



## THYME

- Date:** February 12, 2008
- Proper name(s):** *Thymus vulgaris* L. (Lamiaceae) (USDA 2001)
- Common name(s):** Thyme, common thyme, garden thyme (McGuffin et al. 2000; Wiersma and León 1999)
- Source material(s):** Leaf and/or flowering top (Hoffmann 2003; Blumenthal et al. 2000; WHO 1999)
- Route(s) of administration:** Oral, gargle, buccal, or topical (Mills and Bone 2005; Blumenthal et al. 2000)
- Dosage form(s):** Those suited to the allowable route(s) of administration. This monograph is not intended to include food-like dosage forms such as bars, chewing gums or beverages.
- Use(s) or Purpose(s):** Statement(s) to the effect of:
- Oral:
- ▶ Traditionally used in Herbal Medicine as an expectorant to help relieve the symptoms of bronchitis and catarrhs of the upper respiratory tract (anti-catarrh) (EMEA 2007; Bradley 2006; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003).
  - ▶ Traditionally used in Herbal Medicine to help relieve coughs (spasmolytic) (EMEA 2007; Bradley 2006; Mills and Bone 2005; Blumenthal et al. 2000).
  - ▶ Traditionally used in Herbal Medicine to help relieve flatulent dyspepsia and colic (carminative) (Bradley 2006; Mills and Bone 2005; Hoffmann 2003).
- Gargle and/or buccal: Traditionally used in Herbal Medicine to help relieve laryngitis, tonsillitis and mucous membrane inflammations of the mouth and/or throat (McIntyre 2005; Mills and Bone 2005; Hoffmann 2003; WHO 1999; Bove 1996).

Topical: Traditionally used in Herbal Medicine as an antiseptic and/or antimicrobial to help treat minor wounds and sores (Bradley 2006; McIntyre 2005; Hoffmann 2003; Blumenthal et al. 2000; Bove 1996).

**Dose(s):**

Oral:

**Subpopulation:** Adults, adolescents, and children  $\geq$  1 year (EMEA 2007; ESCOP 2003)

**Quantity:** Preparations equivalent to 1-8.4 g dried leaf and flowering top, per day (Bradley 2006; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000)

Gargle and/or buccal:

**Subpopulation:** Adults, adolescents, and children  $\geq$  6 years (McIntyre 2005; Berardi et al. 2002; Bove 1996)

**Quantity:** Preparations equivalent to 11 g dried leaf and flowering top (Bradley 2006; Mills and Bone 2005; ESCOP 2003)

**Directions for use:** Gargle and/or rinse as needed. Do not swallow. Instruct children under 12 years of age to avoid swallowing (Berardi et al. 2002).

Topical:

**Subpopulation:** Adults, adolescents, and children  $\geq$  1 year (McIntyre 2005; Bove 1996)

**Quantity:** Preparations equivalent to 11 g dried leaf and flowering top (Bradley 2006; Blumenthal et al. 2000)

**Directions for use:** Apply as a compress to affected area as needed.

See Appendix 1 for examples of appropriate dosage preparations, frequencies of use and directions for use, according to cited references. The purpose of Appendix 1 is to provide guidance to industry.

**Duration of use:** No statement required.

**Risk information:** Statement(s) to the effect of:

**Caution(s) and warning(s):**

All routes of administration: Consult a healthcare practitioner if symptoms persist or worsen.

Oral: Consult a health care practitioner prior to use if you are pregnant.

**Contraindication(s):** No statement required.

**Known adverse reaction(s):** No statement required.

**Non-medicinal ingredients:** Must be chosen from the current NHPD *List of Acceptable Non-medicinal Ingredients* and must meet the limitations outlined in the list.

**Specifications:**

- ▶ The finished product must comply with the minimum specifications outlined in the current NHPD *Compendium of Monographs*.
- ▶ The medicinal ingredient may comply with the specifications outlined in the Thyme Monographs published in the European or British Pharmacopoeias.

**References cited:**

Berardi RR, DeSimone EM, Newton GD, Oszko MA, Popovich NG, Rollins CJ, Shimp LA, Tietze KJ, editors. Handbook of Nonprescription Drugs: An Interactive Approach to Self-Care, 13<sup>th</sup> edition. Washington (DC): American Pharmaceutical Association; 2002.

Blumenthal M, Goldberg A, Brinkmann J, editors. Herbal Medicine: Expanded Commission E Monographs. Boston (MA): Integrative Medicine Communications; 2000.

