



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Ginkgo, Ginger

جنكو / جنزبيل

1. Names & Synonyms

Ginkgo (1)

Ginkgo biloba

Ginkgo biloba L. Family: Ginkgoaceae.

Syns. *Pterophyllus salisburiensis* Nelson, *Salisburia adiantifolia* Smith, *S. macrophylla* C.Koch

Arabic: Ginkgo جنكو

English: Ginkgo leaf (2), Fossil tree; Kew tree; Maidenhair tree (3).

Ginger (4)

Zingiber officinale Roscoe.

Family: Zingiberaceae.

Syns. *Amomum zingiber* L., *Zingiber blancoi* Massk.

Arabic: Janzabeil جنزبيل - Zanjabeel زنجبيل - Zingibil زنجبيل

English: Ginger.

2. Parts used for medicinal purpose

Ginkgo: Dried leaf (1, 3, 5, 6).

Ginger: Dried Rhizome (3, 4, 7, 8).



3. Major chemical constituents

Ginkgo biloba

- **Flavonoids:** Flavonols (quercetin, kaempferol, isorhamnetin, and their glycosides and coumaroyl esters) (9), proanthocyanidins (yield delphinidin and cyanidin as main building blocks after acid hydrolysis) (10, 11).
- **Terpene lactones:** Bilobalide, ginkgolides A, B, C, J, M (9).
- **Amino acids:** 6-Hydroxykynurenic acid (2-carboxy-4-one-6- hydroxyquinoline), a metabolite of tryptophan (12).
- **Others:** Benzoic acid, ginkgolic acid, 2-hexenal, polyprenols (e.g. di-trans-poly-cis-octadecaprenol) and acidic polysaccharide (13).

Ginger (3, 14)

- **Oleo-resin:** Gingerols, shogaols, paradols, zingerone, gingerenone-A, and 6-dehydrogingerdione.
- **Essential oil:** β -Bisabolene and zingiberene, zingiberol, zingiberenol, *ar*-curcumene, β -sesquiphellandrene, β -sesquiphellandrol (*cis* and *trans*), phellandrene, camphene, geraniol, neral, linalool, *d*-nerol).
- **Others:** Starch, lipids, proteins and amino acids.

4. Medicinal Uses (Indications)

- Improvement of cognitive function and memory in adults .
- Improvement of peripheral arterial occlusive disease particularly intermittent claudication (poor circulation to the lower legs), and vertigo tinnitus of vascular origin.



- Relief of heaviness of legs and the sensation of cold hands and feet associated with minor circulatory disorders, after serious conditions have been excluded by a medical doctor.

5. Herbal preparations correlated to medicinal use

Combination of ginkgo dry extract (extraction solvent: acetone 60% and water) and ginger dry extract (supercritical carbon dioxide).

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 and elderly: combination of 120mg of ginkgo extract and 200mg of ginger extract, twice daily

Duration of use: Treatment should last for at least 8 weeks. If there is no symptomatic improvement after 3 months, or if pathological symptoms intensify, the doctor should check whether continuation of treatment remains justified.

Method of administration: Oral use.

7. Contraindications.

- Hypersensitivity to active substances and to other plants of the same families.
- The medicinal product should not be used by persons with cholelithiasis (2, 6).

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 children and adolescents under 18 years of age has not been established. (2, 5, 15).



- In patients with a pathologically increased bleeding tendency (hemorrhagic diathesis) and concomitant anticoagulant and antiplatelet treatment, the medicinal product should only be used after consultation with a doctor (2, 5, 15).
- Use should be stopped prior to surgery due to a potential risk of increased bleeding or interaction with perioperative drug treatment (16).
- In patients with epilepsy: onset of further seizures may occur (2, 5, 16).

9. Interactions with other medicinal products and other forms of interaction (2, 5)

- Concomitant use of Ginkgo biloba containing products and efavirenz is not recommended.
- Anticoagulants, platelet inhibitor, salicylates and other non-steroidal anti-inflammatory drugs because of the increased risk of bleeding.
- Anticonvulsants: concurrent use should be avoided.
- Buspirone, fluoxetine: concurrent use may cause hypomania.
- Cytochrome P450IA2/P4502D6/P4503A4 substrates: concurrent use may affect drugs metabolized by these agents.
- Selective serotonin reuptake inhibitors (SSRIs): concurrent use may reverse the sexual side effects of SSRIs.
- Trazadone: concurrent use may cause coma.
- Anticoagulant/antiplatelet herbs: concurrent use may increase the risk of bleeding
- St. John's wort: concurrent use can lead to hypomania.

Lab Tests:

- Partial thromboplastin time, ASA tolerance test: concurrent use may cause increased bleeding.
- Platelet activity: concurrent use may decrease platelet activity.



- Prothrombin time, blood salicylate: concurrent use may increase prothrombin time and blood salicylate.
- Concurrent use may increase plasma partial prothrombin time in patients taking warfarin concurrently and may increase prothrombin time.

10. Fertility, pregnancy and lactation

- The use during pregnancy and lactation should be avoided (3, 16).
- No fertility data available (1, 5).

11. Effects on ability to drive and use machines.

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

12. Undesirable effects (5)

- Bleeding of individual organs has been reported (eye, nose, cerebral and gastrointestinal haemorrhage).
- Headache and dizziness.
- Mild gastrointestinal complaints: diarrhoea, abdominal pain, nausea and vomiting, erucitation
- Hypersensitivity reactions (allergic shock) may occur, skin, subcutaneous tissue disorders and allergic skin reactions (erythema, oedema, itching, rash) may also occur .
- 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

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16. Date of compilation/last revision

23/04/2026



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