



Egyptian Herbal Monograph

# Egyptian Herbal Monograph

## Volume 3

### Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

2026





# Egyptian Herbal Monograph

## Herbal Formulations Used in Egypt

**Milk thistle, Curcumin** شوك الجمل / كركمين

### 1. Names & Synonyms

**Milk thistle** (1)

*Silybum marianum* L. Gaertn. (2).

**Family:** Compositae (Asteraceae) (2).

**Syns.:** *Carduus marianus* L. (2).

**Arabic:** Shawk Sennari شوك سناري, Shok El-Gamal شوك الجمل (3).

**English:** Milk thistle and St. Mary's thistle (3).

### 2. Parts used for medicinal purpose

**Milk thistle:** Dried ripe fruits, freed from the pappus (1).

### 3. Major chemical constituents

**Milk thistle** (2-6)

- **Flavonolignans:** Silymarin mixture mainly (silybin A, silybin B, isosilybin A, isosilybin B, silychristin, isosilychristin, silydianin).
- **Flavonoids:** Taxifolin, apigenin, kaempferol and their derivatives.
- **Fixed oil:** Linoleic, oleic, palmitic and stearic acids.
- **Sterols:** Tocopherol (vitamin E) and phospholipids.
- **Others:** Mucilage, sugars, amines and saponins.



#### 4. Medicinal Uses (Indications)

- A) Symptomatic relief of digestive disorders, sensation of fullness and indigestion
- B) Support the liver function, after serious conditions have been excluded by a medical doctor.

#### 5. Herbal preparations correlated to medicinal use

Combination of milk thistle powder extract (Extraction solvent: aqueous ethanol 70%) and curcumin.

**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

**Adults and elderly:**

Combination of 140 mg of milk thistle extract and 50 mg of curcumin, 2-3 times daily.

**Duration of use:**

If the symptoms persist longer than 2 weeks during the use of the medicinal product, a doctor or pharmacist should be consulted.

**Method of administration:** Oral use.

#### 7. Contraindications.

- Hypersensitivity to the active substances and to other plants of the same families.
- Hormone-sensitive conditions such as breast, uterine and ovarian cancers, endometriosis or uterine fibroids (7,8).

#### 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 under 18 years of age has not been established (9-11).



- If icterus or a change in colour of urine or stool appears, the medical doctor should be consulted immediately (10).
- In case of liver or biliary disorder, ask the physician before use (12).
- Concurrent use of medications including blood thinners, ask the physician before use (12).

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

None reported.

## 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 (7,8).
- 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

- Adverse effects are mainly transient, non-serious, gastrointestinal complaints. It is stated that the product may occasionally produce a mild laxative effect (2).
- Stop use and ask the physician if new symptoms including yellowing of the eyes or skin, dark urine, nausea, vomiting or stomach pain (12).
- If adverse reactions occur a doctor or a pharmacist should be consulted.

## 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

-

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

20/04/2026

#### References

1.	WHO monographs on selected medicinal plants (2002). Monographs on selected medicinal plants, <b>2</b> , 300-316.
2.	Barnes, J., Anderson, L. A. and Phillipson, J. D. (2007). Herbal Medicines, 3 <sup>rd</sup> edition. Published by the Pharmaceutical Press. ISBN 978 0 85369 623 0.
3.	Hassan, N. M. and Abdallah W. E. (2020). <i>Silybum marianum</i> (L.) Gaertn. In: Egyptian Encyclopedia of Wild Medicinal Plants, <b>10</b> , 8-33. Academy of Scientific Research and Technology, Cairo, Egypt.
4.	Kroll, D. J., Shaw, H. S. and Oberlies, N. H. (2007). Milk Thistle nomenclature: Why it matters in cancer research and pharmacokinetic studies. <i>Integrative Cancer Therapies</i> , <b>6</b> (2), 110-119.
5.	<a href="#">Graf, T. N.</a> , <a href="#">Cech, N. B.</a> , <a href="#">Polyak, S. J.</a> and <a href="#">Oberlies, N. H.</a> (2016). A validated UHPLC-tandem mass spectrometry method for quantitative analysis of flavonolignans in milk thistle ( <i>Silybum marianum</i> ) extracts. <i>J. Pharm. Biomed. Anal.</i> , <b>126</b> , 26-33.
6.	<a href="#">Chambers, C. S.</a> , <a href="#">Holečková, V.</a> , <a href="#">Petrásková, L.</a> , <a href="#">Biedermann, D.</a> , <a href="#">Valentová, K.</a> , <a href="#">Buchta, M.</a> and <a href="#">Křen, V.</a> (2017). The silymarin composition... and why does it matter? <i>Food Res. Int.</i> , <b>100</b> (3), 339-353.
7.	<a href="https://www.rxlist.com/consumer_milk_thistle_carduus_marianum/drugs-condition.htm">https://www.rxlist.com/consumer_milk_thistle_carduus_marianum/drugs-condition.htm</a>
8.	<a href="https://www.webmd.com/vitamins/ai/ingredientmono-138/milk-thistle">https://www.webmd.com/vitamins/ai/ingredientmono-138/milk-thistle</a>
9.	<a href="http://webprod.hc-sc.gc.ca/nhp/nd/bdipsn/monoReq.do?id=138&amp;lang=eng">http://webprod.hc-sc.gc.ca/nhp/nd/bdipsn/monoReq.do?id=138&amp;lang=eng</a>



## Egyptian Herbal Monograph

10.	European Union Herbal Monograph on <i>Silybum marianum</i> (L.) Gaertn., fructus (2018). EMA/HMPC/294187/2013. Committee on Herbal Medicinal Products (HMPC).
11.	Skidmore-Roth, L. (2010). Mosby's Handbook of Herbs & Natural Supplements. 4 <sup>th</sup> ed. ISBN 9780323057417.
12.	Reference Canada: Natural Health Product. Concentrated Turmeric Extracts and Isolates (Curcuminoids/Curcumin), 2025. <a href="https://canadacommons.ca/artifacts/35565052/concentrated-turmeric-extracts-and-isolates-curcuminoidscurcumin-monograph/36464609/">https://canadacommons.ca/artifacts/35565052/concentrated-turmeric-extracts-and-isolates-curcuminoidscurcumin-monograph/36464609/</a>