

# Thyme

**Botanical Nomenclature:** Thymus vulgaris

**Common Name:** Common garden thyme

**Parts Used / Definition:** leaf, flowering top

**Growing and Harvesting Information:** Hardy perennial, prefers well-drained alkaline soil and full sun. Sow seeds directly in soil in late spring. Benefits from trimming in the early spring, before new growth starts.

**Physiological Actions:**

- Antibacterial
- Antifungal
- Antiviral
- Antiseptic
- Antioxidant
- Antispasmodic
- Astringent
- Carminative
- Diaphoretic
- Expectorant
- Rubefacient
- Tonic

**Key Constituents:**

- Volatile oils
- Flavonoids
- Phenolic acids
- Tannins

**Main Uses:**

- Respiratory (antispasmodic, antimicrobial, expectorant)
  - Useful for respiratory infections, spasmodic coughs, bronchitis, pneumonia, COPD, emphysema, asthma, catarrh
- Digestive (carminative, antispasmodic, antimicrobial)
  - Useful for colic, flatulence, dyspepsia, nausea, infections of the GI tract (possibly helpful for ulcers)
- Topical (antimicrobial, rubefacient)
  - Useful for infected wounds, fungal conditions, laryngitis, tonsillitis, sore throats, gum disease, and as a counterirritant for rheumatism and neuralgic pain.

**Other uses:**

- Minor urinary antiseptic
- Helps dispel fevers (diaphoretic)
- Diarrhea and bed wetting (astringent)
- Scavenges free radicals (antioxidant)
- Might be a tonic for the endocrine system

**Safety Issues:** none

**Preparation:** Tea, tincture, essential oil, culinary

**Miscellaneous / Fun Facts:** Thyme-infused honey is a common remedy in Greece, both in households and in hospitals, per Patricia Kyritsi-Howell.