

Thyme / *Thymus vulgaris*

Part consumed -
Fruit and Seeds

Form consumed -
Dried powder, fresh herb

Maximum daily consumption by adults -
Powder - 6 g
Fresh herb - 8 g

Composition

- Essential Oils
- Thymol
- Camphor
- α -pinene
- Camphene
- Carvacrol



Indications as per Ayurveda

- Anti-Infective
- Cardio-protective
- Gastro-protective
- Anti-Inflammatory
- Immunomodulatory
- Anti Spasmodic
- Carminative
- Neuromuscular Pain, toothache

Modern Clinical Studies

- Antidiabetic, Sedative
- Anti-Alzheimer's
- Cardioprotective, Neuroprotective
- Hepatoprotective, Anti-Osteoporosis
- Immunomodulatory, Antidepressant
- Antioxidant, Antispasmodic
- Anticonvulsant, Antihypertensive