

Aplicaciones:

- Antiséptico: Moderado
- Aperitivo: Leve
- Expectorante: Moderado

El componente más importante del tomillo es la esencia, que varía mucho por la proporción en que la produce la planta, según su propia naturaleza, el país en que se críe, la altitud, la época de recolección, etc. El máximo que puede dar en estado seco es un 3%. La esencia se compone fundamentalmente de timol. Además de la esencia, esta aromática planta contiene flavonoides y determinados ácidos fenólicos como el cafeico o el rosmarínico.

La esencia confiere a la planta propiedades tónicas, estimulantes del apetito, espasmolíticas, antisépticas, expectorantes y antifúngicas. Los ácidos fenólicos refuerzan la acción antiséptica. El tomillo se ha empleado contra la tos ferina, las inflamaciones crónicas de los bronquios, el asma, el dolor de estómago, los trastornos digestivos y la diarrea. Se ha llegado a utilizar incluso como repelente de mosquitos.

Como siempre que aparece una esencia, conviene recordar que puede dar lugar a reacciones alérgicas, sobre todo en niños, y en dosis excesivas puede llegar a provocar convulsiones. En general, no se recomienda el uso de esta esencia durante periodos prolongados de tiempo.

Administración:

- Infusión. Se prepara con una cucharada pequeña por taza de agua hirviendo. No hay que tomar más de tres tazas al día.
- Esencia. De una a cinco gotas, tres veces al día, después de las principales comidas. No se debe sobrepasar esta dosis sin prescripción facultativa.
- Decocción de uso externo. Se añaden 50 g. de la planta a un litro de agua hirviendo y se deja en ebullición durante tres minutos. Se aplica en forma de compresas, lociones, baños, colutorios, etc. Además de estas fórmulas magistrales, el tomillo se puede encontrar en casi cualquier forma farmacéutica, tanto en herbolarios como en farmacias, ya solo o formando parte de presentaciones compuestas.

Tomillo cabezudo (*Coridothymus capitatus*)

Denominaciones

Coridothymus capitatus, *Thymbra capitata* (L.), *Thymus capitatus* Hoffmanns, Tomillo aceitunero, Tomillo andaluz, Tomillo cabezudo, Tomillo sevillano.

Nombre: Tomillo cabezudo (*Coridothymus capitatus*)

Tipo: Herbácea

Familia: Labiadas

Manual Medicin

L Darling-Hammond



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