Oregano: a Wonder Herb

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Abstract:
Oregano is a herb that is a member of the mint family. It is closely related to marjoram, even though the flavors differ widely. The common variety of oregano bears the scientific (latin) name of Origanum vulgare. Although it is a common ingredient in foods around the world, more is used in perfumes than is consumed. Oregano is a powerful antimicrobial because it contains an essential compound called “carvacol”. The essential oil of “HIMALAYAN OREGANO” has strong antibacterial properties that can even kill the hospital superbug MRSA. It has also got anti inflammatory properties with an active ingredient known as beta-caryophylline (b-cp) which is used against disorders like osteoporosis. It is also a rich source of vitamin k (promotes bone growth, maintenance of bone density and production of blood clotting proteins and a dietary antioxidant (contains very high concentrations of antioxidants). It also protects our cells against free radicals.

Keywords: Perennial herb, antioxidant blue berries, beneficial effects, actively transport nutrients, “functional food”.

INTRODUCTION:
Oregano is a herb that is a member of the mint family. It is closely related to marjoram, even though the flavors differ widely. The common variety of oregano bears the scientific (latin) name of Origanum vulgare. Although it is a common ingredient in foods around the world, more is used in perfumes than is consumed. Oregano is a powerful antimicrobial because it contains an essential compound called “carvacol”. The essential oil of “HIMALAYAN OREGANO” has strong antibacterial properties that can even kill the hospital superbug MRSA. It has also got anti inflammatory properties with an active ingredient known as beta-caryophylline (b-cp) which is used against disorders like osteoporosis. It is also a rich source of vitamin k (promotes bone growth, maintenance of bone density and production of blood clotting proteins and a dietary antioxidant (contains very high concentrations of antioxidants). It also protects our cells against free radicals.

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HEALTH BENEFITS OF OREGANO:
Oregano is a herb that is a member of the mint family. It is closely related to marjoram, even though the flavors differ widely. The common variety of oregano bears the scientific (latin) name of Origanum vulgare. Although it is a common ingredient in foods around the world, more is used in perfumes than is consumed. Oregano is a powerful antimicrobial because it contains an essential compound called “carvacol”. The essential oil of “HIMALAYAN OREGANO” has strong antibacterial properties that can even kill the hospital superbug MRSA. It has also got anti inflammatory properties with an active ingredient known as beta-caryophylline (b-cp) which is used against disorders like osteoporosis. It is also a rich source of vitamin k (promotes bone growth, maintenance of bone density and production of blood clotting proteins and a dietary antioxidant (contains very high concentrations of antioxidants). It also protects our cells against free radicals.

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AROMATHERAPY USES:

Extraction:
Essential oil by steam distillation. This can be done from the dried flowering herb.

• strong antiviral and antibacterial properties which can help destroy the organisms that contribute to skin infections.

• anti-parasitic properties which is useful for digestive malfunctions.

• strengthens the immune system.

• increases the joint and muscles flexibility

• Improves our respiratory health.
Number of uses when a little of Oregano motivates change and recovery:

**Post Traumatic Syndrome:** use 3-4 drops of Lavender, 3 drops of Elevation, and 2 drops of Oregano, in your hands. Rub into hands and wrists such as it is hand lotion and allow the person to inhale gently and keep rubbing until these oils are absorbed – then drink water.

**Skin Tags:** apply Oregano as undiluted on the skin tags every night and you can watch them disappearing – if becomes too warm after application, and now apply coconut oil or lavender to cool down.

**Candida overgrowth:** ingest the oils in capsule – Myrrh 2 drops, Melaleuca 4 drops, Oregano 2 drops, Coconut oil 4 drops, -- 3 times a day with food for at least 10 days

**Sore Throat – Justin’s Remedy:** Take 2 drops of Oregano in water and gargle But be very careful because it is very strong, it causes heat in throat area.

**Thrush in the mouth:** use Oregano 2 drops, mix it with vegetable oil 15 drops, and swab it in the inside of the mouth.

**Nail Fungus:** – Toenails – apply the medicine around the nail bed and on the top of the nail; Oregano 1 drop, Melaleuca 4 drops, Myrrh 2 drops, and Lavender 4 drops – apply every morning and evening constantly.

