



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Caraway, Dill, Fennel, Fenugreek كراوية / شبت / شمر / حلبة

1. Names & Synonyms

Caraway (1)

***Carum carvi* L.**

Family: Apiaceae (Umbelliferae).

Syns. *Carum velenovskyi* Rohlena.

Arabic: karawya كراوية

English: Caraway.

Dill (2)

***Anethum graveolens* L.**

Family: Apiaceae (Umbelliferae).

Syns: *Pastinaca anethum* Spreng., *Peucedanum graveolens* Benth. & Hook.,
Selinum anethum Roth.

Arabic: Shabat شبت

English: Dill.

Fennel (3)

***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.

Fenugreek (4)

***Trigonella foenum-graecum* L.**

Family: Fabaceae (Leguminosae)

Syns.: *Buceras foenum-graecum* (L.) All., *Foenum-graecum officinale* Moench, *Folliculigera graveolens* Pasq., *Telis foenum-graecum* (L.) Kuntze, *Xiphostylis erectus* Gasp.

Arabic: Hulbah, Helba حلبة (5,6).

English: Fenugreek, Greek hay, Greek clover and Greek hay seed (7-9).

2. Parts used for medicinal purpose

Caraway: fruit (10,11).

Dill: fruit (2).

Fennel: fruit (12).

Fenugreek: seed (7,8,13,14).

3. Major chemical constituents

Caraway

- **Essential oil:** mainly carvone and limonene (15).
- **Fatty acids:** mainly unsaturated fatty acids as petroselinic, linoleic and oleic acids beside saturated fatty acids as myristic and palmitic acids (15,16).
- **Flavonoids:** quercetin, kaempferol and their glycosides (quercetin-3-glucuronides, quercetin 3-*O*-caffeoylglucoside and kaempferol 3-glucoside) and isoquercitrin (15, 17).
- **Protein** (15).



Dill

- **Essential oil:** carvone, limonene, α -phellandrene, dihydrocarvone, dillapiole (18), 1,8-cineole, α -pinene and α -terpene (2).

Fennel (19)

- **Essential oil:** *trans*-anethole (+)-fenchone, estragole (methylchavicol), limonene, *p*-anisaldehyde, α -pinene and α -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.

Fenugreek

- **Polysaccharides:** Mucilage (mainly galactomannan) (20).
- **Steroidal saponins:** Diosgenin (as main sapogenin) (21).
- **Alkaloids:** Trigonelline (22), carpaine and choline (23, 24).
- **Others:** Protein (24), fats, fibres, minerals (zinc and iron), flavonoids (apigenin, orientin, luteolin, quercetrin, vitexin, and isovitexin) and volatile oil (21).

4. Medicinal uses (Indications)

- A) Galactagogue to improve lactation.
- B) For dyspeptic complaints.
- C) For symptomatic treatment of discomfort associated with menstrual period.

5. Herbal preparations correlated to medicinal use

Combination of fenugreek powder, fennel Powder, dill powder and caraway powder.

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 (from 18 year):

Combination of 300 mg of caraway powder, 100 mg of dill powder, 100 mg of fennel powder, and 500 mg of fenugreek powder, 3–4 times daily.

Duration of use:

If the symptoms persist longer 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.
- Patients with known hypersensitivity to Asteraceae (Compositae) should avoid the use of the medicinal product because of cross reactivity risk (12).

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 patients with liver disease, cholangitis, achlorhydria, gallstones and any other biliary disorder is not recommended (10).
- The use in children and adolescents under 18 years of age is not recommended (7).
- Due to possible hypoglycaemic effect of the medicinal product, close monitoring of glycaemic control should be considered in patients treated for diabetes mellitus (7).

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

- Non reported.



10. Fertility, pregnancy and lactation

- Owing to its stimulatory effects on the uterus, the product should not be used during pregnancy (14).
- Promote lactation (8, 25, 26)
- 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 (7)

- Gastrointestinal disorder: flatulence diarrhoea.
- Nervous system disorder: dizziness.
- Minor allergic reactions .
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose (7)

High dose (between 25g and 100 g daily) may cause minor gastrointestinal symptoms such as diarrhoea and flatulence.

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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Egyptian Herbal Monograph

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