

Egyptian Herbal Monograph

Volume 3

Herbal Formulations used in Egypt

Egyptian Drug Authority (EDA)

2025



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Saw palmetto / Nettle بلميط منشاري / قريص - حريق

1. Names & Synonyms

Saw palmetto (1,2).

***Serenoa repens* (W.Bartram) Small.**

Family: Arecaceae (1,2).

Syns: *Corypha repens* W.Bartram, *Corypha obliqua* W.Bartram, *Diglossophyllum serrulatum* (Michx.) H. Wendl. ex Salomon, *Sabal serrulata* (Michx.) Schult.f., *Chamaerops serrulata* Michx., *Brahea serrulata* (Michx.) H. Wendl. (1,2).

Arabic: Balmit minshary بلميط منشاري

English: *Serenoa*, Saw palmetto (3) and Saw palmetto berry (4).

Nettle (5)

***Urtica dioica* L.**

Family: Urticaceae.

Syns.: *Urtica tibetica* W.T. Wang, *U. galeopsifolia* Wierzb. ex Opiz.

Arabic: hhurray قريص - حريق

English name: Stinging nettle (6-8), Nettle (7,8).

2. Parts used for medicinal purpose

Saw palmetto: Dried ripe fruit (9).

Nettle: Dried roots (6-8, 10).

3. Major chemical constituents

Saw palmetto (11):

-Fatty acids and their glycerides: Monoacylglycerides (1-monolaurin, 1-monomyristicin). Oleic acid (unsaturated) and capric acid, caproic acid, caprylic acid, lauric acid, myristic acid, palmitic acid and stearic acid (saturated).

-Steroids: β -Sitosterol, campesterol and stigmasterol.

-Carbohydrates: Invert sugar, mannitol, high molecular weight polysaccharides with galactose, arabinose and uronic acid identified as main sugar components.

-Other constituents: Flavonoids (e.g. rutin, isoquercitrin, kaempferol), pigment (carotene), resin, tannin and volatile oil.

Nettle roots (10, 12, 13):

Polysaccharides: Glycans, glucogalacturonans, arabinogalactan acid, fatty acid: (10*E*, 12*Z*)-9-hydroxy-10, 12-octadecadienoic acid, lectins, ceramides, terpenes diols, and terpenes diols glucosides.

4. Medicinal uses (Indications) (14)

Symptomatic treatment of benign prostatic hyperplasia and related lower urinary tract symptoms after serious conditions have been excluded by a medical doctor.

5. Herbal preparations correlated to medicinal use

Combination of saw palmetto liquid extract, extraction solvent: Ethanol 96% and nettle powder extract, extraction solvent: Ethanol 60% - 70%.

Herbal preparation is in pharmaceutical dosage forms for oral use. The pharmaceutical form should be described by the pharmacopoeia full standard term.

6. Posology and method of administration correlated to medicinal use

160 mg saw palmetto extract and 120 mg nettle extract, twice daily.

Duration of use:

- Long-term use, up to 6 months, is possible.
- Typically, symptom reduction is experienced within 1–2 months' treatment.
- If the symptoms persist during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- There is no relevant use in children and adolescents under 18 years of age.

Method of administration: Oral use.

7. Contraindications (14)

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

8. Special warnings and precautions for use (14)

-If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.

-If complaints worsen or if symptoms such as fever, spasms or blood in the urine, painful urination, or urinary retention occur during the use of the medicinal product, a doctor or a pharmacist should be consulted.

9. Interactions with other medicinal products and other forms of interaction (14)

- A few cases of suspected interactions with warfarin have been reported. Increased INR- values have been described.
- Anticoagulants (heparin, warfarin) and anticoagulant herbs: Nettle may decrease the effect of anticoagulants.
- CNS depressants (alcohol, barbiturates, sedative/hypnotics, antipsychotics, opiates) and sedative herbs: Nettle may lead to increased central nervous system depression.
- Diuretics: Use of nettle may increase the effects of diuretics, resulting in dehydration and hypokalemia.
- Iron salts: Nettle tea may interfere with the absorption of iron salts.
- Lithium: Nettle combined with lithium may result in dehydration, lithium toxicity.

10. Fertility, pregnancy and lactation (14)

- The use during pregnancy and lactation is contraindicated owing to its effects on androgen and estrogen metabolism.
- No fertility data available.

11. Effects on ability to drive and use machines (14)

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

12. Undesirable effects (14)

- If adverse reactions occur, a doctor or a pharmacist should be consulted.
- Abdominal pain, nausea, vomiting, diarrhea, abdominal pain (especially when taken on an empty stomach).
- Allergic or hypersensitivity reactions may occur such as skin rash, headache, increase of transaminases or gamma-glutamyl transferases, reversible gynecomastia, pruritus, rash and urticaria may occur.
- Gastro-intestinal complaints such as nausea, heartburn, feeling of fullness, flatulence, and diarrhea may occur.

13. Overdose (14)

No case of overdose has been reported.



14. Relevant biological properties

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

15. Additional information

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16. Date of compilation/last revision

13/09/2023.

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