

!" #&/
4;O <548G=>3> 70AB>AC20==O ?@5?0@0BC

"#!

!::04 ;V:0@AL:>3> 70A>1C:

4/VNGV @5G>28=8: 100 3 A8@>?C 3> 5:AB@0:BC G51 @5FN (Thymus serpyllum) (1:1) (5:AB@035=B 5B0=>; 80%) 12 3, :0;VN 1@>

4>?>28=8: A8@>? FC:@>289.

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

>@8G=520 @V48=0 7 ?@8T<=8< 70?0E>

0720 V 465==O 28@>1=8:0. @" S0@<0F52B8G=0 D01@8:0 «V>;0».

#:@0W=0, 69063, <. 0?>@V66O, 2C; V@>20, 75.

S0@<0:>B5@0?52B8G=0 3@C?0. V4E0@:C20;L=V 70A>18. >4 " ! R05C A10.

5@BCA8= =0;568BL 4> 3@C?8 A5:@5B<>B>@=8E 70A>1V2. !B8;>3VG=C 0:B82=VABL<83>B;82>3> 5?VB5;VN V ?5@8AB0;LB8G=V @CE8 1@>=EV>; A?@8ONG8 ?@>AC20==N
<:@>B8==O V7 =86=VE C 25@E=V 2V44V;8 48E0;L=8E H;OE2V 9>3> 282545==N. @5?0@0B ?<O:HCT :0H5;L V G8=8BL 70A?>;V9;82C 4VN.

>:070==O 4;O 70AB>AC20==O. 0H5;L ?@8 1@>=EVB0E, B@0E5WB0E, ?=5<>=VOE, :>;NHC, 70?0;L=8E 70E2>@N20==OE 25@E=VE 48E0;L=8E H;OE2.

@>B8?>:070==O. V42815=0 GCB;82VABL 4> :>5=BV2 ?@5?0@0BC, C B> 1@> V=H8E @>A;8= @>48=8 C1>F2VB=8E (Lamiaceae), 0 B0>6 GCB;82VABL 4> A5;5@8 B0 ?8;;C 15@578 (<>6;820
?5@5E@5A=0 @50:FVO); 48BOG89 2V: 4> 4 @>:V2; 45:>-AC48==>W A8AB5<8, 0@B5@V0;L=0 3V?>B5=7VO, 28@065=89 0B5@>A::5@>7, 0=5@>18 =8@>;, FC:@>289 4V015B, 0;:>3>;V7

0;56=V 70E>48 157?5:8 ?@8 70AB>AC20==V. @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=> ?@>:>=AC;LBC20B8AO 7 ;V:0@5 ?@>BO3><>4=>3>
B86=O A8<0B8:0 715@V30TBLAO, =5>1EV4=> ?@>:>=AC;LBC20B8AO 7 ;V:0@5

A>1;82V 70AB5@565==O.

!> ?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> @>I>BV' 7 V=H8<8 <5E0=V7<0<8. A;V;L:8 ?@5?0@0B

VB8. 0AB>A>2C20B8 4VBO< 2V:> 2V4 4 @>:V2 70 ?@87=0G5==O< ;V:0@O.

!>AV1 70AB>AC20==O B0 4>78. @5?0@0B ?@87=0G0B8 2=CB@VH=L>. VBO< 2V:> 2V4 4 4> 6 @>:V2 ?> 2,5-5 <; ?@5?0@0BC (1/2-1 G09=0 ;>6:0), ?>?5@54=L> @>7G8=5=>3> C 20 <; (2
45A5@B=V ;>6:8) >E>;>465=>W ?@>:8?OG5=>W 2>48 3 @078 =0 4>1C.

VBO< 2V4 6 4> 12 @>:V2 ?> 10-15 <; (1 45A5@B=0 G8 1 AB>;>20 ;>6:0) 3 @078 =0 4>1C.

>@>A;8< ?> 15 <; (1 AB>;>20 ;>6:0) 3 @078 =0 4>1C.

"@820;VABL ;V:C20==O 287=0G0TBLAO V=482V4C0;L=>.

5@54>7C20==O. @8 ?5@54>7C20==V <>6;825 ?>A8;5==O ?>1VG=8E 5D5:BV2, 0;5@3VG=8E @50:FV9. "5@0?VO A8<0B8G=0.

>1VG=V 5D5:B8. @8 B@820;>AC20==V <>6;82V O2810 1@>='N=:B82VB, 30AB@>5=B5@>;:VB, 7030;L=0 A;01:VABL, 0B0:AVO, 1@048:0@4VO. >6;82V 0;5@3VG=V @50:FVW =0
A::04>2V ?@5?0@0BC. >6;82V H;C=:>2>-.8H:>2V @>7;048 (2::NG0NG8 =C4>BC, 1;N20==O, 4V0@5N).

@07V 1C4L-O:8E =51060=8E O281 =5>1EV4=> 725@=CB8AO 4> ;V:0@O!

70T<>4VO 7 V=H8<8 ;V:0@AL:8<8 70A>10<8 B0 V=HV 2848 270T<>4V9. 70T<>4VO 5@BCA8=C 7 V=H8<8 ;V:0@AL:8<8 ?@5?0@0B0<8 ?>:8 1> =5 2V4<>0.

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

"5@ABV.4 @>:8.

#<>28 715@V30==O. 15@V30B8 ?@8 B5ABC?>=>

@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. > 100 3 C D;0:>=V 2 ?0GFV 01> 157 ?0G:8. > 200 3 C D;0:>=0E.

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