

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 *Organum 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- caryophyllin(e-bcp) 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-it is a niche crop in Yuma country, along with the other herbs grown in that area. The fresh herb is grown and packed here in Yuma and this is flown to various US locales and later used in a variety of culinary tests and it is also grown for use by specialty restaurants. Although oregano is heavily associated with Italian cuisine it is that it originated in Greece. The word oregano in greek means, "JOY OF THE MOUNTAIN". The people there believed that the cows that grazed in oregano fields produce a tastier meat. It is a particular herb flavour, than a particular herb. In different families there are several species that impart this particular flavour and they are all known as oregano. OREGANO'S HINT OF SWEETNESS, when combines with some spiciness adds warmth to any dish. Oregano which is fresh can be difficult in marketplace. Dried oregano has a stronger flavour than the fresh and so we must use it sparingly. Distinctive aroma oregano has a slightly bitter taste due to a high concentration of phenolic acids and it can vary greatly in potency- strains are sometimes uniquely delicate or mild but some are quite strong. The oregano in greek tends to be most pungent. Oregano is a pale yellow liquid, browning with age and with a warm, spicy-herbaceous, camphoraceous odour.(1)

HEALTH BENEFITS OF OREGANO:

Oregano is a herb which is used widely in cooking and folk remedies. It helps to settle flatulence. It also stimulates the flow of bile.as a role of stimulating diaphoretic,it is often used in the treatments of cold and flu.Its use is similar to that of hyssop.It also gives a use in mouth conditioning, asa a mouth wash for the inflammations of mouth and throat.It is a useful promoter of menstruation. It can externally be used for infected cuts and wounds. Infusion of this is used in coughs and whooping cough, and in headaches, especially when due to tension. It may be relieved by a tea of marjoram or may be done by rubbing the forehead and temples with oil. For rubbing into areas of muscular and rheumatic pain and for toothache, the diluted oil may also be used. To soothe stings and bites a lotion may be used. It

is stated that eating a lot of oregano can help repel mosquitoes. Oregano has many of medical attributes but it contains further essential oils. These oils make it very much more antiseptic in action, which is both externally and internally. (2). Oregano is a temperate or subtropical plant. It will grow best in ample sunlight, where the plant grows best in light and in dry soil with a pH of 4.5–8.7. Oregano will tolerate some cold but they would grow best where the annual temperature will not fall below 15°C (59°F). While direct seeding, seeds should be sown in rows which is spaced in 50–60 cm (19–24 in) apart with seedlings when thinned to allow 20 cm (8 in) between plants.(7). The genus *Origanum* comprises of 44 species, 6 subspecies, 3 botanical varieties and 18 naturally occurring hybrids, and this includes different types of oregano and sweet marjoram (*O.majorana*) and the dittany of Crete (*O.dictamnus*). Plants that are known and used as oregano doesn't belong necessarily to the genus *Origanum*,. Carvacrol, which is a creosote-scented phenol, is chemically responsible for the sharp, pungent flavor of the culinary oreganos and this can be found in plants from various other genera, including *Lippia graveolens* (Mexican oregano), *Lippiamicromera* (Jamaican oregano), *Plectranthus amboinicus* (Cuban oregano), and *Poliomintha bustamanta* (Mexican oregano). (8)

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.(2)

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 Fractioned 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 carboic acid, is a strong antiseptic, was for 20th century.**(11).**



6)

(5)

ANTI-BACTERIAL ACTIVITIES: (3)

<i>Acinetobacter lwoffii</i>	BC 2819	44	15.62	39	62.5	26	62.5
	18 (OFX10)		7.8				
<i>Alcaligenes faecalis</i>	MBC 0452	44	15.62	52	62.5	28	500
	20 (OFX10)		7.8				
<i>Bacillus cereus</i>	BC 6830	36	31.25	38	125	34	62.5
	14(SAM20)		7.8				
<i>Bacillus subtilis</i>	BC 5211	54	7.8	72	125	34	62.5
	36(AMC30)		7.8				
<i>Enterobacter cloacae</i>	BC 3213	15	125	13	500	8	500
	24(KF 30)		7.8				
<i>Escherichia coli</i>	BC 1402	35	250	43	500	26	62.5
	22(OFX10)		15.62				
<i>Escherichia coli</i>	BC 2326	42	250	38	500	32	62.5
	26(AZM15)		7.8				
<i>Escherichia coli</i>	BC 1818	36	250	36	500	38	62.5
	12(AZM15)		31.25				
<i>Flavobacterium indologenes</i>	BC 1520	48	62.5	53	62.5	29	
	125 27(AZM15)		7.8				
<i>Klebsiella pneumoniae</i>	BC 1749	34	250	22	500	26	500
	30(OFX10)		62.25				
<i>Klebsiella pneumoniae</i>	BC 3126	29	250	23	500	16	500
	25(OFX10)		31.25				

ANTI FUNGAL ACTIVITIES:

Test Microorganisms

Yeast

Tsr Oa Or Antibiotics

DDa MICb DDa MICb DDa MICb DDa MICb

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 fl avus 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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