

Oregano

ORIGANUM VULGARE

Oregano means “delight of the mountains” in Greek, as it was first used in ancient Greece for its antibacterial properties. Often mistaken for marjoram, oregano is a popular culinary herb and commonly found on pizzas. Although not used in modern aromatherapy, oregano has been traditionally used as an herbal remedy for digestive disorders, aches and pains, respiratory conditions, and skin problems.

COUNTRY OF ORIGIN

Europe: Italy, Greece

EXTRACTION METHOD

Steam Distillation

PLANT PART

Peel

BOTANICAL FAMILY

Lamiaceae

CHEMICAL FAMILY

Thymol and carvacrol are its main components

AROMA

Warm, spicy, herbal scent

NOTE

Top-Middle

SAFETY

- Avoid during pregnancy
- Irritant to the skin and mucous membranes

THERAPEUTIC PROPERTIES

ANALGESIC	BACTERICIDAL	FEBRIFUGE
ANTI-RHEUMATIC	CARMINATIVE	FUNGICIDAL
ANTISEPTIC	DIAPHORETIC	RUBEFACIENT
ANTISPASMODIC	DIURETIC	ANTI-INFLAMMATORY
ANTITOXIC	EMMENAGOGUE	ANTIOXIDANT
ANTIVIRAL	EXPECTORANT	DIGESTIVE AID
ANTIMICROBIAL		

BODY SYSTEMS

DIGESTIVE

INTESTINAL WORMS & PARASITES

IMMUNE

VIRUSES AND BACTERIAL INFECTIONS, STAPH INFECTION & MRSA, SORE THROAT & TONSILLITIS

INTEGUMENTARY

WARTS & CALLOUSES, ATHLETE'S FOOT & RINGWORM

LYMPHATIC

EMOTIONAL BALANCE

MUSCULAR

CARPAL TUNNEL & RHEUMATISM



BODY SYSTEMS (CONT.)

REPRODUCTIVE

PMS & MENOPAUSE

RESPIRATORY

PNEUMONIA & TUBERCULOSIS

URINARY

URINARY BOOST

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