

Egyptian Herbal Monograph

Volume 3

Herbal Formulations used in Egypt

Egyptian Drug Authority (EDA)

2026



Egyptian Herbal Monograph

Herbal Formulations Used in Egypt

Primula, Thyme

زهرة الربيع / زعتر

1. Names & Synonyms

Primula (1)

Primula veris L.

Family: Primulaceae.

Syns.: *Primula officinalis* (L.) Hill.

Arabic: Zahr El-hakl زهر الحقل , Zahrat El-rabee' زهرة الربيع

English: Cowslip, Primula (2-3).

Thyme

Thymus vulgaris L. (4)

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

Family: Lamiaceae (Labiatae).

Arabic: Za'ater زعتر.

English name: English Thyme, Garden Thyme.

Thymus zygis L. (2)

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

Family: Lamiaceae (Labiatae).

Arabic: Za'ater زعتر.

English: Spanish Thyme.

2. Parts used for medicinal purpose

Primula: Root (5-10).

Thyme: Dried and fresh herb (2, 4, 11).

3. Major chemical constituents

Primula:

- **Triterpene saponins:** Primula saponins I and II, priverosaponin B22-acetate (5, 12, 13).
- **Phenolic glycosides:** Primverin and Primulaverin (5, 12).

Thyme:

- **Essential oil:** Thymol, carvacrol, *p*-cymene, α and β -terpinene, linalool, terpinen-4-ol, borneol, 1,8-cineole, α -thujene, α -pinene and caryophyllene (3).
- **Flavonoids:** Apigenin, narigenin, kaempferol and luteolin (and its glycosides) (14).
- **Phenolic acids:** Salvianolic, rosmarinic, cinnamic, ferulic, caffeic and gallic acids (14).
- **Others:** Monoterpene glycosides (15).

4. Medicinal uses (Indications)

- A)** Expectorant in case of productive cough (16).
- B)** Treat symptoms of acute bronchitis and respiratory infections with thick phlegm following exposure to cold (17).

5. Herbal preparations correlated to medicinal use (16)

1. Combination of Primula liquid extract (Extraction solvent: ethanol 70%) and Thyme liquid extract (Extraction solvent: ammonia solution 10%, glycerol 85%, ethanol 90%, and water (1:20:70:109))
2. Combination of Primula liquid extract (Extraction solvent: ethanol 55%) and Thyme liquid extract (Extraction solvent: ammonia solution 10%, glycerol 85%, ethanol 90%, and water (1:20:70:109)).
3. Combination of Primula tincture (1:5) (Extraction solvent: ethanol 50%) and Thyme liquid extract (Extraction solvent: ammonia solution 10%, glycerol 85%, ethanol 90%, and water (1:20:70:109)).
4. Combination of Primula soft extract (Extraction solvent: ethanol 55%) and Thyme liquid extract (Extraction solvent: ammonia solution 10%, glycerol 85%, ethanol 90%, water (1:20:70:109)).
5. Combination of Primula liquid extract (Extraction solvent: ethanol 15%) and Thyme liquid extract (Extraction solvent: ethanol 20%).
6. Combination of liquid extract from a mixture of Primula and Thyme (Extraction solvent: water).
7. Combination of dry extract from Primula (Extraction solvent: ethanol 47.4%) and dry extract from Thyme (Extraction solvent: ethanol 70%).
8. Combination of dry extract from Primula (Extraction solvent: water) and dry extract from Thyme (Extraction solvent: ethanol 70%).

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 (16)

Preparation 1

Indication A

Adolescents, adults and elderly: Single dose: Combination of 250 mg of Primula extract and 500 mg of Thyme extract, 6 times daily.

Children 4-11 years: Single dose: Combination of 170 mg of Primula extract and 330 mg of Thyme extract, 3-5 times daily.

Indication B

Infants 6-12 months: Combination of 32.4 mg of Primula extract and 65 mg of Thyme extract, 6 times daily. Total daily dose: 194.4 mg of Primula extract and 390 mg of Thyme extract.

Children 1-4 years: Combination of 81 mg of Primula extract and 162.5 mg of Thyme extract, 6 times daily. Total daily dose: 486 mg of Primula extract and 975 mg of Thyme extract.

Children above 5 years, adolescents and adults: Combination of 243 mg of Primula extract and 487.5 mg of Thyme extract, 4 times daily. Total daily dose: 972 mg of Primula extract and 1950 mg of Thyme extract.

Preparation 2

Indication B

Adults: Combination of 250 mg of Primula extract and 500 mg of Thyme extract, 3 times daily.

Children above 4 years: Combination of 125 mg of Primula extract and 250 mg of Thyme extract, 3 times daily.

Preparation 3

Indication A

Adolescents, adults and elderly: Combination of 210 mg of Primula tincture and 430 mg of Thyme extract, 5 times daily.

Children 4-11 years: Combination of 180 mg of Primula extract and 360 mg of Thyme extract, 3-5 times daily.

Preparation 4

Indication A

Adolescents, adults and elderly: Combination of 170 mg of Primula extract and 1160 mg of Thyme extract, 4 times daily.

