



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

**Chamomile, Ginger, Peppermint, Fennel, Anise, Bromelain**

**بابونج / جنزبيل / نعناع / شمر / ينسون / بروميلين**

### 1. Names & Synonyms

#### Chamomile

***Matricaria chamomilla* L. (1,2).**

**Family:** Asteraceae (Compositae) (1).

**Syns.:** *Chamomilla recutita* (L.) Rausch., *Chamomilla officinalis* K. Koch, *Matricaria recutita* L. and others (1,3).

**Arabic:** Baboonig بابونج

**English:** Matricaria Flower (4), Blue Chamomile, Hungarian Chamomile, Matricaria, Sweet False Chamomile, Wild Chamomile (3), German Chamomile (5).

#### Ginger (6)

***Zingiber officinale* Roscoe.**

**Family:** Zingiberaceae.

**Syns.** *Amomum zingiber* L., *Zingiber blancoi* Massk.

**Arabic:** Janzabeil جنزبيل - Zanjabeel زنجبيل - Zingibil زنجبيل

**English:** Ginger.

#### Peppermint (7)

***Mentha piperita* L.**

**Family:** Lamiaceae.

**Arabic:** Ni'na نعناع

**English:** Peppermint.

#### Fennel (8)

***Foeniculum vulgare* Mill.**



**Family:** Apiaceae (Umbelliferae).

**Syns:** *Anethum foeniculum* Clairv., *A. foeniculum* L., *A. rupestre* Salisb., *Feniculum commune* Bubani., *F. azoricum* Mill., *F. capillaceum* Gilib., *F. dulce* DC., *F. foeniculum* L. H. Karst., *F. officinale* All., *F. panmorium* DC., *F. piperitum* DC., *F. sativum* Bertol., *Ligusticum divaricatum* Hoffmannsegg et Link, L., *Foeniculum* Crantz., *Meum foeniculum* L. Spreng., *Ozodia foeniculacea* Wight et Arn., *Selinum foeniculum* L. E.H.L.Krause.

**Arabic:** Shamar شمر

**English:** Fennel

**Anise (9)**

***Pimpinella anisum* L.**

**Family:** Apiaceae (Umbelliferae).

**Syns:** *Anisum officinarum* Moench., *A. vulgare* Gaertn., *Apium anisum* L. Crantz., *Carum anisum* L. Baill., *Pimpinella anisum* cultum Alef., *P. aromatica* Bieb., *Selinum anisum* L. E.H.L. Krause., *Sison anisum* Spreng., *Tragium anisum* Link.

**Arabic:** Yansoon ينسون

**English:** Anise, Aniseed.

## 2. Parts used for medicinal purpose

**Chamomile:** Flowerheads (2-4).

**Ginger:** The dried rhizome (5,6,10,11).

**Peppermint:** The fresh over ground parts and the dried leaves (7,12,13).

**Fennel:** Dried ripe fruits (14).

**Anise:** Dried ripe fruits (9).

## 3. Major chemical constituents

### Chamomile

- **Essential oil:** Esters of angelic and tiglic acids, 1,8 cineole, 1-*trans*-pinocarveol, 1*trans*-pinocarvone, chamazulene, farnesol, and nerolidol (1, 5).
- **Phenolic compounds: Flavonoids:** Apigenin, luteolin, quercetin and their glycosides. **Phenolic acids:** caffeic and ferulic acids. **Coumarins:** scopolin, umbelliferone and herniarin (1, 5).
- **Sesquiterpenes lactones:** Nobilin, 3-epinobilin, 1, 10-epoxynobilin and 3dehydronobilin (1, 5).



- **Others:** Anthemic acid, fatty acids, phytosterols, choline and inositol (1).

#### Ginger (5, 15)

- **Oleo-resin:** Gingerols, shogaols, paradols, zingerone, gingerenone-A, and 6dehydrogingerdione.
- **Essential oil:**  $\beta$ -Bisabolene and zingiberene, zingiberol, zingiberenol, *ar*-curcumene,  $\beta$ -sesquiphellandrene,  $\beta$ -sesquiphellandrol (*cis* and *trans*), phellandrene, camphene, geraniol, neral, linalool, *d*-nerol).
- **Others:** Starch, lipids, proteins and amino acids.

#### Peppermint

- **Essential oils:** Menthol, menthone, menthyl acetate, menthofuran, and 1,8cineole (eucalyptol) (16).
- **Flavonoids:** Luteolin, luteolin-7-O-glucoside, naringenin-7-O-glucoside, isorhoifolin, eriodictyol, eriocitrin glycoside and apigenin (17).

#### Fennel (18)

- **Essential oil:** *trans*-Anethole (+)-fenchone, estragole (methylchavicol), limonene, *p*-anisaldehyde,  $\alpha$ -pinene and  $\alpha$ -phellandrene.
- **Phenolic acids:** Rosmarinic acid and caffeoylquinic acid derivatives.
- **Flavonoids:** Eriodictyol-7-rutinoside, quercetin-3-rutinoside.
- **Others:** Triterpenes, smaller terpenes (monoterpenoids, sesquiterpenoids and diterpenoids) and reducing sugars.

#### Anise

- **Essential oil:** Contains mainly *trans*-anethole, estragole (methylchavicol, isoanethole),  $\beta$ -anisaldehyde,  $\alpha$ -terpenol, *cis*-anethole (9).

## 4. Medicinal uses (Indications)

Symptomatic treatment of minor digestive ailments such as dyspepsia, epigastric bloating, indigestion, gastritis, lack of appetite and flatulence.

