



Egyptian Herbal Monograph

Volume 3

Herbal Formulations used in Egypt

Egyptian Drug Authority (EDA)

2025



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Ivy /Thyme

لبلاب / زعتر

1. Names & Synonyms

Ivy (1)

Hedera helix L.

Family: Araliaceae.

Syns.: *Hedera communis* Gray, *H. poetarum* Bertol., *H. poetica* Salisb.

Arabic: Liblab لبلاب

English name: Ivy, English Ivy, Common Ivy (2)

Thyme

Thymus vulgaris L. (3)

Syns.: *Origanum thymus* Kuntze, *Thymus collinus* Salisb.

Family: Lamiaceae (Labiatae).

Arabic: Za'ater زعتر

English name: Thyme, English Thyme, Garden Thyme.

Thymus zygis L. (4)

Syns.: *Origanum zygis* (L.) Kuntze, *Thymus angustifolius* Salisb.

Family: Lamiaceae (Labiatae)

Arabic: Za'ater زعتر

English name: Spanish Thyme

2. Parts used for medicinal purpose

Ivy: Dried leaves (5).

Thyme: Dried herb (6,7).

3. Major chemical constituents

Ivy:

- **Triterpenoid saponins:** Hederasaponin C (=hederacoside C), hederasaponins B, D, E, F, G, H and I, and α -hederin and hederagenin 3-O- β -glucoside (8,9).

- **Flavonoids:** Quercetin, kaempferol (and their - 3-*O*-rutinosides and - 3-*O*-glucosides), rutin, isoquercitrin and astragalin (9-11).
- **Phenolic acids:** Caffeic, chlorogenic, neochlorogenic, 3,5-*O*-dicafeoyl-quinic, 4,5-*O*-dicafeoyl-quinic, rosmarinic, dihydroxybenzoic, protocatechuic and *p*-coumaric acids. (9).
- **Others:** Scopolin, polyacetylenes, volatile oil, phytosterols and amino acids (9-11).

Thyme:

- **Essential oil:** Thymol, carvacrol, *p*-cymene, α and β -terpinene, linalool, terpinen-4-ol, borneol, 1,8-cineole, α -thujene, α -pinene and caryophyllene (7,12).
- **Flavonoids:** Apigenin, narigenin, kaempferol and luteolin (and their glycosides) (13).
- **Phenolic acids:** Salvianolic, rosmarinic, cinnamic, ferulic, caffeic and gallic acids (13).
- **Others:** Monoterpene glycosides (14,15).

4. Medicinal uses (Indications)

Symptomatic relief of acute bronchitis and in productive cough associated with cold.

5. Herbal preparations correlated to medicinal use

Ivy liquid extract (Extraction solvent: Ethanol/water (1:1)) and Thyme liquid extract (Extraction solvent: Ethanol ammoniacal with glycerine consisting of ammonia solution 10% (m/m), glycerol 85% (m/m), ethanol 90% (V/V), water (1:20:70:109)).

Herbal preparation is 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

Adolescents and adults:

90 mg of Ivy liquid extract and 1500 mg of Thyme liquid extract, 3 times daily.

Children 4-12 years:

45 mg of Ivy liquid extract and 750 mg of Thyme liquid extract, 3 times daily.

Duration of use: If the symptoms persist longer than one week during the use of the medicinal product, a doctor or a pharmacist should be consulted.

Method of administration: Oral use.

7. Contraindications

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

8. Special warnings and precautions for use

- If the symptoms worsen or persist longer than one week during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- Persistent or recurrent cough in children requires medical diagnosis before treatment (16).
- When dyspnoea, fever or purulent sputum occurs, a doctor or a pharmacist should be consulted (16,17).
- Concomitant use with opiate antitussives, such as codeine or dextromethorphanis, not recommended without medical advice (16).
- Caution is recommended in patients with gastritis or gastric ulcer (17).

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.
- 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 (16,17)

- If adverse reactions occur, a doctor or a pharmacist should be consulted.
- Gastrointestinal reactions (nausea, vomiting and diarrhoea) have been reported.
- Allergic reactions (urticaria, skin rash, dyspnoea) have been reported.

13. Overdose

Overdose can provoke nausea, vomiting, diarrhoea and agitation (16).

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

22/01/2024

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