



# **Egyptian Herbal Monograph**

**Volume 3**

**Medicinal Plants used in Egypt**

**Egyptian Drug Authority (EDA)**

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# Egyptian Herbal Monograph

## Medicinal Plants Used in Egypt

*Pelargonium sidoides* DC.

بيلارجونيوم

### 1. Names & Synonyms (1)

*Pelargonium sidoides* DC.

**Family:** Geraniaceae.

**Syns.:** *Cortusina sidifolia* (Thunb.) Eckl. & Zeyh., *Geranospermum sidifolium* (Thunb.) Kuntze, *Geranium sidifolium* Thunb.

**Arabic name:** Pelargonium بيلارجونيوم

**English name:** Pelargonium root (2), Geranium; South African geranium.

### 2. Parts used for medicinal purpose

Root (2-4).

### 3. Major chemical constituents

- **Highly oxygenated coumarins:** 7-Hydroxy-5,6-dimethoxycoumarin (umckalin), 5,6,7-trimethoxycoumarin, 5,6,7,8-tetramethoxycoumarin (artelin), 6,8-dihydroxy-5,7-dimethoxycoumarin (and their sulfooxy derivatives), esculin and scopoletin (5-8).
- **Phenolic acids:** Gallic acid and its methyl ester, and hydroxy-cinnamic acids (caffeic acid, *p*-coumaric acid).
- **Flavan-3-ols:** Catechin, oligomeric and polymeric proanthocyanidins (mainly with catechin and gallo catechin units).
- **Amino acids:** Adenosine 3',5'-cyclic monophosphate, guanosine-3',5'-cyclomonophosphate, and 1-methyl guanosine-3',5'-cyclomonophosphate (7).

### 4. Medicinal Uses (Indications) (2,4)

Symptoms of upper respiratory tract infections including common cold, such as blocked or runny nose, sore throat and cough.

### 5. Herbal preparations correlated to medicinal use.

1. Liquid herbal extract ethanol 11-12% (2,4).
2. Dry herbal extract ethanol 11% (2).

Herbal preparations are in a 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 (4)

### Preparation 1

**Adults, elderly and children over 12 years:** 2.5-7.5 mL daily in divided doses.

**Children aged 6-12 years:** 1.25–2.5 mL daily in divided doses.

**Children aged 2-6 years:** 0.6-1.25 mL daily in divided doses.

### Preparation 2

**Adults, elderly and children above 12 years:** Single dose 20 mg, 3 times daily.

**Children aged 6-12 years:** Single dose 20 mg, 2 times daily.

### Duration of use

If the symptoms persist longer than one week, a doctor or a pharmacist should be consulted.

**Method of administration:** Oral use (2,4).

## 7. Contraindications

Hypersensitivity to the active substance and to other plants of the same family (2).

## 8. Special warnings and precautions for use (2)

- If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- The use in children should be under medical supervision.
- In case signs of hepatotoxicity occur, the administration of the medicinal product should be stopped immediately and a medical doctor should be consulted.
- In case of liver disorders, a medical doctor should be consulted prior to use.

## 9. Interactions with other medicinal products and other forms of interaction (2)

None reported.

## 10. Fertility, pregnancy and lactation (2)

- 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 (2)**

No studies on the effect on the ability to drive and use machines have been performed.

### **12. Undesirable effects (2,4)**

- Mild gastrointestinal complaints (diarrhea, epigastric discomfort, nausea or vomiting, dysphagia), mild nasal, gingival bleeding and allergic reactions have been reported.
- If other adverse reactions not mentioned above occur, a doctor or a pharmacist should be consulted.

### **13. Overdose (2)**

No case of overdose has been reported.

### **14. Relevant biological activities**

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

### **15. Additional data**

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### **16. Date of last revision**

01/05/2023.

## References

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