

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 0.390 µl/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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