Children 4 -11 years: Combination of 120 mg of Primula extract and 770 mg of Thyme extract, 3-4 times daily.

Preparation 5**Indication A**

Adolescents, adults and elderly: Combination of 410 mg of Primula extract and 1240 mg of Thyme extract, 3–5 times daily.

Preparation 6**Indication A**

Adolescents, adults and elderly: Combination of 3080 mg of the mixed extract, equivalent to 220–510 mg of Primula extract and 620 mg of Thyme extract, 4 times daily.

Preparation 7**Indication A**

Adults and elderly: Combination of 60 mg of Primula extract and 160 mg of Thyme extract, 3 times daily.

Preparation 8**Indication A**

Adolescents, adults and elderly: Combination of 37.5 mg of dry Primula extract and 75 mg of dry Thyme 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 pharmacist should be consulted.

Method of administration: Oral use.

7. Contraindications

Hypersensitivity to the active substance(s) and to other plants of the same families.

8. Special warnings and precautions for use

- If the symptoms worsen or persist longer than one week during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- If dyspnea, fever or purulent sputum occurs, a doctor or a pharmacist should be consulted (3,5,11,16).
- The use in children under 4 years (Herbal preparations 2, 3 and 4), under 12 years (Herbal preparations 5, 6 and 8) and under 18 years (Herbal preparation 7) is not recommended without medical supervision (11, 16).
- Insufficient data are available concerning administration in infants under 6 months (Herbal preparation 1). Therefore, it should not be given to infants under 6 months.
- Caution is recommended in patients with gastritis or gastric ulcer (16).

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

None reported (16).

10. Fertility, pregnancy, and lactation (16)

- 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 (16)

No studies on the effect on the ability to drive and use machines have been performed.

12. Undesirable effects

- If adverse reactions occur, a doctor or a pharmacist should be consulted.
- Gastric disorders, nausea and allergic reactions may occur (6, 16).

13. Overdose

No case of overdose has been reported (16).

14. Relevant biological properties

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

15. Additional information

-

16. Date of compilation/last revision

06/08/2023.

References

1.	http://www.theplantlist.org .
2.	https://www.gbif.org/species/7793938
3.	Community herbal monograph on <i>Thymus vulgaris</i> L. and <i>Thymus zygis</i> L., herba. EMA/HMPC/342332/2013. Committee on Herbal Medicinal Products(HMPC).
4.	https://www.gbif.org/species/5341442
5.	Community herbal monograph on <i>Primula veris</i> L. and/or <i>Primula elatior</i> (L.) Hill, radix. EMA/HMPC/104095/2012. Committee on Herbal Medicinal Products(HMPC).
6.	https://www.healthline.com/health/Thyme-oil#benefits-uses
7.	Chevallier, A. (1996). The Encyclopedia of Medicinal Plants. <i>DK Pub.</i> , ISBN: 0789410672, 9780789410672.
8.	Fisher, C. and Painter G. (1996). <i>Materia Medica for the Southern Hemisphere</i> . Auckland: Fisher-Painter Publishers.
9.	Kowalczyk, A., Przychodna, M., Sopata, S., Bodalska, A. and Fecka, I. (2020). Thymol and Thyme essential oil—New insights into selected therapeutic applications. <i>Molecules</i> , 9 , 25(18), 4125. doi: 10.3390/molecules25184125.
10.	Mosby's Handbook of Herbs and Natural Supplements. 4 th ed., ISBN: 978-0-323-05741-7.
11.	WHO monographs on selected medicinal plants (2007). Monographs on selected medicinal plants, 3, 259-266.
12.	Katarzyna, B., Jarosław, L. P., Małgorzata, M., Olga, K., Izabela, S. S. and Zenon, W. (2017). Phenolics in <i>Primula veris</i> L. and <i>P. elatior</i> (L.) Hill raw materials. <i>International Journal of Analytical Chemistry</i> , Article ID 2871579. https://doi.org/10.1155/2017/2871579 .
13.	Tarapatsky, M., Gumienna, A., Sowa, P., Kapusta, I. and Puchalski, C. (2021). Bioactive phenolic compounds from <i>Primula veris</i> L.: Influence of the extraction conditions and purification. <i>Molecules</i> , 26 (4), 997.
14.	Sarfaraz, D., Rahimmalek, M. and Saeidi, G. (2021). Polyphenolic and molecular variation in <i>Thymus</i> species using HPLC and SRAP analyses. <i>Sci. Rep.</i> 11 , 5019.
15.	Kitajima, J., Ishikawa, T., Urabe, A. (2004). A new hydroxyjasnone glucoside and its related compounds from the leaf of Thyme. <i>Chem. Pharm. Bull.</i> , 52 (8) 1013—1014.
16.	European Union herbal monograph on <i>Thymus vulgaris</i> L. or <i>Thymus zygis</i> L., herba and <i>Primula veris</i> L. or <i>Primula elatior</i> (L.) Hill, radix. EMA/HMPC/84990/2015 Corr. 1 Committee on Herbal Medicinal Products (HMPC).
17.	Egyptian Herbal Monograph (2022). <i>Thymus vulgaris</i> L., 3 , 377-382.



Egyptian Herbal Monograph