



Origanum vulgare

Properties:

analgesic, antibacterial, antifungal, antioxidant, antispasmodic, antiseptic, antiviral
carminative, emmenagogue, expectorant, nervine, digestive

Medicinal Uses:

- fungal infections such as athlete's foot, ringworm, etc.
- vaginal yeast infections and candida
- respiratory problems, can ease lung congestion and heal bronchial inflammations
- sinus congestion
- cough, cold and flu
- promotes sweating which helps rid the body of toxins during sickness
- fever and heat stroke
- measles and chicken pox
- bronchitis, spasmodic coughs
- muscle, uterine and stomach cramps and spasms
- aching joints and muscles, rheumatism, swelling
- digestive aid; gas, flatulence, bloating
- diarrhea, vomiting
- urinary problems
- bacterial infections and sores
- parasites
- tooth ache, mouth sores, dental inflammation
- headache and pain reliever
- cuts, scrapes and wounds
- nervousness, insomnia, tension and anxiety
- can dissolve milk knots in nursing mothers (apply a fresh poultice or salve)
- Nutrient rich: vitamins A, C, K, iron, calcium, manganese, antioxidants



Annie's Place

- deters food borne bacteria and parasites
- pest control to kill fleas and other bugs on contact (essential oil is best for this)
- dandruff
- lice
- cleanses and disinfects, makes a great hair rinse
- eczema, sore and other skin issues and infections
- anti-aging (internal consumption)

Methods of Use:

- add liberally to culinary dishes
- infusion
- herbal sprinkle
- capsules or pills
- herbal vinegar
- tincture or glycerite
- herbal oil
- salve, ointment and balm
- liniment
- herbal honey
- bath and foot soak
- gargle or mouthwash
- [essential oil](#) (this is a different species with stronger properties)

In the Garden:

Oregano can be easily grown in your garden. You can start your seeds indoors 6 weeks before the last frost, purchase a start from your local nursery, divide an established plant or directly sow the seeds outdoors after the last frost date.

- choose a sunny, warm location in rich soil
- space 12" apart
- water light to moderately
- Oregano is beneficial to any plant it is planted to next to, improving the growth and flavor of the plant and keeping off pesky invaders.
- Harvest just before blooming and keep cutting as blossoms appear to keep the plant producing.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician, herbalist or other trained professional. Those who follow these suggestions do so at their own risk.