



Botanical Name

Thymus vulgaris Linn.

Family Name

Lamiaceae

Identification No.: SDACH/HG/215

Vernacular Names

- **English:** Thyme, Common Thyme
- **Hindi:** Banajwain
- **Marathi:** Banajwain
- **Tamil:** Thaim Mooligai

Classical Classification

Not listed in Charaka, Sushruta, Vagbhata, or Bhavaprakasha.

Habitat & Distribution

Native to the Mediterranean region; now cultivated in India (mainly temperate zones), Europe, and North Africa. Grows well in dry, sunny areas.

Morphology (Based on standard botany and herbals)

- **Plant:** Small, aromatic, evergreen shrub
- **Leaves:** Small, elliptical, green to grey-green, strongly aromatic
- **Flowers:** Small, tubular, pale pink to purple, in clusters
- **Stem:** Woody at the base with soft herbaceous branches

Varieties

- *Thymus vulgaris* var. *citriodorus* (Lemon thyme)
- *Thymus serpyllum* (Wild thyme)
- *Thymus zygis*

Substitute/Adulterant

Occasionally adulterated with *Origanum* or other aromatic herbs like *Ocimum* or *Plectranthus*.

Phytochemicals

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Thymol, carvacrol, p-cymene, linalool, flavonoids, rosmarinic acid, ursolic acid, tannins, saponins

Hindi »

Raspanchaka

- **Rasa:** Katu, Tikta
- **Guna:** Laghu, Ruksha, Tikshna
- **Virya:** Ushna
- **Vipaka:** Katu
- **Prabhava:** Shwasahara, Krimighna
- **Doshashamaka:** Kapha-Vatahara

Karma (Rogaghnata)

- Krimighna
- Shwasahara
- Deepana
- Jvaraghna
- Kasahara
- Vranaropana
- Hridya

Amayika Prayoga / Therapeutic Uses

External

- Oil used for massage in respiratory conditions
- Antiseptic wash for wounds and ulcers

Internal

- Effective in cough, cold, bronchitis, asthma
- Used as a carminative and digestive stimulant
- Beneficial in intestinal parasites and indigestion
- Supports immunity and acts as an antioxidant

Part Used

Leaves and flowering tops

Dose

- **Churna:** 0.5-1 g
- **Infusion:** 50-100 ml
- **Essential oil:** 1-3 drops (diluted)

Yoga / Formulations

Used in various modern herbal teas, expectorants, and essential oil-based products. Incorporated into some proprietary Ayurvedic and Unani syrups for respiratory issues.

IUCN Status

Least Concern (LC)

Research Updates

- **Potent antimicrobial activity:** Thymol-rich extracts of *Thymus vulgaris* have been shown to inhibit a wide range of bacterial and fungal pathogens, supporting its use in infections and respiratory ailments.
- **Antioxidant potential:** The presence of flavonoids and phenolic compounds provides strong free radical scavenging activity, making it beneficial in preventing oxidative stress-related diseases.
- **Respiratory support:** Studies confirm its expectorant and bronchodilator effects, helping in the treatment of asthma, bronchitis, and chronic cough.