Egyptian Herbal Monograph

Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

2026

Egyptian Herbal Monograph

Herbal Formulations Used in Egypt

Grape, Maritime Pine **عنب / صنوبر بحري**

---

1. Names & Synonyms

Grape

Vitis vinifera **L**
Family: Vitaceae
Syn.: *Cissus vinifera* (L.) Kuntze (1)
Arabic: Al Inab العِنَب
English: Grapevine (2, 3), Grape (4, 5)

Maritime pine (1)

Pinus pinaster **Aiton**
Family: Pinaceae.
Syns.: *Pinus maritima* L., *Pinus glomerata* Salisb., *Pinus pinaster* subsp. *atlantica* Villar.
Arabic: Senouber Bahri صنوبر بحري (6).
English name: French maritime pine (7), Maritime pine, Cluster pine (2,8).

2. Parts used for medicinal purpose

Grape: Seeds (3, 9).

Maritime pine: Bark (2,7,10).

3. Major chemical constituents

Grape Seeds

- **Phenolics:** Catechin, epicatechin, procyanidins (11, 12); **phenolic acids:** gallic, caffeic, coumaric, coutaric, ferulic and fertaric acids and **flavonoids:** rutin, quercetin-3-β-D-glucoside, quercitrin and myricetin (13, 14).
- **Fatty acids:** Linoleic acid (13).
- **Others:** Proanthocyanidins, stilbenes (14), carbohydrates, proteins and vitamin C (13).

Maritime pine

- **Flavonoids**: Taxifolin (dihydroquercetin), catechin, and procyanidins (oligomers of catechin/and or epicatechin) (15,16).
- **Acids**: Quinic and phenolic acids (caffeic, ferulic, protocatechuic, gallic, and ellagic acids) (17).
- **Essential oil**: α-Terpineol, β-caryophyllene, β-pinene, cyclofenchene, valencene, αhumulene, α-pinene, 3-carene, and junipene (15,18).
- **Others**: Abietic acid and derivatives (15), resveratrol, cellulose, hemicellulose and lignin (16).

4. Medicinal uses (Indications)

Treatment of chronic venous insufficiency, which is characterized by swollen legs, varicose veins, feeling of heaviness, pain, tiredness, itching, tension and cramps in the calves.

5. Herbal preparations correlated to medicinal use

Combination of grape powder extract and Maritime pine powder extract.

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 40 mg of grape powder extract and 60 mg of Maritime pine extract, 3 times daily.

Duration of use:

The recommended duration of use is 4 weeks. If the symptoms persist for more than 2 weeks 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 during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- The use in children and adolescents below 18 years of age is not recommended (3, 9,10).
- If there is inflammation of the skin, thrombophlebitis or subcutaneous induration, severe pain, ulcers, sudden swelling of one or both legs, cardiac or renal insufficiency, a doctor should be consulted (3, 10).

9. Interactions with other medicinal products and other forms of interaction (10)

- **Medications that decrease the immune system (Immunosuppressants) may interact with the product:**

  It can increase the activity of the immune system. Some medications, such as those used after a transplant, decrease the activity of the immune system. Taking the medicinal product along with these medications might decrease the effects of these medications.

- **Medications that slow blood clotting (Anticoagulants / Antiplatelet drugs) may interact with the product:**

  It might slow blood clotting. Taking the medicinal product along with medications that also slow blood clotting might increase the risk of bruising and bleeding.

- **Medications for diabetes (Antidiabetic drugs) may interact with the product:**

  It might lower blood sugar levels. Taking the medicinal product along with diabetes medications might cause blood sugar to drop too low. Monitor your blood sugar closely.

Lab Test (21)

- Blood platelet aggregation: the product may cause reduced blood platelet aggregation.

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 (3, 10).
- 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

- Dizziness, nausea, anorexia and Rash (10).
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose

No case of overdose has been reported.

14. Relevant biological properties

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

15. Additional information

-

16. Date of compilation/last revision

21/05/2026.

