



Egyptian Herbal Monograph

Volume 4

Herbal Formulations used in Egypt

Egyptian Drug Authority (EDA)

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Caraway oil/ Dill oil

زيت كراوية / زيت شبت

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

2. Parts used for medicinal purpose

Caraway oil: Dried ripe fruits (3, 4).

Dill oil: Dried ripe fruits (2).

3. Major chemical constituents

Caraway oil: Carvone and limonene (5).

Dill oil: Carvone, limonene, α -phellandrene, dihydrocarvone, dillapiole (6), 1,8 cineole, α -pinene and α -terpene (2).

4. Medicinal uses (Indications)

- A. For the symptomatic relief of digestive disorders such as bloating, flatulence, dyspepsia and digestive spasms (3,7).
- B. Stimulate appetite (stomachic) (8).
- C. Carminative and spasmolytic in infantile colic (9).



5. Herbal preparations correlated to medicinal use

Combination of Caraway oil and Dill oil.

Herbal preparation is in liquid 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

Infants and children

Infants up to 6 months:

0.00915 mg Caraway oil and 1.15 mg Dill oil, 2-3 times daily.

Infants 6 -12 months:

0.0183mg Caraway oil and 2.3mg Dill oil, 3 times daily.

2.5mg Caraway oil and 2.25mg Dill oil, 2-3 times daily.

5mg Caraway oil and 0.25mg Dill oil, 2 times daily.

Children above one year:

0.0366 mg Caraway oil and 4.6 mg Dill oil, 3 times daily.

Children above four years:

0.0549 mg Caraway oil and 6.9 mg Dill oil, 3 times daily.

Duration of use:

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

Method of administration: Oral use (3,4,8).

To be used under medical supervision.

7. Contraindications

- Hypersensitivity to active substances and to other plants of the same family.
- Gastroesophageal reflux disease (10).
- The use in patients with liver disease, cholangitis, achlorhydria, gallstones and any other biliary disorders is not recommended (7).



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 (3,7).
- To be used under medical supervision.

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

None reported (3,7).

10. Fertility, pregnancy and lactation

Not relevant

11. Effects on ability to drive and use machines

Not relevant

12. Undesirable effects

- If adverse reactions occur, a doctor or a pharmacist should be consulted.
- Anorexia, diarrhea, skin redness and irritation may occur (10).
- May alter sodium balance and cause allergic reaction (10, 11).

13. Overdose

An intake of over dose of the medicinal product for extended periods may lead to kidney and liver damage (10-12).

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

20/8/2023.

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