

Herba Thymi, Oleum Thymi

Thymus vulgaris, *Thymus zygis*

Dried flowers and leaves.

25-30 cm height, greyish-green, mostly branched, white-pink flowers, small brush.

Drug must contain at least 1.2% essential oil, and 0.5% phenolic substance (thymol equivalent).

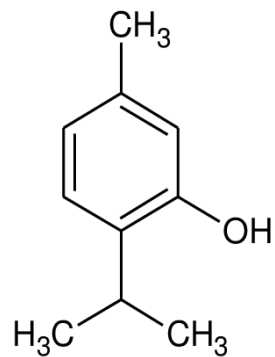
Oleum Thymi: Essential oil obtained from Herba Thymi.

Thymus vulgaris grows naturally in Europe. Also cultivated in Spain, Portugal, France, Italy.

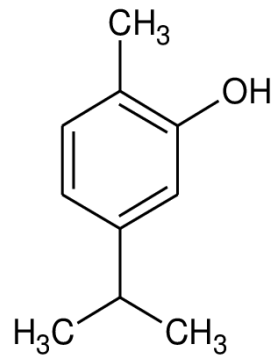


Herba Thymi, Oleum Thymi

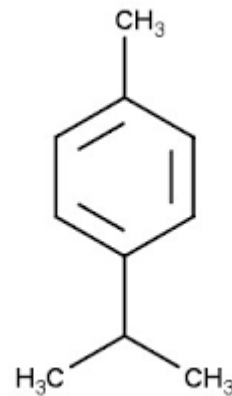
- ▶ Essential oil amount 0,5-2,5%. The composition of the volatile oil can vary due to its chemotypes. Mainly contains carvacrol and thymol. These are isomers and *p*-cymene derivatives with an -OH.



Thymol



Carvacrol



p-cymene

Herba Thymi, Oleum Thymi

- ▶ Apigenin, luteolin, 6-hydroxy luteolin glycosides, triterpenes, and phenolic acids are the other compounds in the drug.
- ▶ All the chemotypes have antibacterial and antifungal features. Also antispasmodic. To supply oral hygien as taking place in mouth rinsing preparations. Used in Aromatherapy mostly due to its antiseptic properties.
- ▶ Commission E, expectorant and antibacterial.

