



***Thymus linearis* Benth.**

Family: Lamiaceae

Common names: Himalayan Thyme , Jangli ajwain



Description:

Thymus linearis is a creeping, mat forming, spreading and strongly scented herb. Stem is four angled with tiny leaves are 1 cm long. Flowers are long, bright purple, crowded in short, terminal and ovoid clusters.

Utilization:

Himalayan Thyme contains essential oils which are used to cure many diseases. It is beneficial in treating the headache and toothache. The herbal decoction is used to prevent hair loss (Sharma *et al.*, 2005). It is also given in weak vision, complaints of liver, suppression of urine and menstruation (Qureshi, 2007).

Part	Uses
Stem	essential oils
Leaves	beneficial in treating the headache

References:

Qureshi L.R; (2007) Ethnobotanical studies of selected medicinal plants of Sudhan Gali and Ganga Chotti Hills, District, Azad Kashmir. *Pakistan Journal of Botany*, 39, 2275-2283.

Sharma P.K, Lal B; (2005) Ethnobotanical notes on some medicinal and aromatic plants of Himachal Pradesh. *Indian Journal of Traditional Knowledge*, 4, 424-428.