

QUICK REFERENCE SHEET

THYME

Thymus vulgaris



Part Utilized:
Leaf



PROPERTIES:

Antiseptic, Tonic, Antibacterial, Antiviral, Expectorant, Antioxidant, Antifungal, Vermifuge

SYSTEMS AFFECTED:

Respiratory, Digestive, Integumentary, Immune

POSSIBLE USES:

worms, bites and stings, colds, flu, coughs, bronchitis, earache, fungal infections, aching muscles, fever

INGREDIENT IN:

CAN, CART, IB, LC, LCON

GENERAL INFORMATION:

The famous English herbalist, Nicholas Culpeper who died in 1654, said that Thyme was “a notable strengthener of the lungs, as notable a one as grows; neither is there a better remedy growing for that disease in children which they commonly call chin-cough [whooping cough].” Thyme is a useful tonic for infections, whether in the throat, chest area, or feet (especially fungal ones such as athlete's foot). Thyme is useful for bronchitis, whooping cough, and pleurisy. There are those who claim Thyme will kill lice. Perhaps a strong tea, applied frequently enough, would do this but I think that I would probably rely on the essential oil as my first choice.

I think it likely that the many wonderful healing properties of Thyme are because of its wide range of nutrients. Thyme contains potassium, iron, calcium, manganese, magnesium, and selenium. Thyme is also a rich source of vitamins A, K, E, C, the B complex vitamins, and folic acid. The active ingredient in Thyme, thymol, has been found scientifically to have antiseptic and antifungal properties.