



THYME — THYMUS VULGARIS

Family: Lamiaceae

Herbal action: antispasmodic, carminative, expectorant, antiseptic, antimicrobial, antioxidant, emmenagogue, rubifacient.

Indications: dyspepsia, gastritis, asthma, bronchitis, pertussis, laryngitis, tonsillitis, dysmenorrhea; topically for fungal and bacterial infections, gingivitis



Medicinal uses: Thyme is best suited for cold, inactive conditions where the patient tends to be chilled, shivering, putrefaction, sepsis and stagnant, and stuck mucus. It has even been used against anthrax, typhoid fever and diphtheria.

This is an excerpt of our full plant monograph which is available to members of the Herbal Village