Traditionally used for

1. GI problems
2. Symptomatic cough treatment.

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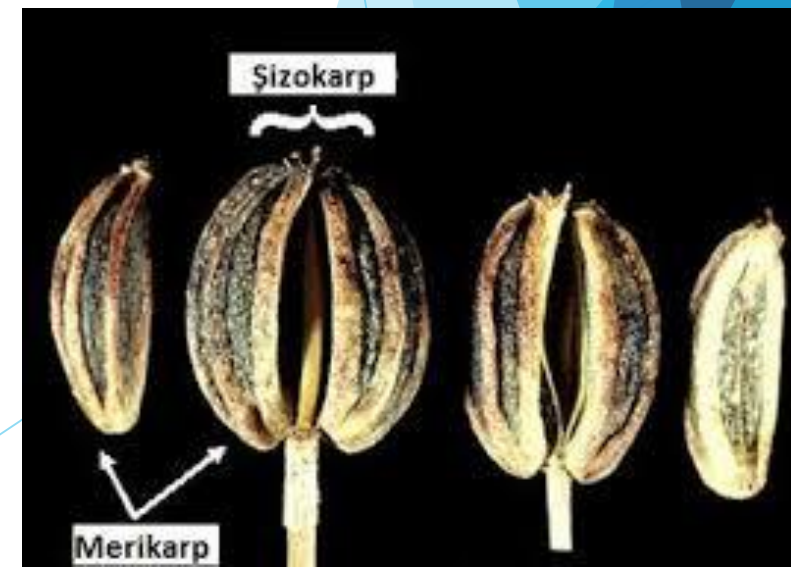
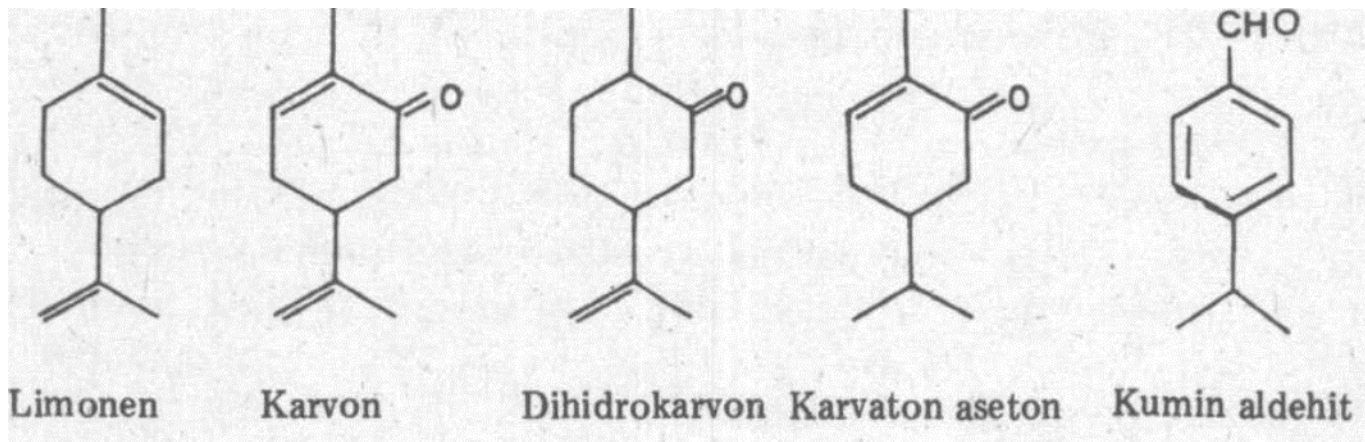
- ▶ *Thymus vulgaris* does not grow naturally in Turkey, but cultivated.
- ▶ Some plants are known as kekik in Turkey:
- ▶ *Origanum* sp. → *O. heracleoticum*, İstanbul % 4.7–5.4 essential oil. 66% of the essential oil is phenolic compounds. 84% carvacrol, 16% thymol.
- ▶ *O. majorana*, South Anatolia, 1% essential oil. 60% of the essential oil is phenolic compounds. 64% carvacrol, 36% thymol.
- ▶ *Origanum onites*, Aegea and Mediterranean, 2.1-3.4% essential oil. 62% of the essential oil is phenolic compounds. 69% carvacrol, 31% thymol.

HERBA SERPYLLI, Kekik

- ▶ *Thymus serpyllum* (Labiatae) aerial parts. Widespread in Turkey.
- ▶ Herba Serpylli, essential oil amount 0.15-0.60%. 70 % of essential oil is phenolic substances.
- ▶ Antispasmodic, and used in cough preparations.

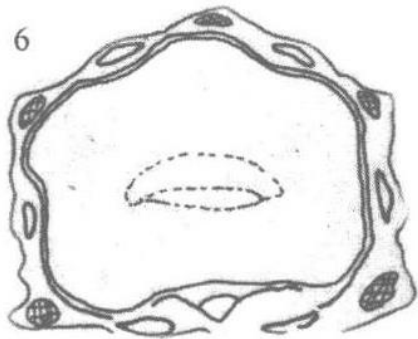
Fructus Carvi, Kimyon

- ▶ *Carum carvi* (Apiaceae)
- ▶ Dried fruits.
- ▶ *Carum carvi* is cultivated in Asia, Europe and America.
- ▶ The plant grown in Turkey to obtain spice is *Cuminum cyminum* (contains cumine aldehyde) (Apiaceae).
- ▶ Fr. Carvi has schizocarp fruit with two mericarps with 5 costas.
- ▶ Essential oil yield is 4-7%.
- ▶ 35-45% of the oil is limonene and 50-55% carvone.





Carum carvi



Cuminum cyminum

Fructus Carvi has carminative and diuretic activity. Used as spice.

RHIZOMA IRIDIS

Iris pallida, *I. germanica*, *I. florentina* (Iridaceae) dried rhizomes.

Rhizomes are 5–10 cm height and 2–4 cm, cylindrically shaped, generally branched and white coloured. It has a viola like odour, so called as «menekşe kökü» in Turkish.

Rhizoma Iridis contains 0.1-0.2% essential oil. Main component of the oil is β -iron, a cyclocitral derivative especially used in perfume industry.

Rhizoma Iridis, used as an ingredient of some tooth preparations, also used as a fixation agent to obtain artificial viola odour.

