NEUROLOGICAL STAMP

**Thymus serpyllum** (wild thyme)

Wild thyme—a creeping shrub of the mint family—was, in former times, known as a valuable medicinal plant and as a “certain remedy for that troublesome complaint, the nightmare”. It was also used to treat “headache due to inebriation” and “nervous disorders”. The plant contains thymol, which has been used as a disinfectant and active ingredient for antiseptics, mouthwashes, and gargles. It also produces a lemony scent—a discovery made by ancient Athenian men—who made themselves elegant by rubbing their chest with a thyme-scented lotion after bathing. In medieval times thyme mixed with honey was considered a potent remedy for pulmonary diseases. Inhalation of the herb was regarded as a remedy for melancholy and epilepsy.

It is shown in a series of stamps depicting medicinal plants issued by Bulgaria in 1966 (Stanley Gibbons 1858, Scott 1735).

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