



Egyptian Herbal Monograph

Volume 3

Medicinal Plants used in Egypt

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Hypericum perforatum L.

عشبة القديس يوحنا

1. Names & Synonyms (1)

Hypericum perforatum L.

Family: Hypericaceae (Clusiaceae).

Syns.: *Hypericum officinale* Gaterau, *Hypericum officinarum* Crantz, *Hypericum vulgare* Lam.

Arabic: Oshbet Alkedees Yohanna عشبة القديس يوحنا

English: St. John's wort (2, 3), Perforate St. John's wort (4), Goatweed (5).

2. Part used for medicinal purpose

Fresh and dried flowering tops and/or flowering aerial parts (1).

3. Major chemical constituents

- **Naphthodianthrones:** Hypericin, pseudohypericin, protohypericin, protopseudohypericin and cyclopseudohypericin (3, 6, 7, 8).
- **Phloroglucinol derivatives:** Hyperforin, adhyperforin and furanohyperforin (3, 7-9).
- **Flavonoids:** Hyperoside, quercetin, rutin, quercitrin, isoquercitrin, astilbin, apigenin-7-*O*-glucoside and biapigenin (3, 7, 8, 10).
- **Procyanidines:** Procyanidine B2 (3).
- **Others:** Caffeic, chlorogenic, caffeoylquinic, *p*-coumaroylquinic acids and amino acids (3, 8).

4. Medicinal uses (Indications)

- A. Treatment of mild to moderate depressive episodes (1, 2).
- B. Short term treatment of symptoms in mild depressive disorders (2).
- C. Relief of temporary mental exhaustion (3).
- D. Restores mood balance and relieves associated sleep disturbances (5).



- E. Symptomatic treatment of minor inflammations of the skin (such as sunburn) and as antiseptic and/or antimicrobial to assist in healing of minor wounds, cuts, burns and bruises (1, 3, 11).
- F. Symptomatic relief of mild gastrointestinal discomfort (3).

5. Herbal preparations correlated to medicinal use* (2, 3, 5, 6)

1. **Comminuted herbal substance** in 150ml boiling water as an herbal tea as infusion (3, 5).
2. **Powdered herbal substance** (3, 5).
3. **Dry extracts**
 - 3.1. Extraction solvent ethanol (80% V/V) (2).
 - 3.2. Extraction solvent ethanol (50 - 68% V/V) (2).
 - 3.3. Extraction solvent ethanol 38% (m/m) = 45% V/V (3).
4. **Liquid extracts** (3).
 - 4.1. Extraction solvent vegetable oil (DER 1:4-20).
Preparation: maceration of the fresh or dried herbal substance with vegetable oil over a period of 2 days to several weeks under sun light exposure
 - 4.2. Extraction solvent maize oil or other suitable vegetable oil (DER 1:13).
 - 4.3. Extraction solvent ethanol 50% (V/V) (DER 1:2).
 - 4.4. Extraction solvent ethanol 50% (V/V) (DER 1:7-5).
5. **Tincture** (3).
 - 5.1. Extraction solvent ethanol 45-50% (V/V), (1:10).
 - 5.2. Extraction solvent ethanol 45-50% (V/V), (1:5).
6. **Expressed juice from the fresh herb** (1.1-2.5:1) (3).

*The daily intake of hyperforin has to be below 1 mg (2).

Herbal preparations (2-6) 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 *

Preparation 1

Indications A and B:

Adults: 2 - 4 g, 3 times daily (6).

Indication C

Adults and elderly: Single dose: 1.5-2 g, Daily dose: 3-6 g (3, 12).



Indication D

Adults: 2 - 12.5 g daily. Not to exceed 4.2 g per single dose (5).

Indication F

Adults and elderly: Single dose: 2 g. Daily dose: 4 g (3).

Preparation 2

Indication C

Adults and elderly: Single dose: 300-500 mg. Daily dose: 900-1000 mg (3).

