

Health Benefits of Thyme

[Thyme](#) is an herb commonly used to flavor food. *Thymus vulgaris*, or garden thyme, is the most common culinary species. People have also used it since ancient times for different health and medicinal benefits and as a preservative.



With roots in the mint family, thyme has tiny, sage-green leaves and thin stalks. It's a robust, shrubby herb with an intense aroma and flavor. You can use it fresh, dried, or made into an essential oil. Although there are more than 300 types of thyme,

May help reduce salt intake

You can use fresh or dried thyme as a substitute for salt when cooking. This can help you cut down on how much salt you use, which is important if you're trying to bring down high blood pressure.

Treats cough

Thyme has been a home remedy for [coughs](#), respiratory conditions, and [bronchitis](#) for years. Complementary and alternative medicine has been using it as a tea and in aromatherapy. There's some research on that, but more studies are needed to know how well it works.

Has antimicrobial properties

One study shows that thyme essential oil and pure thymol (extracted from thyme) may help disinfect mold. Thymol is an active ingredient in some pesticides. In the mold study, it was about three times more effective than thyme essential oil. Thyme's antimicrobial properties have shown promise for the development of extracts to help with food safety.

May treat acne

Thyme's anti-inflammatory and antimicrobial properties may also help with skin conditions. It may help get rid of bacterial infections while also helping reduce inflammation. As a result, it can help with the irritation and inflammation in conditions such as [eczema](#) and acne.

Acts as an insect repellent

Thyme oil may help repel insects like mosquitoes. The oil in thyme, thymol, is often used as an active ingredient in bug repellents.

May improve gut health

In experimental studies in rats, compounds extracted from thyme oil helped protect the stomach's lining from [ulcers](#) and increase the protective gastric mucus layers in the stomach, which helps protect the stomach lining from acid. But researchers haven't studied this effect in people.



Source: WebMD