

Egyptian Herbal Monograph

Volume 2

Medicinal Plants used in Egypt

Egyptian Drug Authority (EDA)

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***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 gallocatechin 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.

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