

Egyptian Herbal Monograph

Volume 3

Medicinal Plants used in Egypt

Egyptian Drug Authority (EDA)

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Tilia cordata Mill.

تيليو

1. Names & Synonyms (1, 2)

***Tilia cordata* Mill.**

Family: Tiliaceae (Malvaceae).

Arabic: تيليو

English: Lime flower (3), Linden, Tilia and small leaf linden, small leaf lime (4).

***Tilia platyphyllos* Scop.**

Family: Tiliaceae (Malvaceae)

Arabic: تيليو

English: Lime flower (3), Linden, Tilia and large-leaf Linden

***Tilia x vulgaris* Heyne**

Naturally-occurring hybrid of *T. cordata* and *T. platyphyllos* Scop.

Family: Tiliaceae (Malvaceae)

Syn: *T. europaea* auct. non L.

Arabic: تيليو

English: European linden, European lime tree, Linden and Tilia (4).

2. Parts used for medicinal purpose

Flower (2-4).

3. Major chemical constituents (2)

- **Flavonoids:** Kaempferol, quercetin, myricetin and their glycosides (mainly Kaempferol-3-*O*- β -D-(6"-E-*p*-coumaroyl)-glucopyranoside "tiliroside") and proanthocyanidins (3, 5).
- **Phenolic acids:** Caffeic, chlorogenic and *p*-coumaric acids (3, 5).
- **Essential oil:** Alkanes (mainly tricosane) (6), phenolic alcohols and esters, and terpenes including citral, citronellal, citronellol, eugenol, limonene, nerol, α -pinene and terpineol (monoterpenes), and farnesol (sesquiterpene) (3).
- **Others:** Mucilage, tocopherol (phytosterol) and amino acids (3).

4. Medicinal uses (Indications)

- A. Relief cough and irritation of the throat in colds and catarrh of the respiratory tract (3, 4).
- B. Relief of mild symptoms of mental stress (3, 4).

5. Herbal preparations correlated to medicinal use (3)

1. Comminuted herbal substance as herbal tea for oral use.

1.5 g of the comminuted herbal substance in 150 ml of boiling water as a herbal infusion

2. Liquid extract, extraction solvent ethanol 25% v/v.

3. Tincture, extraction solvent ethanol 45% v/v.

4. Aqueous extract

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 (3)

Preparation 1

Indication A

Adolescents, adults and elderly: 1.5 g as herbal tea, 2–4 times daily. Daily dose: 3-6g.
Children between 4 and 12 years of age: 1 g as herbal tea, 2–4 times daily. Daily dose: 2-4 g.

Indication B

Adolescents, adults and elderly: 1.5 g as herbal tea 2–4 times daily. Daily dose: 3-6 g.

Preparations 2 and 3

Indications A, B

Adolescents, adults and elderly

Preparation 2: 2 ml, 1-2 times daily. Daily dose: 2-4 ml.

Preparation 3: 1 ml, 1-2 times daily. Daily dose: 1-2 ml.

Preparation 4

Indication A

Adolescents, adults and elderly: extract Eq. to 3-6 gm, 2–4 times daily.

Children between 4 and 12 years of age: extract eq. to 2-4 gm, 2–4 times daily.



Duration of use:

Indication A

The therapy should start at first signs of common cold. If the symptoms persist longer than one week during the use of the medicinal product, a doctor or a pharmacist should be consulted.

Indication B

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

Method of administration: Oral use.

7. Contraindications (2-4)

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

8. Special warnings and precautions for use (3)

- If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- The use in children under 12 years of age is not recommended.
- In case of infusion; the use in children under 4 years of age for the relief of symptoms of common cold is not established.

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

None reported.

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 (3)

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

12. Undesirable effects (3)

- None known.
- If adverse reactions occur, a doctor or a pharmacist should be consulted.



13. Overdose

No case of overdose has been reported (3).

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

06/08/2023.

References

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