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 ≥ 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 ≥ 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 ≥ 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:


References reviewed:


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

ORAL

Adults, adolescents, and children ≥ 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 ≥ 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 ≥ 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.