

Egyptian Herbal Monograph

Volume 2

Medicinal Plants used in Egypt

Egyptian Drug Authority (EDA)

2025



Egyptian Herbal Monograph

Medicinal Plants Used in Egypt

***Psidium guajava* L.**

جوافة

1. Names & Synonyms (1)

***Psidium guajava* L.**

Family: Myrtaceae.

Syns.: *Psidium aromaticum*, *P. cujavillus* Burm, *P. pomiferum*, *P. pyrifera*, *P. pumilum*.

Arabic: Gawafa جوافة

English name: Guava.

2. Parts used for medicinal purpose

Dried leaves (1).

3. Major chemical constituents

Phenolic Compounds (2)

- Flavonoids: Quercetin and its glycosides, avicularin, apigenin, guaijaverin, kaempferol, kaempferol-3-arabofuranoside, hyperin, myricetin, rutin, catechin, epicatechin, epigallocatechin gallate and proanthocyanidins.
- Phenolic acids: Gallic acid and caffeic acid.

Essential Oil (3,4)

- β -Caryophyllene, 4α -selin-7 (11)-enol, β -caryophyllene oxide, α -selinene, β -selinene, δ -cadinene, daucol, cubenol, 1,8-cineole (eucalyptol) and aromadendrene.

Others (2)

- Sugars: Sulphated and unsulphated polysaccharides (uronic acid), minerals (calcium, potassium, sulfur, sodium, iron, boron, magnesium, manganese and zinc), vitamins (C and B) and macronutrients (protein and fat).

4. Medicinal Uses (Indications)

- A. Cough sedative (1-3, 5, 6).
- B. Antidiarrheal agent (1, 2, 7-9).
- C. For gingivitis and bleeding gum (1).

It is also reported to be used in certain gastrointestinal disorders as antispasmodic (2, 7-9) and in viral and infectious gastroenteritis (1, 10).

5. Herbal preparations correlated to medicinal use

- 1. Decoction (1,10).
- 2. Powdered drug (1).
- 3. Aqueous liquid extract (1).
- 4. Dry extract (10).

Herbal preparations (3 and 4) are in liquid and solid dosage forms, respectively. The pharmaceutical form should be described by the pharmacopoeia full standard term.

6. Posology and method of administration correlated to medicinal use

Preparation 1

Indication A: The appropriate oral dose depends on several factors such as the user's age, health and other several conditions.

Indication B: Three times daily (10).

Preparation 2

Indication B: 500 mg of the powdered leaves to be taken orally 3-4 times daily (1).

Preparation 3

Indication A: The appropriate oral dose depends on several factors such as the user's age, health and other several conditions.

Indication C: 15 ml to be used externally as mouthwash 3 times daily for at least one minute per session (1).

Preparation 4

Indication B: 500 mg oral capsule containing powder dry extract every 8 hours for 3 days (10).

Method of administration: Oral and external use.



7. Contraindications

Hypersensitivity to the active substances and to other plants of the same family.

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.

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

None reported.

10. Fertility, pregnancy and lactation

- 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

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

12. Undesirable effects

- None reported.
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose

No case of overdose has been reported.

14. Relevant biological activities

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

15. Additional Information

-

16. Date of compilation/last revision

24/05/2022.

References

1	WHO monographs on selected medicinal plants (2007). Monographs on selected medicinal plants, 4 , 127-139.
2	Kumar, M., Tomar, M., Amarowicz, R., Saurabh, V., Nair, M. S., Maheshwari, C., Sasi, M., Prajapati, U., Hasan, M., Singh, S., Changan, S., Prajapat, R. K., Berwal, M. K. and Satankar, V. (2021). Guava (<i>Psidium guajava</i> L.) leaves: Nutritional composition, phytochemical profile, and health-promoting bioactivities. <i>Foods</i> , 10 , 752.
3	Karawya, M. S., Abdel Wahab, S. M., Hifnawy M. S., Azzam S. M. and EL- Gohary H. M. (1999). Essential oil of Egyptian Guajava leaves. <i>Egypt. J. Pharm. Sci.</i> , 40 (2), 209-217.
4	El-Ahmady, S. H., Ashour, M. L. and Wink, M. (2013). Chemical composition and anti-inflammatory activity of the essential oils of <i>Psidium guajava</i> fruits and leaves. <i>The Journal of Essential Oil Research</i> , 25 (6), 475-481. http://dx.doi.org/10.1080/10412905.2013.796498 .
5	Abou Zid, S. F. and Mohamed, A. A. (2011). Survey on medicinal plants and spices used in Beni-Sueif, Upper Egypt. <i>Journal of Ethnobiology and Ethnomedicine</i> , 7-18.
6	Jaiarj, P., Khoohaswan, P., Wongkrajang, Y., Peungvicha, P., Suriyawong, P., Saraya, M. L. and Ruangsomboon, O. (1999). Anticough and antimicrobial activities of <i>Psidium guajava</i> Linn. leaf extract. <i>Journal of Ethnopharmacology</i> , 67 , 203-212.
7	Metwally, A. M., Omar, A. A., Ghazy, N. M., Harraz, F. M. and El Sohafy, S. M. (2011). Monograph of <i>Psidium guajava</i> L. leaves. <i>Pharmacognosy Journal</i> , 3 (21), 89-104.
8	Mazumdar, S., Akter, R. and Talukder, D. (2015). Antidiabetic and antidiarrhoeal effects on ethanolic extract of <i>Psidium guajava</i> (L.) Bat. leaves in Wister rats. <i>Asian Pac. J. Trop. Biomed.</i> , 5 , 10-14.
9	Ojewole, J. A. O., Awe, E. O. and Chiwororo, W. D. H. (2008). Antidiarrhoeal activity of <i>Psidium guajava</i> Linn. (Myrtaceae) leaf aqueous extract in rodents. <i>J. Smooth Muscle Res.</i> , 44 , 195-207.
10	https://www.drugs.com/npp/guava.html .