Original Paper

Effect of *Thymus vulgaris*, *Myrtus communis* and nystatin on Candida albicans

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Abstract

**Background and Objective:** Candida albicans is the most frequent etiological agent of oral candidiasis. This study was done to compare the anticandidal effect of *Thymus vulgaris* and *Myrtus communis* to nystatin on Candida albicans.

**Materials and Methods:** In this laboratory study thirty-two strains of Candida albicans isolated from patients with oral candidiasis. Yeast suspension of Candida yeast cells was provided, subsequently a serial dilution from *Thymus vulgaris* and *Myrtus communis* and Nystatin in Sabouraud Dextrose Agar (SDA) medium were prepared. Then a loop of Candida suspension was cultured on all of the solid media and was incubated at 25°C. The findings of fungus growing were recorded during 7 days.

**Results:** MIC of *Thymus vulgaris*, *Myrtus communis* L, mix of these essences and Nystatin was 0.390µl/ml, 12.5 µl/ml, 0.78 µl/ml and 160 IU/ml, respectively.

**Conclusion:** *Thymus vulgaris* contained antifungal activity against Candida albicans, but *Myrtus communis* demonstrated a very low activity against Candida albicans.

**Keywords:** Candida albicans, Nystatin, *Thymus vulgaris*, *Myrtus communis* L

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Received 8 July 2012    Revised 10 November 2012    Accepted 6 December 2012