Indication D

Adults: 2 - 12.5 g daily. Not to exceed 4.2 g per single dose (6).

Preparation 3

Preparation 3.1

Indication A

Adults and elderly: Single dose: 900 mg, once daily. Daily dose: 900 mg (2).

Duration of use: The onset of the effect can be expected within 4 weeks of treatment. If the symptoms persist during the use of the medicinal product, a doctor should be consulted.

Method of administration: Oral use.

Preparation 3.2

Indication B

Adults and elderly: 612 mg, once daily (2), or
Single dose: 250 - 650 mg, 2-3 times daily, Daily dose: 500-1200 mg (2).

Duration of use: The onset of the effect can be expected within 4 weeks of treatment. If the symptoms persist during the use of the medicinal product, a doctor should be consulted.

Method of administration: Oral use.

Preparation 3.3

Indication C

Adults and elderly: Single dose: 60-180 mg. Daily dose: 180-360 mg (3).

Preparation 4 (3)

Preparation 4.1 (3)

Indication E: Topical: Apply hypericum preparations to the affected skin area as needed (11).

Preparation 4.2

Indication C: Single dose: 200 mg. Daily dose: 600 mg (3).

Preparation 4.3

Indication C: Single dose: 0.8 - 1.2 ml. Daily dose: 2.4-3.6 ml (3).



Preparation 4.4

Indication C: Single dose: 1.3 ml. Daily dose: 4 ml (3).

Preparation 5

Preparation 5.1

Indication C: Single dose: 2 - 4 ml. Daily dose: 6 - 12 ml (3).

Preparation 5.2

Indication C: Single dose: 1 - 1.5 ml. Daily dose: 3 - 4.5 ml (3).

Indication E (11)

Preparations 5.1 and 5.2

Topical: Apply hypericum preparations to the affected skin area as needed.

Preparation 6

Indication C: Single dose: 10 - 20 ml. Daily dose: 10 - 30 ml.

*The daily intake of hyperforin has to be below 1 mg (2).

7. Contraindications (2, 3)

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

8. Special warnings and precautions for use (2, 3)

- If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- Intense UV-exposure should be avoided during the treatment.
- The oral use in children and adolescents under 18 years of age is not recommended.
- The amount of hyperforin and hypericin should be specified. The daily intake of hyperforin has to be below 1 mg (3).

9. Interactions with other medicinal products and other forms of interaction (2, 3)

- *Hypericum* dry extract induces the activity of CYP3A4, CYP2C9, CYP2C19 and P-glycoprotein.
- The reduction of plasma concentrations of oral contraceptives may lead to increased intermenstrual bleeding and reduced safety in birth control. Women using oral contraceptives should take additional contraceptive measures.



- Prior to elective surgery possible interactions with products used during general and regional anaesthesia should be identified. If necessary the herbal medicinal product should be discontinued. The elevated enzyme activity returns within one week after cessation to normal level.
- *Hypericum* dry extract may contribute to serotonergic effects when combined with antidepressants.
- Patients taking other medicines on prescription should consult a doctor or pharmacist before taking *Hypericum*.

10. Fertility, pregnancy and lactation (2, 3)

- 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, 3)

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

12. Undesirable effects (2, 3)

- If adverse reactions occur, a doctor or a pharmacist should be consulted.
- Gastrointestinal disorders, allergic skin reactions, fatigue and restlessness may occur.
- Fair-skinned individuals may react with intensified sunburn-like symptoms under intense sunlight.
- If signs of skin infections are observed, a doctor or a pharmacist should be consulted.

13. Overdose (2, 3)

- Seizures and confusion have been reported.
- After ingestion of massive overdoses, the patient should be protected from sunlight and other UV-light sources for 1-2 weeks.

14. Relevant biological activities (2)

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



15. Additional Information (2)

Extracts should be quantified with respect to hypericin. The amounts of hyperforin and of flavonoids should be declared.

16. Date of compilation/last revision

6/9/2022.

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