

Oregano

Botanical name: *Origanum vulgare*

Energetics/Actions: Warming, drying, antioxidant, antimicrobial, antiinflammatory, analgesic

Description

Oregano is a herb from the mint family. It has been used for thousands of years to add a wonderful flavor to foods and to treat health conditions. The Greeks and Romans associated oregano with joy and happiness.

The name comes from the Greek words “oros,” meaning mountain, and “ganos,” meaning joy. There are different types of oregano. *Oregano vulgare* is used for cooking and as medicine.



Uses

Upper respiratory illness: Best known for its use for colds, coughs and bronchitis

Digestion: Helpful for cramps, indigestion and stomach ache

Infection: A powerful antimicrobial herb, it may be useful for bacterial and viral infections, like candida

Dose

Culinary: Cook with fresh or freshly dried oregano, it's delicious!

Tea: 3 gm in a cup of boiling water steeped, covered for 5-10 minutes.

Essential oil: Steam 1-2 drops of essential oil in hot water or 5-10 drops on a washcloth in the shower-use steam precautions! Massage oil 1 drop in 1 tablespoon of carrier oil

Never use the essential oil internally-do not swallow, do not put in ears or eyes

Safety information

Safe to use as a culinary herb. Large medicinal doses can be toxic and sometimes fatal. Work with an integrative medicine practitioner or clinical herbalist if medicinal doses are needed.