



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

Eucalyptus Oil, Peppermint Oil, Camphor, Tincture Benzoin Compound

زيت الكافور / زيت النعناع / كافور / صبغة البنزوين المركبة

1. Names & Synonyms

Eucalyptus (1)

Eucalyptus globulus Labill.

Family: Myrtaceae.

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

Arabic: Kafur كافور (2).

English: Eucalyptus (3).

Peppermint (4)

Mentha piperita L.

Family: Lamiaceae.

Arabic: Ni'na نعناع

English: Peppermint.

2. Parts used for medicinal purpose

Eucalyptus oil: Fresh /dried leaves (3,5).

Peppermint oil: Fresh over ground parts and dried leaves (4,6,7).

3. Major chemical constituents

Eucalyptus oil: 1,8-Cineole (eucalyptol), *p*-cymene, α -pinene and α -limonene (8).



Peppermint oil: Menthol, menthone, menthyl acetate, menthofuran, and 1,8-cineole (eucalyptol) (9).

4. Medicinal uses (Indications)

- A) Relief of nasal congestion.
- B) Relief of colds and laryngitis.

5. Herbal preparations correlated to medicinal use

Combination of eucalyptus oil, peppermint oil, camphor, and tincture benzoin compound.

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 0.25 mL of eucalyptus oil, 0.25 mL of peppermint oil, 50 mg of camphor, and tincture benzoin compound up to 5 mL, added to 500 mL of hot water, and the vapor is inhaled.

Duration of use:

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

Method of administration: Inhalation.

7. Contraindications

- Hypersensitivity to active substance(s) or other plants of the same families.
- The use in children under 2 years of age.
- Patients with inflammation of the gastrointestinal tract, gall bladder disease or impaired liver function (10).



8. Special warnings and precautions for use (11)

- If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- Eye contact with unwashed hands after the application of the product may potentially cause irritation.
- The product should be used with caution in inflamed and ulcerated conditions of the gastrointestinal tract.
- Patients with gallstones and any other biliary disorder should be cautious using the product.
- The use in children between 2 and 11 years of age is not recommended without medical supervision.

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

Cytochrome P450 3A4 substrate: The product may decrease drugs metabolized by cytochrome P450 3A4 substrates (12).

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

- Apnoea, broncho- and laryngo-constriction in hypersensitive patients have been reported (11).



- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose

Inhalation of large doses of menthol may lead to dizziness, confusion, muscle weakness, nausea and double vision (11).

14. Relevant biological properties

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

15. Additional information

-

16. Date of compilation/last revision

01/06/2026.



References

1.	https://powo.science.kew.org .
2.	Quattrocchi, U. (2016). CRC World Dictionary of Medicinal and Poisonous Plants. Common Names, Scientific Names, Eponyms, Synonyms, and Etymology (5 Volumes Set). CRC Press, https://doi.org/10.1201/b16504 . E-book ISBN 9780429171482.
3.	European Union herbal monograph on <i>Eucalyptus globulus</i> Labill., folium (2013). EMA/HMPC/892618/2011. Committee on Herbal Medicinal Products (HMPC).
4.	WHO monographs on selected medicinal plants (2002). Monographs on selected medicinal plants, 2 , 188-198, 199-205.
5.	WHO monographs on selected medicinal plants (2002). Monographs on Selected Medicinal Plants, 2 , 97 - 113.
6.	Natural Health Product Peppermint – <i>Mentha piperita</i> (2018). Health Canada, http://webprod.hc-sc.gc.ca/nhp/ndp/nhp/ndp/monoReq.do?id=144
7.	ESCOP Monographs (2019). <i>Mentha piperita</i> folium- Peppermint Leaf. European Scientific Cooperative on Phytotherapy. Edited by Roberta Hutchins and Simon Mills. ISBN 978-1-901964-66-0.
8.	Čmíková, N., Galovičová, L., Schwarzová, M., Vukic, M. D., Vukovic, N. L., Kowalczewski, P. Ł., Bakay, L., Kluz, M. I., Puchalski, C. and Kačániová, M. (2023). Chemical composition and biological activities of <i>Eucalyptus globulus</i> essential oil. <i>Plants</i> (Basel), 12 (5), 1076. doi: 10.3390/plants12051076. PMID: 36903935, PMCID: PMC10004840.
9.	Desam, N. R., Al-Rajab, A. J., Sharma, M., Mylabathula, M. M., Gowkanapalli, R. R. and Albratty, M. (2019). Chemical constituents, <i>in vitro</i> antibacterial and antifungal activity of <i>Mentha piperita</i> L. (peppermint) essential oils. <i>Journal of King Saud University - Science</i> , 31 (4), 528533.
10.	WHO monographs on selected medicinal plants (2002). Monographs on Selected Medicinal Plants, 2 , 97 - 113.
11.	European Union Herbal Monograph on <i>Mentha x piperita</i> L., aetheroleum. (2020). EMA/HMPC/679997/2013. Committee on Herbal Medicinal Products (HMPC).
12.	Skidmore-Roth, L. (2010). Mosby's Handbook of Herbs & Natural Supplements. 4 th ed. ISBN 9780323057417.