## 5. Herbal preparations correlated to medicinal use

Combination of chamomile powder, ginger powder, peppermint powder, fennel powder anise powder and bromelain.



**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 120-150mg chamomile powder, 60-70mg ginger powder, 20-25mg peppermint powder, 40-50mg fennel powder, 20-25mg anise powder and 50mg bromelain, 3 times daily after meals.

### Duration of use:

If the symptoms persist more 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 active substances and to other plants of the same families.
- Ginger (the product) should not be used by persons with cholelithiasis (19,20)

## 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.
- This product should not be given to children and adolescents under age of 18 years.
- Patients with gallstones and any other biliary disorders should be cautious in using peppermint leaf preparations (the product) (4).
- In case of gastrointestinal lesions/ulcers or having any surgery, ask the physician before use (21).

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

This product may increase the action of anticoagulants; concurrent use should be avoided (19,21).



## 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

- Stop use if hypersensitivity/allergy occurs (21).
- Gastrointestinal discomfort or disturbance may occur (21).
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

## 13. Overdose

No cases of overdose have 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.	<a href="https://powo.science.kew.org">https://powo.science.kew.org</a> .
2.	<a href="https://www.herbalgram.org/resources/commission-e-monographs/approvedherbs/chamomile-flower-german/">https://www.herbalgram.org/resources/commission-e-monographs/approvedherbs/chamomile-flower-german/</a>
3.	Edwards, S. E., Rocha, I. D. C., Williamson, E. M. and Heinrich, M. (2015). <i>Phytopharmacy: An Evidence-Based Guide to Herbal Medicinal Products</i> . 1 <sup>st</sup> edition. John Wiley & Sons, Ltd.
4.	European Union Herbal Monograph on <i>Matricaria recutita</i> L., Flos (2015). EMA/HMPC/55843/2011. Committee on Herbal Medicinal Products (HMPC).
5.	Barnes, J., Anderson, L. A. and Phillipson, J. D. (2007). <i>Herbal Medicines</i> , 3 <sup>rd</sup> edition. Published by the Pharmaceutical Press. ISBN 978 0 85369 623 0.
6.	WHO monographs on selected medicinal plants (2002). <i>Monographs on selected medicinal plants</i> , <b>1</b> , 277-287.
7.	WHO monographs on selected medicinal plants (2002). <i>Monographs on selected medicinal plants</i> , <b>2</b> , 188-198.
8.	WHO monographs on selected medicinal plants (2007). <i>Monographs on selected medicinal plants</i> , <b>3</b> , 136-144.
9.	WHO monographs on selected medicinal plants (2007). <i>Monographs on selected medicinal plants</i> , <b>3</b> , 42-63.
10.	Community Herbal Monograph on <i>Zingiber officinale</i> Roscoe, Rhizome (2012). EMA/HMPC/749154/2010. Committee on Herbal Medicinal Products (HMPC).
11.	Natural Health Product, Ginger – <i>Zingiber officinale</i> (2022). Health Canada, <a href="http://webprod.hc-sc.gc.ca/nhp-id-bdipsn/monoReq.do?id=99&amp;lang=eng">http://webprod.hc-sc.gc.ca/nhp-id-bdipsn/monoReq.do?id=99&amp;lang=eng</a>
12.	Natural Health Product Peppermint – <i>Mentha piperita</i> (2018). Health Canada, <a href="http://webprod.hc-sc.gc.ca/nhp-id-bdipsn/monoReq.do?id=144">http://webprod.hc-sc.gc.ca/nhp-id-bdipsn/monoReq.do?id=144</a>
13.	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.
14.	European Union Herbal Monograph on <i>Foeniculum vulgare</i> Miller subsp. <i>vulgare</i> var. <i>vulgare</i> , fructus (2024). Committee on Herbal Medicine Products (HMPC).
15.	Mao, Q-Q., Xu, X-Y., Cao, S-Y., Gan, R-Y., Corke, H., Beta, T. and Li, H-B. (2019). Bioactive compounds and bioactivities of Ginger ( <i>Zingiber officinale</i> Roscoe). <i>Foods</i> , <b>8</b> , 185; doi:10.3390/foods8060185.



هَيْئَةُ الدَّوَاءِ الْمَصْرِئِيَّةِ

## Egyptian Herbal Monograph

16.	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> , <b>31</b> (4), 528-533.
17.	Brahmi, F., Khodir, M., Mohamed, C. and Pierre, D. (2017). Chemical composition and biological activities of <i>Mentha</i> species. <i>InTech</i> . doi: 10.5772/67291. <a href="https://doi.org/10.5772/67291">https://doi.org/10.5772/67291</a> .
18.	Faudale, M., Viladomat, F., Bastida, J., Poli, F. and Codina, C. (2008). Antioxidant activity and phenolic composition of wild, edible, and medicinal fennel from different Mediterranean countries. <i>J. Agric. Food Chem.</i> <b>56</b> , 1912–1920.
19.	PDR for herbal medicines (2002). Montvale, NJ: Medical Economics Company, 2 <sup>nd</sup> ed., ISBN 1-56363-361-2.
20.	Skidmore-Roth, L. Mosby's Handbook of Herbs and Natural Supplements (2010). 4 <sup>th</sup> ed., ISBN: 978-0-323-05741-7.
21.	Natural Health Product, Fruit Bromelain/Stem Bromelain (2025). Health Canada, <a href="https://webprod.hc-sc.gc.ca/nhp/nd/nrd/nrdimages/mono_bromelain-fruit-stem_english.pdf">https://webprod.hc-sc.gc.ca/nhp/nd/nrd/nrdimages/mono_bromelain-fruit-stem_english.pdf</a>