

# Le gros thym-Parnayavani / *Plectranthus amboinicus*

Commonly known as  
Baume du Perou in Mauritius

Part consumed - Leaves

Form consumed -

Juice ('Loc'), Decoction

Maximum daily  
consumption by adults –

Juice - 5-10 ml

Decoction - 50-100 ml

## Composition

- Methoxylated flavonoids
- Hydroxycinnamic acids
- Rosmarinic acid
- Isoprenoids
- Alkaloids
- Essential oils
- Glycosides
- Quinones
- Tannins



## Indications as per Ayurveda

- Cough, Asthma
- Bronchitis, Headache
- Rhinitis, Pharyngitis
- Indigestion, Diarrhoea
- Intestinal worm

## Modern Clinical Studies

- Antimicrobial
- Anti-inflammatory
- Antitumor
- Wound healing
- Anti-epileptic
- Larvicidal
- Antioxidant
- Analgesic
- Cardioprotective
- Respiratory protective