



Egyptian Herbal Monograph

Volume 3

Medicinal Plants used in Egypt

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Vitis vinifera L.

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1. Names & Synonyms

Vitis vinifera L

Family: Vitaceae

Syn.: *Cissus vinifera* (L.) Kuntze (1)

Arabic: Al Inab العنب

English: Grapevine (2, 3), Grape (4, 5).

2. Parts used for medicinal purpose

Leaves and seeds (2, 6).

3. Major chemical constituents

Seeds:

- **Phenolics:** Catechin, epicatechin, procyanidins (7, 8); **phenolic acids:** gallic, caffeic, coumaric, coumaric, ferulic and fertaric acids and **flavonoids:** rutin, quercetin-3- β -D-glucoside, quercitrin and myricetin (9, 10).
- **Fatty acids:** Linoleic acid (9).
- **Others:** Proanthocyanidins, stilbenes (10), carbohydrates, proteins and vitamin C (9).

Leaves:

- **Phenolics: Condensed tannin:** gallo catechins, catechins, procyanidins, procyanidin B1, procyanidin A1 and epicatechins (10, 12); **phenolic acids:** gallic, vanillic, syringic (10), caftaric, caffeic, and fertaric acids; **flavonoids:** quercetin, quercetin-3-O-glucoside, kaempferol, and myricetin (10), apigenin-7-O-glucoside, luteolin-7-O-glucoside(10), taxifolin, naringenin, hesperetin (10) and anthocyanins (10); **coumarins:** aesculin, fraxin, aesculetin and umbelliferone (10,11); **stilbenes:** monomeric, dimeric, trimeric and tetrameric derivatives (10).
- **Others:** Quinic acid (10).



4. Medicinal uses (Indications)

- A. Treatment of chronic venous insufficiency, which is characterised by swollen legs, varicose veins, feeling of heaviness, pain, tiredness, itching, tension and cramps in the calves (2, 6, 13).
- B. For symptomatic relief of itching and burning associated with haemorrhoids after serious conditions have been excluded by a medical doctor (2).

5. Herbal preparations correlated to medicinal use

- 1. Comminuted herbal substance as decoction or infusion (2).
- 2. Powdered herbal substance (2).
- 3. Dry extract, extraction solvent water.
 - 3.1 Leaves (2).
 - 3.2 Seeds (6).
- 4. Soft extract of leaves, extraction solvent water (2).

Herbal preparations (2-4) 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 and elderly: 5 - 10 g of dried leaves in 250 ml of boiling water as an infusion, 2 times daily (2).

Duration of use: (2)

The recommended duration of use for indication A is 4 weeks and for indication B is one week. If the symptoms persist for more than 2 weeks during the use of the medicinal product, a doctor or a pharmacist should be consulted.

Method of administration: Oral use (2).



Preparation 2

Indications A and B

Adults and elderly: 270 - 350 mg, 3-5 times daily (2).

Duration of use (2)

The recommended duration of use for indication A is 4 weeks and for indication B is one week. If the symptoms persist for more than 2 weeks during the use of the medicinal product, a doctor or a pharmacist should be consulted.

Method of administration: Oral use (2).

Preparation 3

Indication A

3.1. Adults and elderly: Single dose: 360 - 720 mg, daily dose: 360 - 720 mg (2).

3.2. Adults and elderly: 150 - 475 mg, daily (6).

75 – 600 mg seed extract (or pycnogenol) daily, up to 3 weeks (4).

Duration of use

The recommended duration of use is 12 weeks. 2-3 weeks of treatment may be required before beneficial effects are observed for leaves (2) and 4 weeks for seeds (4). Long term use is possible in consultation with a doctor (2, 6).

Method of administration: Oral use (2).

Preparation 4

Indication A

Adults and elderly: Soft extract in a cream base (10 g contain 282 mg soft extract). Apply a thin layer on the affected area, 1 - 3 times daily (2).

Duration of use (2)

The recommended duration of use is 4 weeks. If the symptoms persist for more than 2 weeks during the use of the medicinal product, a doctor or a pharmacist should be consulted.

Method of administration: Cutaneous use (2).

7. Contraindications

Hypersensitivity to 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.
- The use in children and adolescents below 18 years of age is not recommended (2, 6, 13).
- If there is inflammation of the skin, thrombophlebitis or subcutaneous induration, severe pain, ulcers, sudden swelling of one or both legs, cardiac or renal insufficiency, a doctor should be consulted (2, 13).
- In case of inadequate or unsatisfactory symptomatic response to the treatment of chronic venous insufficiency within 2 weeks a doctor should be consulted as oedema may have alternative causes (2).
- In case of inadequate or unsatisfactory symptomatic response within 1 week or if rectal bleeding occurs during the treatment of haemorrhoids, a doctor should be consulted (2).
- Cutaneous use: The product should not be used on broken skin, around the eyes or on mucous membranes (2).

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

Not known.

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 (2, 13).
- 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

- If adverse reactions occur, a doctor or a pharmacist should be consulted.
- **Grape seed:** Dizziness, nausea, anorexia and Rash (13).
- **Grape leaves:** Hypersensitivity reactions of the skin (itching and erythema, urticaria), nausea, gastrointestinal complaints and headache may occur (2).



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

23/8/2022.

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