

THYME

Botanical Name:

Thymus vulgaris

Common Names:

Common Thyme, Garden Thyme, Rubbed Thyme

Parts used:

The leaves and flowering tops

Active Components:

Volatile oil (namely thymol) and flavonoids

Looks like:

The plant is a shrub that grows up to 50 cm high with woody and many branched stem. The flowers are white to purple. The odor is aromatic and the taste somewhat bitter and camphor-like.

Where it's grown:

The plant is indigenous to the Mediterranean and neighboring countries, northern Africa, and parts of Asia. It is extensively cultivated.



History:

Though known for its culinary benefits, thyme has been recognized as a medicine since the Middle Ages on for its antibacterial and digestive properties, to name but two. The herb was thought to enliven the spirits by the fragrance which it diffuses into the air around. An old tradition says that thyme was one of the herbs that formed the fragrant bed of the Virgin Mary.

Use:

Thyme is used for cough and bronchitis as it produces expectoration and reduces bronchial spasm. It also makes a good use in indigestion, gastritis, and diarrhea.