

Oregano

Botanical: *Origanum vulgare*, *O. onites*, *O. vivens*, *O. v. hirtum*
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Oregano is considered a staple herb in many cuisines. Oregano is also a powerful medicine with strong antibiotic, antiviral, antifungal, antioxidant, and anti-inflammatory properties, to name just a few of its attributes. Sometimes called wild marjoram, oregano (*O. vulgare*), is not to be confused with its close relative, sweet marjoram (*O. majorana*).

Western



Western Name: Oregano

Also Known As: Wild marjoram, Mountain Joy

Main Systems: Digestive, Nervous, & Respiratory Sys., Skin
Key Actions: Antioxidant, Antibacterial, Antiviral, Antifungal, Antiparasitic, Anti-inflammatory, Anticancer, Antiseptic

Key Medicinal Uses: Colds, flus, lung infections, bronchitis, croup, bloating, candida, cancer, osteoporosis, headaches, allergies, earache, fatigue, diabetes, gastrointestinal disorders, heart conditions, rheumatoid arthritis, menstrual cramps, urinary tract infections, muscle pain, acne, dandruff, repels insects, parasites.



BASIC HABITAT/BOTANY: Oregano is a perennial herb with purple flowers that grow in tall erect spikes. Its leaves are spade-shaped and olive green.

Native to northern Europe, oregano is now grown throughout many regions of the world.

KEY CONSTITUENTS: Carvacrol, Thymol, Limonene, Pinene, Ocimene, and Caryophyllene. Beta-caryophyllin (E-BCP), Rosmarinic acid, Fiber, Folate, Calcium, Magnesium, Iron, Potassium, Vitamin A, B6, C, E and K, Tannins, Resin, Sterols, Flavonoids.

PARTS MOST FREQUENTLY USED: Leaves, Oil

FLAVORS/TEMPS: Pungent, Slightly Bitter, Aromatic, Cooling and Warming

CAUTION: Considered safe, some people allergic to plants in the Lamiaceae (mint) family may experience allergic reactions.

HISTORY/FOLKLORE: Oregano has been used for thousands of years as a cure-all and culinary herb. It is very good at treating lung infections, colds, flus, herpes, fungal infections, and a wide range of stomach disorders. Unlike pharmaceuticals, the herb does not also destroy pro-bacteria found in the intestines and gut that are crucial for promoting health. A tonic herb, oregano can be enjoyed in teas and foods to help promote immunity and overall health.



Eastern



Pin Yin: Niu Zhi

Also Known As: N/A

Main Meridians: Spleen, Heart, Urinary, Kidney, Liver

Key Actions: Clears Heat, Clears Damp Heat, Circulates Qi, Disperses Wind (especially Wind Heat)

Key Medicinal Uses: Fever, colds, flu, lung infections, bronchitis, coughs, nausea, vomiting, diarrhea, urinary tract infections, poor appetite, delayed menses, menstrual cramping, uterine spasms, stomach ulcers, anxiety, insomnia, low back ache, constipation, scanty or copious urination, bedwetting, premature senility.

FUN FACT!



Lamiaceae

Oregano is in the mint family, called Lamiaceae, however, its taste is pungent and earthy with only a hint of minty overtones.



Vitamin K

One teaspoon of dried oregano will fulfill 14% of your daily vitamin K requirements.



Dried v. Fresh

Dried oregano leaves have a stronger flavor than the fresh leaves do. For some, the fresh leaves are perfect for a milder cup of tea, and the dried leaves are preferred for tomato sauces or stews.

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