

!" #&/
4;O <548G=>3> 70AB>AC20==O ;V:0@AL:>3> 70A>1C

'&. "
(THYMI SERPYLLI HERBA)

!>;04:

4VNG0 @5G>28=0: G51@5FN B@020;
1 ?0G:0 G51@5FN B@020 40 3 01> 50 3;
1 DV;LB@-?0:5B

V:0@AL:0 D>@<0. "@020.

A=>2=V DV78:>-EVABV.

?>4@V1=5=0 A8@>28=0: H<0B>G:8 ;8ABO, 3V;>G>:, AB515;, ACF2VBL B0 >:@5 :2VB:8 75;5=>3>, AV@C20B>-75;5=>3>, 75;5=C20B>-
:>@8G=52>3>, 6>2BC20B>-1C@>3>, 1C@>20B>-G5@2>=>3> B0 A8=N20B>-DV>;5B>2>3> >;L>@C;
?>@>H>: :@C?>89: H<0B>G:8 ;8ABO, 3V;>G>:, AB515;, ACF2VBL B0 >:@5>, AV@C20B>-75;5=>3>, 75;5=C20B>-:>@8G=52>3>,
6>2BC20B>-1C@>3>, 1C@>20B>-G5@2>=>3> B0 A8=N20B>-DV>;5B>2>3> >;L>@C.

\$0@<0:>B5@0?52B8G=0 3@C?0. V4E0@:C20;L=V 70A>18. >4 "" R05CA.

\$0@<0:>;>3VG=V 2;0AB82>ABV.

'51@5FN B@020 ;VN 5DV@=C, D;02>=>W48, @5G>28=8 4C18;L=V B0 3V@:V, :0B8 B@8B5@?5=>2V (C@A>;>20 B0 >;50=>;>20), A>;V 2>3>
A>:C.

;V=VG=V E0@0:B5@8AB8:8.

>;070==O. 0E2>@N20==O 48E0;L=8E H;OE2 (0@8=3VB8, B@0E5WB8, 1@>=EVB8, 1@>=E=?=52<=>VW); H;C=:>2>-.8H:>2V
70E2>@N20=O, I> AC?@>2>46CNBLAO A5:@5B>@=>N =54>AB0B=VABN H;C=:0, 0B>=VTN 01> A?0?<0<8 :8H5G=8:C, <5B5>@87<<.

@>B8?>;070==O. V428I5=0 GCB;82VABL 4> :>=5=BV2 ?@5?0@0BC 01> V=H8E @>A;8= @>48=8 C1>F2VB=8E (Lamiaceae), 0 B0:>6 4>
A5;5@8 B0 ?8;;C 15@578 (<>6;820 ?5@5E@5A=0 @50:FVO). "06:V 70E2>@N20=O ?5GV=:8 B0 =8@>:.

70T<>4VO 7 V=H8<8 ;V:0@AL:<8 70A>10<8 B0 V=HV 2848 270T<>4V9. 52V4<<0.

A>I;82>ABV 70AB>AC20==O. /:I> A8<0B8:0 715@V30TBLAO ?@>B03<< >4=>3> B86=O 01> ?>3V@HCTBLAO ?V4 G0A ;V:C20==O
?@5?0@0B<, B0/01> 702;ONBLAO 7048H:0, ?V428I5==O B5:@>B8==O, =5>1EV4=> ?@>:=AC;LBC20B8AO 7 ;V:0@5

0AB>AC20==O C ?5@V>4 203VB=>ABV 01> 3>4C20==O 3@C44N. '5@57 2V4ACB=VABL 4>AB0B=VE 40=8E =5 @5:>5=4CTBLAO
70AB>A>2C20B8 ?@5?0@0B C FV ?5@V>48.

40B=VABL 2?;820B8 =0 H284:VABL @50:FVW ?@8 :5@C20==V 02B>B@0=A?>@B< 01> V=H8<8 <5E0=V7<0<8. 5 2?;820T.

