



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

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Evening primrose oil, Garlic oil زيت زهرة الربيع المسائية / زيت الثوم

1. Names & Synonyms

Evening primrose

Oenothera biennis L.

Family: Onagraceae (1).

Syns.: *Oenothera biennis* var. *vulgaris* Torr. & A. Gray. *Onagra biennes* (L.) Scop, *Pseudo-oenothera virginiana* Rupr (1).

Arabic: Zahrat El-Rabei El-Masaeia زهرة الربيع المسائية

English: Evening primrose (2), Evening star, King's cure-all, Suncup, Sundrop (3).

Garlic (4)

Allium sativum L.

Family: Amaryllidaceae.

Syns.: *Allium sativum* var. *vulgare* Döll, *Porrum sativum* (L.) Rchb.

Arabic: Thoum ثوم

English: Garlic (5).

2. Parts used for medicinal purpose

Evening primrose oil: Seeds (2,6).

Garlic oil: Bulb (5,7,8).

3. Major chemical constituents

Evening primrose oil: Mainly linoleic acid and γ -linolenic acid, and less amount of other fatty acids (oleic, palmitic and stearic acids) (9), aliphatic alcohols and β -amyryn (10).



Garlic oil

- **Organosulfur compounds:** Allicin (diallyl thiosulfonate), diallyl-sulfide, disulfide and trisulfide, E/Z – ajoene, S-allyl-cysteine, alliin (S-allyl-cysteine sulfoxide) (11) and vinylidithiines (12).
- **Phenolic compounds:** Phenolic acids (β -resorcylic, gallic, caffeic, protocatechuic, ferulic and vanillic acids), flavonoids (rutin, quercetin and myricetin) and pyrogallol (13).
- **Others:** Steroidal saponins (11,14,15), polysaccharides.

4. Medicinal uses (Indications)

- A) Mastalgia (breast pain); one of the symptoms of Premenstrual Syndrome (PMS).
- B) Symptomatic treatment of atopic eczema, itching in acute and chronic dry skin conditions.

5. Herbal preparations correlated to medicinal use

Combination of evening primrose oil and garlic 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

For Adolescents, Adults & Elderly:

Indication A: 250mg evening primrose oil and 0.635mg of garlic oil daily.

Indication B: 500mg evening primrose oil and 1.27mg of garlic oil daily.

Duration of use:

If the symptoms persist longer than 8 weeks during the use of the medicinal product, a doctor or 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 under 12 years of age is not recommended (6).
- The medicinal product is recommended to be used with caution in epileptic patients, especially in those with schizophrenia and/or those taking phenothiazines (2, 9).
- The medicinal product should be used with caution by patients with bleeding disorders (3).

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

-Anticoagulant drugs, antiplatelets, NSAIDs, salicylates:

Due to potential additive effect, as it can inhibit platelets aggregation and increase bleeding time (2, 3, 5).

-Seizures may occur in schizophrenic patients taking the medicinal product with phenothiazine (9).

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 (6)

- Gastrointestinal effects, indigestion, nausea, softening of stool, rise in temperature, hypersensitive reactions like exanthema and headache.
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose (6)

- Mild diarrhoea and abdominal pain.
- No special treatment is required.

14. Relevant biological properties

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

15. Additional information

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16. Date of compilation/last revision

23/04/2026.



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