**Aggressive Nail Fungus Remedy:** apply oregano only on the toe that has got infected in fungus and not on the sore skin or blisters: Oregano 3 drops, Thyme 2 drops, and Fractionated Coconut Oil 10 drops. Apply every morning and night.

**Fingernail Fungus:** Melaleuca 4 drops, Myrrh 3 drops, and Lemon 4 drops - massage into your cuticle and around the nail bed many times a day.

**Chronic sinus issues:** apply on your bottom of feet gently – Oregano 2 drops, Roman Chamomile 5 drops, Lavender 6 drops, and Fractionated Coconut Oil 5 drops. Do it for three days a week constantly.

**Warts on the bottoms of the feet:** *Planter’s Wart* – Oregano 2 drops, On Guard 2 drops, and Lavender 4 drops, put inside the cotton socks, every night, keep applying even when pain is gone and this may be difficult to detect until the natural whorls of the foot print are being visible in the sunlight. (9). The most active ingredient in Wild Oregano is carvacrol, which is a potent, and a naturally occurring compound. It has distinct effects against all types of microbes like bacteria, virus, fungus, and parasites. Synthetic phenol, which is also known as carbolic acid, is a strong antiseptic, was for 20th century. (11).

**ANTI-BACTERIAL ACTIVITIES:**

<table>
<thead>
<tr>
<th>Test Microorganisms</th>
<th>Concentration (MIC)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acinetobacter lwoffi</td>
<td>BC 2819 44 15.62...</td>
</tr>
<tr>
<td>Alcaligenes faecalis</td>
<td>BC 0452 44 15.62...</td>
</tr>
<tr>
<td>Bacillus cereus</td>
<td>BC 6830 36 31.25...</td>
</tr>
<tr>
<td>Bacillus subtilis</td>
<td>BC 5211 54 7.8</td>
</tr>
<tr>
<td>Enterobacter cloacae</td>
<td>BC 3213 15 125 13</td>
</tr>
<tr>
<td>Escherichia coli</td>
<td>BC 1402 35 250 43</td>
</tr>
<tr>
<td>Flavobacterium indologenes</td>
<td>BC 1520 48 62.5 53</td>
</tr>
<tr>
<td>Klebsiella pneumoniae</td>
<td>BC 1749 34 250 22</td>
</tr>
<tr>
<td>Klebsiella pneumoniae</td>
<td>BC 3126 42 250 38</td>
</tr>
</tbody>
</table>

**ANTI FUNGAL ACTIVITIES:**

<table>
<thead>
<tr>
<th>Test Microorganisms</th>
<th>Concentration (MIC)</th>
</tr>
</thead>
</table>
Candida albicans  ATCC 1223 60 31.25 68 62.5 46 62.5 15 250
Sacharomyces boulardii  BC 6128 50 15.62 74 62.5 38 62.5 9 62.5
Sacharomyces cerevisiae  BC 6541 52 15.62 68 62.5 34 62.5 8 62.5
Fungi
Absidia repens  BC 100 54 125 48 250 - e - 13 250
Aspergillus flavus  BC 101 66 15.62 59 62.5 41 125 17 250
Aspergillus niger  BC 102 55 125 51 125 51 125 21 62.5
Aspergillus niger  BC 103 64 62.5 66 62.5 44 62.5 19 62.5
Aspergillus ochraceus  BC 104 65 62.5 50 125 61 62.5 14 250
Cladosporium herbarum  BC 106 55 125 31 250 26 500 10 250
Geotrichum candidum  BC 107 59 31.5 43 62.5 29 250 29 250

Disc diffusion assay: using 100 μL of suspension, containing 108 colony forming units (CFU) mL-1 of bacteria, 106 CFU mL-1 of yeast, and 104 spores mL-1 of fungi spread on Nutrient agar (NA), Sabouraud dextrose agar (SDA), and Potato dextrose agar (PDA) medium, antimicrobial tests were carried out by the disc diffusion method, (Murray et al. 1995).(3)

CONCLUSION:
For the treatment of many diseases particularly the liver diseases instead of synthetic drugs the natural products extracted from the medical plants which was found in Egypt is considered as an alternative solution. Natural Products found in marjoram affects the physiological and genetics status of the body.(4). The favorable environment in the high tunnel allowed an earlier harvest than the field plot in Horticulture Station. High tunnels at both these locations hastened growth to allow harvests as compared to two and three from the field plots at the Horticulture Station and Armstrong, respectively.(10)

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