

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

"#!

!;:04:

4VNGV @5G>28=8: 5:AB@0:B B@028 G51@5FN (Serpilli herba) @V4:89 (1:1), :0;VN 1@>
1 3 A8@>?C 5:AB@0:B B@028 G51@5FN (Serpilli herba) @V4:89 (1:1) (5:AB@035=B 5B0=>; 30 %) - 120 <3, :0;VN 1@>
4>?>28=8: A8@>? FC:@>289, 5B0=>; 96 %, 2>40 >G815=0.

V:0@AL:0 D>@<0. !8@>?.

A=>2=V DV78:>EV2;0AB82>ABV.:>@8G=52>3> :>;L>@C @V48=0 7 0@><0B=8< 70?0E>

\$0@<0:>B5@0?52B8G=0 3@C?0. 0A>18, 1> 28:>@8AB>2CNBLAO ?@8 :0H;V B0 70ABC4=8E 70E2>@N20==OE. V4E0@:C20;L=V 70A>18. >4 "" R05C 10.

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

\$0@<0:>48=0

5@BCA8= ?@8A:>@NT 2V4E>465==O <:@>B8==O, <0T ?><O:HC20;L=89 5D5:B B0 G8=8BL A540B82=C 4VN. @5?0@0B AB8F8;V0@=89 ;:V@5=A. W >;VW, 4C18;L=8E
@5G>28=, 3V@:>B8 7C<>2;NNBL ?>4@07=N20B8 =5@2>2V 70:V=G5==O (?5@5206=> ?0@0A8 ?>A8;NT 284V;5==O @V4:>3> 5:AB@0:BC 1@>=EV>;, 7<5=HCT 2'O7:VABL
1@>=EV0;L=>3> A5:@5BC. >A8;NT 2V4E0@:C20==O <:@>B8==O, ?V428ICT 0:B82=VABL<83>B;82>3> 5?VB5;VN, ?>;V?HCT 4@5=06=C DC=:FVN 1@>=EV0;L=>3>
45@520.

\$0@<0:>:V=5B8:0.

5 282G0;0AO.

>:070==O.

!<0B8G=5 ;V:C20==O 70?0;L=8E 70E2>@N20=L 48E0;L=8E H;OE2V, 1> AC?@>2>46CTBLAO :0H;5=EV8, B@0E5WB8, ?=52<=>VW, :>;NH.

@>B8?>:070==O.

V42815=0 GCB;82VABL 4> :>5=BV2 ?@5?0@0BC, C B> 01> V=H8E @>A;8= @>48=8 C1>F2VB=8E (Lamiaceae), 0 B0:>6 GCB;82V 4> A5;5@8 B0 ?8:C 15@578 (<6;820
?5@5E@5A=0 @50:FVO); 48BOG89 2V: 7 4 @>:V2; 45:>-AC48==>W A8AB5<8, 0@B5@V0;L=0 3V?>B5=7V0, 28@065=89 0B5@>A;;5@>7, 0=5@>18 =8@>: 7 ?>@CH5==O<
WE DC=:FV9, FC:@>289 4V015B, 0;:>3>;V7

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

52V4><0. @8 >4=>G0A=>AC20=V 1C4L-O:8E V=H8E ;V:0@AL:8E 70A>1V2 A;V4 ?>2V4<8B8 ;V:0@O!

A>1;82>ABV 70AB>AC20==O.

@8 70AB>AC20=V ?@5?0@0BC A;V4 4>B@8<5=4>20=8E 4>7.

%2>@8<=0 FC:@>289 4V015B ?5@54 70AB>AC20==O< ?@5?0@0BC =5>1EV4=0 1>2'O7:>20 :>=AC;LB0FVO ;V:0@O.

VBO< 2V:> 2V4 4 4> 6 @>:V2 ?@5?0@0B A;V4 @>72>48B8 :8?OG5=>N 2>4>N.

!> ?V4 G0A ;V:C20==O ?@5?0@0B< ?>3V@HCTBLAO A8<0B8:0 B0/01> 7O2;ONBLAO 7048H:0, ?V42815==O B5:@>B8==O, =5>1EV4=> ?@>:>=AC;LBC20B8AO 7 ;V:0@5
?@>BO3><4>=>3> B86=O A8<0B8:0 715@V30TBLAO, =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.

A:V;L:8 ?@5?0@0B

!>AV1 70AB>AC20==O B0 4>78.

0AB>A>2C20B8 2=CB@VH=L>. □>@>A;8< V 4VBO< 2V:> 2V4 12 @>:V2 ?@87=0G0B8 ?> 1 AB>;>2V9 ;>6FV

(15 <); 3 @078 =0 4>1C.

VBO< 2V:> 2V4 3 4> 6 @>:V2: ?> ½ G09=>W ;>6:8 (2,5 <); 3 @078 =0 4>1C, 2V4 6 4> 9 @>:V2 ?> 1 G09=V9 ;>6FV (5 <); 3 @078 =0 4>1C, 2V4 9 4> 12 @>:V2 ?>

45A5@B=V9 ;>6FV (10 <); 3 @078 =0 4>1C.

VBO< 2V:> 4> 6 @>:V2 @07>2C 4>7C ?@5?0@0BC ½ G09>W ;>6:8 (2,5 <); =5>1EV4=> @>7G8=8B8 C

2 45A5@B=8E ;>6:0E (20 <); >E;>465=>W

?@>:8?OG5=>W 2>48.

"@820:VABL ;V:C20==O 287=0G0T ;V:0@ 70;56=> 2V4 ?5@51V3C 70E2>@N20==O, E0@0:B5@C :W B5@0?VW B0 ?5@5=>A8<>ABV ?@5?0@0BC.

VB8.

0AB>A>2C20B8 4VBO< 2V:> 2V4 4 @>:V2 70 ?@87=0G5==O< ;V:0@O.

5@54>7C20==O.

@8 ?5@54>7C20=V <>6;825 ?>A8;5=O ?>1VG=8E 5D5:BV2. "5@0?VO A8<0B8G=0.

>1VG=V @50:FVW.

@8 B@820;>AC20=V <>6;82V O28I0 1@>=N=:B82VB, 30AB@>5=B5@>:>;VB, 7030;L=0 A;01:VABL, 0B0:AVO, 1@048:0@4VO.

>6;82V H;C=>2>.:8H:>2V @>7;048 (2;:NGONG8 =C4>BC, 1;N20==O, 4V0@5N)

>6;82V 0;5@3VG=V @50:FVW =0 A;:04>2V ?@5?0@0BC.

#@07V 28=8: =5==O 1C4L-O:8E =51060=8E O28I =5>1EV4=> 725@=CB8AO 4> ;V:0@O!

"5@ABV. 4 @>:8.

#<>28 715@V30==O.

15@V30B8 2>@83V=0;L=V9 C?0:>2FV ?@8 B5

15@V30B8 C =54>ABC?>

@5?0@0B =5 <>6=0 70AB>A>2C20B8 ?VA;O 70:V=G5==O B5@ABV, 707=0G5=>3> =0 C?0:>2FV!

#?0:>2:0. > 50 3 01> 100 3 C D;0:>=OE.

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

8@>1=8..

"«\$VB>D0@

VAF57=0E>465==O 28@>1=8:0 B0 9>3> 04@5A0 20465==O 4VO;L=>ABV.

#:0W=0, 84500, >=5FL:0 >1;.,