VB8. 5 @5:><5=4CTBLAO 70AB>A>2C20B8 4VBO< 2V:>< 4> 4 @>:V2.

!/?>AV1 70AB>AC20==O B0 4>78. 1 AB>;>2C ;>6:C B@028 ?>< 45 E2, ?@>FV48B8L, 70;8H>: 2V460B8 4> ?@>FV465=>3> =0AB>N. 1'T<
=0AB>N 4>25AB8 :8? OG5=>N 2>4>N 4> 200 <;. >@>A;V ?@89<0NBL C B5?;> 1/3 A;;O=:8 3-4 @078 =0 45=L 70 15-20 E2 4> W48. VB8 4-5
@>:V2 ?> 1 45A5@B=V9 ;>6FV, 5-7 @>:V2 ?> 1 AB>;>2V9 ;>6FV,
7-12 @>:V2 ?> 2 AB>;>2V ;>6:8, 12-14 @>:V2 ?> 1/4 A;;O=:8, AB0@H5 14 @>:V2 ?> 1/3 A;;O=:8
3 @078 =0 45=L 70 15-20 E2 4> W48. 5@54 26820==O< =0ABV9 @5:><5=4CTBLAO 71>2B0B8.
3 DV;LB@-?0:5B8 ?>5<0;L>20=89 ?>AC4, 70;8B8 200 <; >:@>?C, 70:@8B8 V=0AB>N20B8 15 E2. □>@>A;V ?@89<0NBL C B5?;><C
283;04V ?> 1/3 A;;O=:8 3-4 @078 =0 45=L 70
15-20 E2 4> W48. VB8 4-5 @>:V2 ?> 1 45A5@B=V9 ;>6FV, 5-7 @>:V2 ?> 1 AB>;>2V9 ;>6FV, 7-12 @>:V2 ?> 2 AB>;>2V ;>6:8, 12-14
@>:V2 ?> 1/4 A;;O=:8, AB0@H5 14 @>:V2 ?> 1/3 A;;O=:8 3 @078 =0 45=L 70 15-20 E2 4> W48.
@83>B>2;5=C 2>4=C 28B06:C 715@V30B8 C E>;>48;L=8:C (?@8 B5>!) =5 1V;LH5 2 4V1.
"@820;VABL ;V:C20=O 287=0G0T ;V:0@ V=482V4C0;L=> 4;O :>6=>3> ?0FVT=B0.

5@54>7C20==O. @8 ?5@54>7C20==V <>6;82V =C4>B0, 48A:>@B, 3>;>2=89 1V;L. "5@0?VO A8<0B8G=0.

>IVG=V @50:FVW. >6;82V 0;5@3VG=V @50:FVW (3V?5@52>-.8H:>2V @>7;048 (2;;NG0NG8 =C4>BC, 1;N20==O, 4V0@5N). @8 ?>02V
?>IVG=8E @50:FV9 A;V4 ?@8?>8=8B8 ?@89< ?@5?0@0BC B0 725@=CB8AO 4> ;V:0@O.

"5@ABV.2 @>:8. 5 70AB>A>2C20B8 ?VA;O 70:V=G5==O B5@ABV.

#<>28 715@V30==O. 15@V30B8 2 >@83V=0;L=V9 C?0:>2FV 2 =54>ABC?=> !.

#?0:>2:0. > 40 3 01> ?> 50 3 C ?0G:0E V7 2=CB@VH=V< ?0:5B<; ?> 1,5 3 C DV;LB@-?0:5B0E 20.

0B53>@VO 2V4?CA:C. 57 @5F5?B0.

8@>1=8:. @ " «V:B@028», #:@0W=0.

VAf57=0E>465==O 28@>1=8:0 B0 9>3> 04@5A020465==O 4VO;L=>ABV.
#: @0W=0, 10001, 8B><8@AL:0 >1;,, <8@, H>A5 8W2AL:5, 1C48=>: 21.