



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Maritime pine, Grape

صنوبر بحري / العنب

1. Names & Synonyms

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 (2).

English name: French maritime pine (3), Maritime pine, Cluster pine (4,5).

Grape

Vitis vinifera L.

Family: Vitaceae

Syn.: *Cissus vinifera* (L.) Kuntze (1)

Arabic: Al Inab العنب

English: Grapevine (5, 6), Grape (7, 8)

2. Parts used for medicinal purpose

Maritime pine: Bark (3,5,9).

Grape: Seeds (6, 10).

3. Major chemical constituents

Maritime pine



- **Flavonoids:** Taxifolin (dihydroquercetin), catechin, and procyanidins (oligomers of catechin/and or epicatechin) (11,12).
- **Acids:** Quinic and phenolic acids (caffeic, ferulic, protocatechuic, gallic, and ellagic acids) (13).
- **Essential oil:** α -Terpineol, β -caryophyllene, β -pinene, cyclofenchene, valencene, α humulene, α -pinene, 3-carene, and junipene (11,14).
- **Others:** Abietic acid and derivatives (15), resveratrol, cellulose, hemicellulose and lignin (16).

Grape Seeds

- **Phenolics:** Catechin, epicatechin, procyanidins (17, 18); **phenolic acids:** gallic, caffeic, coumaric, coutaric, ferulic and fertaric acids and **flavonoids:** rutin, quercetin-3- β -D-glucoside, quercitrin and myricetin (19, 20).
- **Fatty acids:** Linoleic acid (19).
- **Others:** Proanthocyanidins, stilbenes (20), carbohydrates, proteins and vitamin C (19).

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 Maritime pine powder extract and grape 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 60 mg maritime pine extract and 40 mg grape powder 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 (6, 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 (6, 9).

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

- **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 (6, 9).
- 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 (9).
- 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

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16. Date of compilation/last revision

21/05/2026.



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