Bove, M. An Encyclopedia of Natural Healing for Children and Infants. 2nd edition. New York (NY): McGraw-Hill Publishing, Incorporated; 2001.

Bradley PR, editor. British Herbal Compendium: A Handbook of Scientific Information on Widely Used Plant Drugs, Volume 2. Bournemouth (UK): British Herbal Medicine Association; 2006.

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McGuffin M, Kartesz JT, Leung AY, Tucker AO, editors. Herbs of Commerce, 2<sup>nd</sup> edition. Silver Spring (MD): American Herbal Products Association; 2000.

McIntyre A. Herbal Treatment of Children - Western and Ayurvedic Perspectives. Toronto (ON): Elsevier Limited; 2005.

Mills S, Bone K. The Essential Guide to Herbal Safety. St. Louis (MO): Elsevier Churchill Livingstone; 2005.

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WHO 1999: World Health Organization. WHO Monographs on Selected Medicinal Plants, Volume 1. Geneva (CHE): World Health Organization; 1999.

Wiersema J, Léon B. World Economic Plants: A Standard Reference. Boca Raton (FL): CRC Press LLC; 1999.

### References reviewed:

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Kemmerich B, Eberhardt R, Stammer H. Efficacy and tolerability of a fluid extract combination of thyme herb and ivy leaves and matched placebo in adults suffering from acute bronchitis with productive cough. A prospective, double-blind, placebo-controlled clinical trial. *Arzneimittel-Forschung* 2006;56(9):652-660.

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Schilcher, H. Phytotherapy in Paediatrics. Handbook for Physicians and Pharmacists. Stuttgart (D): Medpharm Scientific Publishers; 1997.

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**Appendix 1:** Examples of appropriate dosage preparations, frequencies of use and directions for use

**ORAL**

**Adults, adolescents, and children  $\geq$  1 year:**

Infusion: 1-2 g dried leaf and flowering top, several times per day (ESCOP 2003)

Fluidextract: 1-2 g dried equivalent, several times per day (ESCOP 2003)

**Adolescents, and children 4-12 years:**

Tincture: 1-2 g dried equivalent per day, divided into 3-5 single doses (1:2-2.5, 90% ethanol, 2.5-4 ml) (EMEA 2007)

**Adults:**

Dried leaf and flowering top:

1-2 g, 3 times per day (Bradley 2006)

Infusion:

- ▶ 1-2 g dried leaf and flowering top, 3 times per day (Bradley 2006)
- ▶ 2.8 g dried leaf and flowering top, 3 times per day (Hoffmann 2003)
- ▶ 1-2 g of dried leaf, as needed (Blumenthal et al. 2000)

**Directions for use:** Pour 250 ml (1 cup) of boiling water on dried leaf and flowering top and steep for 10 minutes (Hoffmann 2003; Blumenthal et al. 2000).

1.4 g = 1 tsp (Hoffmann 2003)

Fluidextract:

- ▶ 1-2 g dried equivalent, several times per day (1:1, 1-2 ml) (ESCOP 2003)
- ▶ 1-2 g dried equivalent, 1-3 times per day (1:1, 1-2 ml) (Blumenthal et al. 2000)

Tincture:

- ▶ 1-2 g dried equivalent, 3 times per day (Bradley 2006)
- ▶ 1.2-3.6 g dried equivalent, per day (1:5, 6-18 ml) (Mills and Bone 2005)
- ▶ 1-3 g dried equivalent, per day (1:2, 2-6 ml) (Mills and Bone 2005)
- ▶ 0.4-1.2 g dried equivalent, 3 times per day (1:5, 45% alcohol, 2-4 ml) (Hoffmann 2003)

## **GARGLE AND/OR BUCCAL**

### **Adults, adolescents, and children $\geq$ 6 years**

Infusion: 11 g dried leaf and flowering top (Bradley 2006; Mills and Bone 2005)

**Directions for use:** Pour 250 ml (1 cup) of boiling water on dried leaf and flowering top and steep for 10 minutes (Hoffmann 2003). Gargle and/or rinse as needed.

## **TOPICAL**

### **Adults, adolescents, and children $\geq$ 1 year**

Infusion: 11 g dried leaf and flowering top (Bradley 2006; Blumenthal et al. 2000)

**Directions for use:** Pour 250 ml (1 cup) of boiling water on dried leaf and flowering top and steep for 10 minutes (Hoffmann 2003; Blumenthal et al. 2000). Apply as a compress to affected area as needed.