



## Wild Oregano Essential Oil

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Oregano is recognized as having one of the broadest ranges of antimicrobial effectiveness known among plants. It has been regarded for the following properties:

- **Antibacterial:** For mild food poisoning, stomach flu, diarrhea; colitis, gastritis; infected hangnails and splinters, cuts and scrapes, non-specific dermatitis, acne, and seborrhea.
- **Antifungal:** For fungal infections, Athlete's foot, dandruff, psoriasis, rosacea, and Candida (due to presence of two phenolic fungitoxic compounds: thymol and carvacrol - the most active constituents).
- **Anti-inflammatory:** For toothache and gum disease, dental abscesses, mouth ulcers, insect and spider bites/stings, skin disorders - bruising, eczema, tinea, seasonal allergies, and muscle pain.
- **Anti-parasitic:** For ringworm and intestinal parasites.
- **Antiviral:** For sore throat/pharyngitis, cold and flu like symptoms, sinusitis, respiratory disorders - asthma, bronchitis, in herpes simplex virus type 1.

Oregano leaves have been used traditionally for almost every ailment concerned with the respiratory and digestive system.

Oil of oregano is not to be confused with common oregano in the kitchen spice cupboard, which is usually Oregano marjoram.

The essential oil distilled from oregano leaves contains varying amounts of thymol and carvacrol which can constitute as much as 90% of the oil.

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Most of the activity of oregano comes from the volatile oils including thymol, carvacrol, p-cymene and others. Some of these volatile oils have been shown to have strong antifungal and antihelminthic ("anti-worming") activities.

The body of positive evidence for oregano oil as a major antibiotic is growing. Among 52 plant oils tested, oregano was considered to have "pharmacologic" action against common bugs such as *Candida albicans* (yeast), *E. coli*, *Salmonella enterica* and *Pseudomonas aeruginosa*. [Journal Applied Microbiology, Volume 86, June 1999] *Pseudomonas* is a type of germ that is becoming more difficult to treat as it has developed strains that are resistant to antibiotic drugs.

- Oil of oregano at relatively low doses was found to be efficacious against *Staphylococcus* bacteria and was comparable in its germ-killing properties to antibiotic drugs such as streptomycin, penicillin and vancomycin.
- among various plant oils, oil of oregano exhibited the greatest antibacterial action against common pathogenic germs such as Staph, *E. coli* and *Listeria*.
- antibacterial activity against 25 different bacteria.
- carvacrol from oil of oregano kills spores, such as *Bacillus cereus* and *Bacillus anthracis* (anthrax).
- various germs are showing resistance to Vancomycin, particularly to intestinal bacteria (*Enterococcal* species) among hospitalized patients.
- Vancomycin is considered to be the most potent antibiotic available and is withheld from use as a drug of last resort. Drug resistance does not develop against naturally-occurring antibiotics such as garlic and oil of oregano.

GI parasites - works against *Entamoeba hartmanni* and *Blastocystis hominis*. Several weeks of continuous use may be required for the anti-fungal properties of oil of oregano to clear up a deep-seated *Candida* infection.

### **History and Folklore**

For thousands of years, people have used the essential oil of oregano for medicinal purposes. Greek physicians treated wounds, venomous bites and even hemlock poisoning with the oil, and Chinese healers used it to treat diarrhea and vomiting. In the 17th century, oregano oil was touted as a sure-fire remedy for head colds throughout Britain, and its use soon spread around the world.

Early American colonists used oregano to treat menstrual cramps and stomach problems. As early as the 19th century, doctors began using oregano essential oil to induce menstruation. Today, herbalists still prescribe the oil for many of these same problems, and even modern research has begun to examine its mechanisms of action and efficacy for treating various specific disorders.

Today, aromatherapists and herbalists value oregano essential oil for its healing, antibacterial, antiseptic, anti-fungal and anti-parasitic properties. The substance is toxic to many

microorganisms, which makes it effective in treating fungal infections such as ringworm and athlete's foot. It's often used in natural remedies such as salves and ointments for treating various skin conditions. The oil is widely used to treat candida infections. It is also used to disinfect the skin, wounds and burns in topical washes and other applications.

There are many other reported oregano essential oil benefits, including treating asthma and respiratory infections. The oil is believed to clear the bronchial passages of mucus and reduce inflammation. Popular around cold and flu season, oregano essential oils have a reputation for preventing these viruses and treating their symptoms. The oil is sometimes used as protection against food borne illnesses. Research has found it particularly effective against parasites, viruses, fungi and yeast.

### **Oregano essential oil is a powerful antibacterial and antiviral agent.**



Because of its strength, oregano essential oil is not often used in cosmetics. It can cause minor burns to the skin when applied undiluted. Combined with a carrier oil or in preparations such as lotions or soaps, however, the oil is safe to use topically. Sometimes, the oil is used in home acne remedies to disinfect the area and prevent bacterial growth, but it must be diluted properly to avoid irritation. In other homemade cosmetics, oregano essential oil makes an excellent choice for acne-prone skin, or for use during a fungal infection. It also makes a nice addition to mouthwashes for infected teeth or gums.

As a nerve tonic, oregano essential oil calms and quiets the mind, body and spirit. It is relaxing and can help overcome insomnia. In aromatherapy, the oil is used to ease irritability and tension, reduce stress and anxiety, and restore emotional balance. The oil is believed to clarify thinking and promote a positive attitude.

### **Precautions**

Herbs are powerful medicine and essential oils are especially concentrated. If unsure how to use them first consult a qualified health care professional.

When using pure oregano oil topically, make sure to dilute it in a carrier oil such as almond, olive, or another pure vegetable oil to avoid burning the skin.

Side-effects are minimal, but allergic reactions to oregano oil and a sensitivity to plants in the same family (thyme, basil, hyssop, marjoram, mint, sage) can occur. It should not be applied in full strength to the skin.

For a powerful all-purpose cleaner, combine 1 cup water, 1 cup vinegar, 2 tsp. liquid castile soap and 25 drops oregano essential oil in a large spray bottle. Shake well before each use. This cleaner works well in kitchens and bathrooms. It is antiviral, anti-fungal and antibacterial. In fact, oregano essential oil is 26 more times as powerful an antiseptic than phenol, a common ingredient in commercial cleaning products.



Be sure to try NSP's Wild Oregano Essential Oil (5 ml).

### References

<http://www.diagnose-me.com/treat/T223028.html>  
<http://themodernherbal.com/>

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**Yours in Good Health!**

Sincerely,

Chris Ritchason  
Dr. Jack & Verlyn Ritchason, Founders  
The Back to Herbs Team

This information was provided by

***Chuck & Judy Erkitz***  
***Natures Better Way***  
PO Box 261 - 880 W Dryden Rd., Metamora, MI 48455  
[www.naturesbetterway.com](http://www.naturesbetterway.com)  
[www.naturesbetterway.my4life.com](http://www.naturesbetterway.my4life.com)  
[www.mynsp.com/naturesbetterway](http://www.mynsp.com/naturesbetterway)  
1-810-678-3131 [erkfitz@erkfitz.com](mailto:erkfitz@erkfitz.com)