.**

Family: Tiliaceae (Malvaceae).

Arabic: Tilio تيليو

English: Lime flower (7), Linden, Tilia and small leaf linden, small leaf lime (8).

***Tilia platyphyllos* Scop.**

Family: Tiliaceae (Malvaceae)

Arabic: Tilio تيليو

English: Lime flower (7), Linden, Tilia and large-leaf Linden



***Tilia x vulgaris* Heyne**

Naturally-occurring hybrid of *T. cordata* and *T. platyphyllos* Scop.

Family: Tiliaceae (Malvaceae)

Syn: *T. europaea* auct. non L.

Arabic: تيليو

English: European linden, European lime tree, Linden and Tilia (8).

2. Parts used for medicinal purpose

Eucalyptus: Fresh /dried leaves (3,9).

Guava: Dried leaves (4).

Tilia: Flowers (1,5,6).

3. Major chemical constituents

Eucalyptus

- **Essential oils:** 1,8-Cineole (eucalyptol), *p*-cymene, α -pinene and α -limonene (10).
- **Others:** Chlorogenic and ellagic acids, quercetin, quercetin 3-glucuronide, luteolin and rutin (11).

Guava

Phenolic Compounds (12)

- **Flavonoids:** Quercetin and its glycosides, avicularin, apigenin, guaijaverin, kaempferol, kaempferol-3-arabofuranoside, hyperin, myricetin, rutin, catechin, epicatechin, epigallocatechin gallate and proanthocyanidins.
- **Phenolic acids:** Gallic acid and caffeic acid.

Essential Oil (13,14)

- β -Caryophyllene, 4 α -selin-7 (11)-enol, β -caryophyllene oxide, α -selinene, β -selinene, δ -cadinene, daucol, cubenol, 1,8-cineole (eucalyptol) and aromadendrene.



Others (12)

- Sugars: Sulphated and unsulphated polysaccharides (uronic acid), minerals (calcium, potassium, sulfur, sodium, iron, boron, magnesium, manganese and zinc), vitamins (C and B) and macronutrients (protein and fat).

Tilia

- **Flavonoids:** Kaempferol, quercetin, myricetin and their glycosides (mainly Kaempferol-3-*O*- β -D-(6''-*E*-*p*-coumaroyl)-glucopyranoside "tiliroside") and proanthocyanidins (7,15).
- **Phenolic acids:** Caffeic, chlorogenic and *p*-coumaric acids (7,15).
- **Essential oil:** Alkanes (mainly tricosane) (16), phenolic alcohols and esters, and terpenes including citral, citronellal, citronellol, eugenol, limonene, nerol, α -pinene and terpineol (monoterpenes), and farnesol (sesquiterpene) (7).
- **Others:** Mucilage, tocopherol (phytosterol) and amino acids (7).

4. Medicinal Uses (Indications)

A) Relief of cough associated with cold (7,17).

B) Expectorant and for symptomatic treatment of mild inflammation of the respiratory tract, bronchitis, asthma and inflammation of the throat (7-9).

5. Herbal preparations correlated to medicinal use

Combination of aqueous liquid extracts of eucalyptus, guava, and tilia.

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

Adolescents, adults and elderly: Combination of 0.015 g of eucalyptus extract, 0.458 g of guava extract, and 0.115 g of tilia extract, 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 qualified health care practitioner should be consulted.

Method of administration: Oral use.

7. Contraindications.

- Hypersensitivity to active substance(s) and to other plants of the same families.
- Patients with inflammation of the gastrointestinal tract, gall bladder disease or impaired liver function (9).
- Children with history of seizures (febrile or not) (17).

8. Special warnings and precautions for use (3,17)

- 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.
- The use in children under 12 years of age is not recommended.
- It should be used with caution in inflamed and ulcerated conditions of the gastrointestinal tract.

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.
- 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

- None reported.
- 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

27/04/2026.



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