

# Creeping Thyme

*Thymus serpyllum*



Also known as wild thyme and elfin thyme.

It is an evergreen aromatic, normally creeping, in its adult size is about 10 cm high and 50 cm wide.

It is resistant to cold and blooms in the spring.

More info:

[https://www.amu.bio/\\_creeping\\_thyme](https://www.amu.bio/_creeping_thyme)

## Cultivation

Needs good sun exposure, and moist soils should be avoided.

Its propagation is done by sowing at spring or fall.

## History

The earliest reference to thyme comes from Sumer, where already in the third millennium BC the thyme, dried and reduced to powder, was mixed with pears, figs and water, and with this paste poultices were made.

In ancient Egypt, thyme was used as medicine and also in the embalming of mummies.

The Greeks perfumed themselves with this plant.

The famous physician Galen claims to have copied from the temple of Asclepius (the Greek god of Medicine), on the island of Cos, an ancient formula attributed to Hippocrates which was composed of thyme, parsley, fennel and anise, plants which were then reduced to powder and mixed in the wine.

In ancient Rome, it was a habit to spread thyme on the floor to scent the house, plant branches were burned to ward off evil spirits (or demons), and it were used also to adorn cheese.

In the Middle Ages, Saint Hildegard – who lived in the 12th century. XII – recommended thyme to treat leprosy, paralysis, and also against lice.

In the XVII century there were those who said that the thyme dissipated melancholy and avoided the nightmares.

Thyme has also not been forgotten in literature, and in his play "Oberon," Shakespeare says that the king of the gnomes knows "... where wild thyme grows", arguably the most appreciated for its high concentration of essential oils.

### **Utilization**

Very used in rocky gardens as an ornamental plant.

In cooking, its leaves are used in salads or as seasoning in meat dishes.

The infusion of its leaves also produces a tasty tea.

This herb has antiseptic properties, is beneficial to the digestive system, is widely used in the treatment of respiratory diseases and has positive effects on the relief of menstrual pain, cramps, rheumatic pains and the treatment of alcoholism. However, their consumption during pregnancy should be avoided.

The essential oil extracted from it leaves and flowers is very used in the perfumery industry.

Its flowers can also be used as a natural anti-moth in the wardrobes.