

Thyme

Botanical: *Thymus vulgaris*

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Thyme is a food, incense, and medicine for the mind, body, and spirit. It has an ancient medicinal and magical history. Fresh thyme has one of the highest antioxidant levels among herbs and is often used as an ornamental plant in gardens.

Western



Western Name: Thyme

Also Known As: Rainbow Falls, Archer's Gold, Golden King

Main Systems: Lungs, Stomach, Intestines, Nerves

Key Actions: Antiseptic, Diuretic, Restorative, Anti-inflammatory, Antioxidant, Antispasmodic, Expectorant, Anticancer, Antibacterial, Antiviral, Antifungal, Insecticidal

Key Medicinal Uses: Cold, flu, coughs, sore throat, bronchitis, tonsillitis, colic, arthritis, upset stomach, stomach pain, diarrhea, bed-wetting, candida, food poisoning, parasitic worm infections, urinary tract infections, adrenal fatigue, mouth sores, tooth decay, and skin disorders.



BASIC HABITAT/BOTANY: Approximately 350 thyme species exist. A perennial shrub belonging to the mint family, with thin woody base and square stems. Featuring very small light green colored, paler underneath, slightly curved aromatic leaves. Tiny lilac or white colored flowers that appear in Summer.

It is native to southern Europe and Mediterranean regions.

KEY CONSTITUENTS: Essential oil (20-54% Thymol), P-cymene, Myrcene, Borneol and Linalool. Phytonutrients, Vitamins A and C, Copper, Iron, Fiber, Manganese.

PARTS MOST FREQUENTLY USED: Flowers, Leaves, Oil

FLAVORS/TEMPS: Slightly Pungent, Bitter, Astringent, Warm, Dry

CAUTION: Considered safe.

HISTORY/FOLKLORE: Ancient Egyptians used thyme for embalming, as the herb was known to preserve meat. The Sumerians used it as an antiseptic in 3000 BC. The ancient Greeks used it in their baths and burnt it as incense in their temples, believing it to be a source of courage. They used thyme as a symbol of elegance. The Romans used it to treat melancholy and to become courageous. It was carried into battle to promote bravery and strength. They also used it as a flavoring agent for alcoholic beverages and cheeses. Romans often ate a bit of thyme prior to eating a meal to prevent food poisoning or poisoning in general! It was said that a bath full of thyme could help counter the effects of poison if it had been mistakenly ingested.



Eastern



Pin Yin: Bai Li Xiang

Also Known As: N/A

Main Meridians: Lungs, Spleen, Stomach

Key Actions: Tonifies Qi, Tonifies and Warms the Lungs, Releases to the Exterior, Tonifies Spleen (especially for Spleen Yang Deficiency Syndromes), Tonifies Wei Qi

Key Medicinal Uses: Shortness of breath, coughs, pale complexion, depression, white phlegm cough, chills, fever, tuberculosis, asthma, cause sweating to ease muscle pain, chills, fatigue, rheumatism, chronic illnesses, general weakness, wet watery diarrhea, colic, nausea, menstrual cramps.

FUN FACT!



Used in Mouthwash

Thymol, a main compound in thyme, is an antiseptic and is also the main active ingredient in commercial mouthwashes.



Honey Bees

The Anther species of thyme, *Thymus serpyllum* (wild thyme or creeping thyme), is an important source of nectar for honey bees.



Rich in Nutrients

Thyme leaves are one of the richest sources of potassium, iron, calcium, manganese, magnesium, and selenium.

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