

# **Egyptian Herbal Monograph**

**Volume 3**

**Medicinal plants used in Egypt**

**Egyptian Drug Authority (EDA)**

**2024**



# Egyptian Herbal Monograph

## Medicinal Plants Used in Egypt

*Hedera helix* L.

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### 1. Names & Synonyms

*Hedera helix* L.

**Family:** Araliaceae

**Syns.:** *Hedera communis* Gray, *H. poetarum* Bertol., *H. poetica* Salisb (1).

**Arabic:** Liblab لبلاب

**English name:** English Ivy, Common Ivy (1, 2).

### 2. Parts used for medicinal purpose

Dried leaves (3).

### 3. Major chemical constituents

- **Triterpenoid saponins:** Hederasaponin C (=hederacoside C), hederasaponins B, D, E, F, G, H and I, and  $\alpha$ -hederin and hederagenin 3-*O*- $\beta$ -glucoside (4,5).
- **Flavonoids:** Quercetin, kaempferol (and their 3-*O*-rutinosides and 3-*O*-glucosides), rutin, isoquercitrin and astragalin (5-7).
- **Phenolic acids:** Caffeic, chlorogenic, neochlorogenic, 3,5-*O*-dicaffeoyl-quinic, 4,5-*O*-dicaffeoyl-quinic, rosmarinic, dihydroxybenzoic, protocatechuic and *p*-coumaric acids (5).
- **Others:** Scopolin, polyacetylenes, volatile oil, phytosterols and amino acids (5-7).

### 4. Medicinal Uses (Indications)

Expectorant in case of productive cough (8).

### 5. Herbal preparations correlated to medicinal use (8)

#### 1. Dry extract

- 1.1. Extraction solvent ethanol, 24-30% m/m.
- 1.2. Extraction solvent ethanol, 40% m/m.



1.3. Extraction solvent ethanol, 60% m/m.

2. **Liquid extract:** extraction solvent ethanol, 70% V/V.

3. **Soft extract:** extraction solvent ethanol, 50% V/V: propylene glycol (98:2).

**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 (8)

### Preparation 1

#### Adolescents, adults and elderly

1.1. Single dose: 15-65 mg, 1-3 times daily, daily dose: 45-105 mg.

1.2. Single dose: 14-18 mg, 3 times daily.

1.3. Single dose: 33 mg, 2 times daily.

#### Children between 6-11 years of age

1.1. Single dose: 11-35 mg, 2-3 times daily, daily dose: 33-70 mg.

1.2. Single dose: 9-18 mg, 1-3 times daily, daily dose: 15-40 mg.

1.3. Single dose: 25 mg, 2 times daily, daily dose: 50 mg.

#### Children between 2-5 years of age

1.1. Single dose: 8-18 mg, 2-3 times daily, daily dose: 24-36 mg.

1.2. Single dose: 7-9 mg, 2-3 times daily, daily dose: 17-27 mg.

1.3. Single dose: 17 mg, 2 times daily, daily dose: 34 mg.

### Preparation 2

#### Adolescents, adults and elderly

Single dose: 100 mg, 3 times daily, daily dose: 300 mg.

#### Children between 6-11 years of age

Single dose: 75 mg, 3 times daily, daily dose: 225 mg.

### Preparation 3

#### Adolescents, adults and elderly

Single dose: 40 mg, 3 times daily, daily dose: 120 mg.

#### Children between 6-11 years of age

Single dose: 20-26 mg, 3-4 times daily, daily dose: maximum 80 mg.

#### Children between 2-5 years of age

Single dose: 20 mg, 3 times daily, daily dose: 60 mg.

#### Duration of use

If the symptoms persist longer than one week during the use of the medicinal product, a doctor or a pharmacist should be consulted.

**Method of administration:** Oral use.

## 7. Contraindications (8)

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

## 8. Special warnings and precautions for use (8)

- If the symptoms worsen or persist longer than 1 week during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- Persistent or recurrent cough in children between 2-4 years of age requires medical diagnosis before treatment.
- When dyspnoea, fever or purulent sputum occurs, a doctor or a pharmacist should be consulted.
- Concomitant use with opiate antitussives such as codeine or dextromethorphan is not recommended without medical advice.
- Caution is recommended in patients with gastritis or gastric ulcer.
- Preparation (2) should not be administered to children under 6 years of age because of the alcohol content.
- Use in children under 2 years of age is not recommended because of the general risk of aggravation of respiratory symptoms through secretolytic drugs so medical supervision is needed.

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

None reported (8).

## 10. Fertility, pregnancy and lactation (8)

- 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 (8)

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

## 12. Undesirable effects (8)

- If adverse reactions occur, a doctor or a pharmacist should be consulted.
- Gastrointestinal reactions (nausea, vomiting, diarrhoea) have been reported.

- Allergic reactions (urticaria, skin rash, dyspnoea) have been reported.

### **13. Overdose (8)**

Overdose can provoke nausea, vomiting, diarrhoea and agitation.

### **14. Relevant biological activities (8)**

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

### **15. Additional information**

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### **16. Date of compilation/last revision**

20/02/2024

## References

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