



Egyptian Herbal Monograph

Volume 3

Medicinal Plants used in Egypt

Egyptian Drug Authority (EDA)

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Prunus africana (Hook.f.) Kalkman **خوخ أفريقي - برقوق أفريقي**

1. Names & Synonyms (1)

Prunus africana (Hook.f.) Kalkman.

Family: Rosaceae.

Syns.: *Lauro-cerasus africana* (Hook.f.) Browicz, *Pygeum africanum* Hook.f.

Arabic: Barkouk Afriki خوخ أفريقي - برقوق أفريقي

English: African stinkwood, African prune, African cherry, bitter almond, iron wood, pygeum, red stinkwood (2).

2. Parts used for medicinal purpose

Dried bark (stem /trunk) (3,4).

3. Major chemical constituents

- **Phytosterols:** β -Sitosterol and its glucoside (5) and β -sitostenone (6, 7).
- **Triterpenes:** Ursolic (5) and oleanolic acids (8).
- **Phenolic acids:** Ferulic acid and its esters of docosanol and tetracosanol (8).
- **Fatty acids:** Lauric and myristic acids (7).
- **Others:** *N*-Butylbenzene-sulfonamide and atraric, benzoic and *p*-hydroxybenzoic acids (5, 8).

4. Medicinal uses (Indications)

Relief of lower urinary tract symptoms related to benign prostatic hyperplasia stages I and II such as nocturia, polyuria and urinary retention after serious conditions have been excluded by a medical doctor (3, 4, 9-12).

5. Herbal preparations correlated to medicinal use

1. Comminuted herbal substances are added to water as herbal tea in the form of decoction or infusion (4).
2. Lipophilic extract (4, 9, 10).

Herbal preparation (2) is 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

Adults and elderly

Preparation 1

Not to exceed 4 g, daily (4).

Preparation 2

50–200 mg in divided doses, standardized to 12-14% of phytosterols (3, 4, 9-13).

Duration of use: Long-term use is possible (3).

Method of administration: Oral use (3).

- There is no relevant use in women, adolescents and children (3)
- To be taken with food or milk to minimize gastrointestinal disturbances. (9).

7. Contraindications

- Hypersensitivity to the active substances and to other plants of the same family (3).
- The use in children and adolescents under 18 years of age is contraindicated because of its effects on androgen and oestrogen metabolism (9,10) and the lower urinary tract symptoms in these populations requires medical supervision (3).

8. Special warnings and precautions for use

- If complaints worsen or if symptoms such as fever, spasms or blood in the urine, painful urination or urinary retention occur during the use of the medicinal product, a doctor should be consulted (3, 4, 9).
- Diagnosis of prostate cancer should be excluded before use (4).

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

None reported (3, 4).

10. Fertility, pregnancy and lactation

- Pregnancy and lactation: Not relevant (3, 9).
- No fertility data available (3).



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 (3).

12. Undesirable effects (3, 9, 10)

- If adverse reactions occur, a doctor or a pharmacist should be consulted.
- Mild gastrointestinal discomfort (such as nausea, vomiting, anorexia, diarrhoea, gastric pain), dizziness, visual disturbance and hypersensitivity reactions.

13. Overdose

No case of overdose has been reported (3).

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 last revision

18/06/2023.

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