References

1.	www.powo.science.kew.org
2.	Edwards, S. E., Rocha, I. D. C., Williamson, E. M. and Heinrich, M. (2015). Phytopharmacy: An Evidence-Based Guide to Herbal Medicinal Products. Wiley-Blackwell, ISBN: 978-1118-54356-6.
3.	European Union Herbal Monograph on *Vitis vinifera* (L.) Kuntze. (2017). EMA/HMPC/424583/2016. Committee on Herbal Medicinal Products (HMPC).
4.	Duke, J. A. (2002). Handbook of Medicinal Herbs. CRC Press, 2nd edition, ISBN 9780849312847.
5.	www.herbalgram.org
6.	https://algerianativeplants.net/html-ang/plante-algerieinventaire.php?char=P &page=2
7.	Oliff, H. (2019). Scientific and Clinical Monograph of Pycnogenol (French maritime pine bark extract) *Pinus pinaster* Aiton subsp. atlantica [Fam. Pinaceae]. American Botanical Council (ABC). www.herbalgram.org.
8.	https://www.conifers.org/pi/Pinus_pinaster.php
9.	Natural Health Product, *Vitis vinifera* (L.) Kuntze. (2018). Health Canada, http://webprod.hc-sc.gc.ca/nhpid-bdipsn/monoReq.do?id=110&lang=eng
10.	Skidmore-Roth, L. (2010). Mosby's Handbook of Herbs & Natural Supplements. 4th ed. ISBN 9780323057417.
11.	Spranger, I., Sun, B., Mateus, A. M., Freitas, V. and Ricardo-da-Silva, J. M. (2008). Chemical characterization and antioxidant activities of oligomeric and polymeric procyanidin fractions from grape seeds. *Food Chem.*, **108**, 519–532.
12.	Furiga, A., Lonvaud-Funel, A. and Badet, C. (2009). *In vitro* study of antioxidant capacity and antibacterial activity on oral anaerobes of a grape seed extract. *Food Chem.*, **113**, 1037–1040.
13.	Yalcin, H., Kavuncouglu, H., Ekici, L. and Sagdic, O. (2017). Determination of fatty acid composition, volatile components, physico-chemical and bioactive properties of grape (*Vitis vinifera*) seed and seed oil. *Journal of Food Processing and Preservation*, **41**, e 12854.

14.	Insanu, M., Karimah, H., Pramastya, H. and Fidrianny, I. (2021). Phytochemical compounds and pharmacological activities of *Vitis vinifera* L.: An updated review. *Biointerface Research in Applied Chemistry*, **11**(5), 13829 – 13849.
15.	Alonso-Esteban, J. I., Carocho, M., Barros, D., Velho, M. V., Heleno, S. and Barros, L. (2022). Chemical composition and industrial applications of Maritime pine (*Pinus pinaster* Ait.) bark and other non-wood parts. *Rev. Environ. Sci. Biotechnol.*, **21**, 583- 633. https://doi.org/10.1007/s11157-022-09624-1.
16.	Iravani, S. and Zolfaghari, B. (2014). Phytochemical analysis of *Pinus eldarica* bark. *Res. Pharm. Sci*., **9**(4), 243-250.
17.	Ramos, P. A. B., Pereira, C., Gomes, A. P., Neto, R. T., Almeida, A., Santos, S. A. O., Silva, A. M. S. and Silvestre, A. J. D. (2022). Chemical characterisation, antioxidant and antibacterial activities of *Pinus pinaster* Ait. and *Pinus pinea* L. bark polar extracts: Prospecting forestry by-products as renewable sources of bioactive compounds. *Appl. Sci.*, **12**, 784. https://doi.org/10.3390/app12020784.
18.	Zolfaghari, B. and Iravani, S. (2012). Essential oil constituents of the bark of *Pinus pinaster* from Iran. *Journal of Essential Oil-Bearing Plants,* **15**(3), 348-351.
19.	Sousa, J. L. C., Ramos, P. A. B., Freire, C. S. R., Silva, A. M. S. and Silvestre, A. J. D. (2018). Chemical composition of lipophilic bark extracts from *Pinus pinaster* and *Pinus pinea* cultivated in Portugal. *Appl. Sci.*, **8**, 2575. https://doi.org/10.3390/app8122575.
20.	Fradinho, D.M., Pascoal, C. N., D. Evtuguin, F. C., Jorge, M. A., Irle, M. H., Gil, J. and Pedrosa d. J. (2002). Chemical characterisation of bark and of alkaline bark extracts from maritime pine grown in Portugal. *Industrial Crops and Products*, **16** (1), 23-32. ISSN 0926-6690, https://doi.org/10.1016/S0926-6690(02)00004-3.
21.	Kraft, K. and Hobbs, C. (2004). Pocket Guide to Herbal Medicine. Stuttgart; New York: Thieme.ISBN 3-13-126991-X (GTV), ISBN 1-58890-063-0 (TNY).