



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

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Anise oil, Ginger oil, Peppermint oil, Thyme oil

زيت الينسون / زيت الزنجبيل / زيت النعناع / زيت الزعتر

1. Names & Synonyms

Anise (1)

***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.

Ginger (2)

***Zingiber officinale* Roscoe.**

Family: Zingiberaceae.

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

Arabic: Janzabeil - زنجبيل - Zanjabeel - زنجبيل

English: Ginger.

Peppermint (3)

***Mentha piperita* L.**

Family: Lamiaceae.

Arabic: Ni'na نعناع

English: Peppermint.



Thyme

***Thymus vulgaris* L. (4)**

Syns.: *Origanum thymus* Kuntze, *Thymus collinus* Salisb.

Family: Lamiaceae (Labiatae).

Arabic: Za'ater زعتر

English: English Thyme, Garden Thyme.

***Thymus zygis* L. (5)**

Syns.: *Origanum zygis* (L.) Kuntze, *Thymus angustifolius* Salisb.

Family: Lamiaceae (Labiatae).

Arabic: Za'ater زعتر

English: Spanish Thyme.

2. Parts used for medicinal purpose

Anise oil: Dried ripe fruits (1).

Ginger oil: The dried rhizome (3,6-8).

Peppermint oil: The fresh overground parts and the dried leaves (3, 9,10).

Thyme oil: Dried and fresh herb (11,12).

3. Major chemical constituents

Anise oil: contains mainly trans-anethole, estragole (methylchavicol, isoanethole), β -anisaldehyde, α -terpenol, *cis*-anethole (1).

Ginger oil: β -Bisabolene and zingiberene, zingiberol, zingiberenol, *ar*-curcumene, β -sesquiphellandrene, β -sesquiphellandrol (*cis* and *trans*), phellandrene, camphene, geraniol, neral, linalool, *d*-nerol) (8, 13).

Peppermint oil: Menthol, menthone, menthyl acetate, menthofuran, and 1,8cineole (eucalyptol) (14).

Thyme oil: the main components are thymol, carvacrol, *p*-cymene, α and β -terpinene, linalool, terpinen-4-ol, borneol, 1,8- cineole, α -thujene, α -pinene, and caryophyllene (12).



4. Medicinal Uses (Indications)

Symptomatic treatment of digestive disorders such as dyspepsia , flatulence , minor spasms of the gastrointestinal tract, abdominal pain, irritable bowel syndrome gastritis and indigestion .

5. Herbal preparations correlated to medicinal use

Combination of anise oil, ginger oil, peppermint oil, and thyme 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

Adults and elderly

Combination of 75 mg of anise oil, 50 mg of ginger oil, 55 mg of peppermint oil, and 50 mg of thyme oil, before meals.

Duration of use:

Usually symptoms resolve within 1-2 weeks , if symptoms persists longer than 2 weeks , a doctor or a pharmacist should be consulted.

Method of administration: Oral use.

7. Contraindications (15, 16)

- Hypersensitivity to active substance or to other plants of the same families.
- The product should not be used in case of cholelithiasis.
- Patient with gastro-esophageal reflux (heart burn) because it can worsen the patients with liver disease, cholangitis, achlorhydria, gallstones or any other biliary conditions (9).



8. Special warnings and precautions for use

- If the symptoms worsen or if dyspnea, fever or purulent sputum occurs during the use of the medicinal product, a doctor or pharmacist should be consulted.
- The product might lower blood sugar, so blood sugar levels should be monitored carefully if diabetic patients use the product (17).
- The use in children under the age of 18 years is not recommended (1,16).
- The gastro-resistant solid dosage forms should be swallowed whole. i.e. not broken, or chewed, because this would release the peppermint oil prematurely, possibly causing local irritation of the mouth and oesophagus (18).
- Patients with gallstones and any other biliary disorder should be cautious using the product (19).
- Patients who already suffer from heartburn or hiatal hernia have sometimes an exacerbation of this symptom after taking peppermint oil. Treatment should be discontinued in these patients (18).

9. Interactions with other medicinal products and other forms of interaction (16)

- Iron: The product may increase the action of iron.
- Warfarin: The product may increase the action of warfarin.

Lab Test:

- Increased Prothrombin time (PT/INR).
- Use of food or antacids administered at the same time for the symptomatic relief of digestive disorders could cause early release of the dosage form content.
- Other medicinal products used to decrease stomach acid, such as histamine-2 blockers and proton pump inhibitors may cause premature dissolution of the enteric coating and should be avoided.



- Cytochrome P450 3A4 substrate: The product may decrease drug Metabolized by cytochrome P450 3A4 substrates.
- The product may increase plasma partial prothrombin time in patients taking warfarin concurrently and may increase prothrombin time.

10. Fertility, pregnancy and lactation

- The use during pregnancy and lactation is avoided (8, 20).
- 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 (21)

- Allergic reaction affecting the skin or the respiratory system may occur (20) .
- Minor gastrointestinal complains . particulary stomach upset , erucation , dyspepsia and nausea.
- Urine and stools with an odour of menthol were observed; dysuria and inflammation of the glans of the penis.
- Allergic reactions with headache, bradycardia, muscle tremor, ataxia, anaphylactic shock andlushing , mucous membrane irritation, uticaria, erythematous skin rash.
- Heartburn, perianal burning blurred vision, dry mouth, nausea and vomiting .
- Hypermineralocorticism (16).
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose (21)

- Overdose may cause severe gastro-intestinal symptoms, diarrhea, rectal ulceration, epileptic.



- convulsions, loss of consciousness, apnea and nausea and disturbance in cardiac rhythms, ataxia and other CNS problems, probably due to the presence of menthol.
- In the event of overdose, the stomach should be emptied by gastric lavage. Observation should be carried out with symptomatic treatment if necessary.

14. Relevant biological activities

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

15. Additional information

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16. Date of compilation/last revision

20/4/2026.



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