Chemical Composition and Biological Activity of the Essential Oil of *Thymus vulgaris* L. from Different Areas in the Southern Apennines (Italy)

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Medicinal plants have been used from ancient time for their medicinal values as well as to impart flavor to food. *Thymus vulgaris* L. is a medicinal plant belonging to the Lamiaceae family, and has been used in traditional medicines. As a continuation of our studies on the oils of Lamiaceae growing wild in the Southern Apennines, the chemical composition of the essential oils (EOs) of three *T. vulgaris* L. populations cultivated in Campania [Frigento (BN), Zungoli (AV), and the Campus of University of Salerno] was investigated by GC-FID and GC/MS. Moreover, the total phenolic content in the oils and the possible antimicrobial activity of Eos against ten bacteria were evaluated. The oils were mainly composed of phenolic compounds and all oils belonged to the carvacrol/thymol chemotype. The total phenol content was performed by the Folin–Ciocalteu method. In particular, the oil from Zungoli has the highest total phenolic content. The antibacterial activity was evaluated by determining the minimum inhibitory concentration and the minimum bactericidal concentration, using the broth dilution method. Ten bacteria species, representative of Gram-positive and Gram-negative strains, were tested: *Staphylococcus aureus*, *Streptococcus faecalis*, *Bacillus cereus*, *Bacillus subtilis*, *Escherichia coli*, *Pseudomonas aeruginosa*, *Staphylococcus epidermidis*, *Klebsiella pneumoniae*, *Salmonella typhi Ty2* and *Proteus vulgaris*. The essential oils showed significant inhibitory activity against the Gram-positive pathogens, being the essential oil from Frigento the most effective. *S. epidermidis* was the most sensitive strain. The EOs did not show any significant activity against Gram-negative bacteria. The antioxidant activity was also evaluated.