



Wild Oregano

(*Origanum campactum*)
Stock #3934-6 (5 ml.)

Extensive research published in the three-volume French work *Traité de Phytothérapie et d'Aromathérapie* (Treatise on Phytotherapy and Aromatherapy) outlined the antimicrobial qualities of essential oils in the treatment against specific infectious microorganisms. Oregano essential oil was found to be among the most effective of oils tested, particularly against *Proteus*, *Staphylococcus*, *Streptococcus*, *Pneumococcus*, and *Neisseria* strains, as well as *Corynebacterium xerosa* (diphtheria).¹

The essential oil of oregano contains a phenolic compound called carvacrol, which provides the oil with strong antibacterial and antifungal properties. Carvacrol has also been shown to act as a fungitoxic agent in vitro against *Cryptococcus neoformans*—an AIDS-related opportunistic infection.²⁻⁴

Oregano oil is recommended for the treatment of acute bacterial infections, primarily of the gastrointestinal tract and bronchi. Due to its stimulating qualities, inhalation of oregano oil may provide relief for individuals who have developed a more or less chronic case of asthma, combined with bronchitis.¹

Oregano essential oil also contains the chemical paracymene, which possesses analgesic properties that are especially beneficial for treating osteoarthritic pain.^{2,5}

Massaging oregano oil into the soles of the feet is typically a well-tolerated and very effective method of using this essential oil—oils used in this fashion reach the lower bronchial capillaries and, via the heart-lung circulatory system, the entire body, without being absorbed into the liver as with oral administration.¹

Caution should be exercised when using oregano oil, as topical application can cause skin irritation.¹⁻³ Furthermore, long-term use of oregano oil is not advised, as it may negatively alter liver metabolism.¹

Special care should also be taken to ensure that all essential oils are kept out of the reach of children. For example, a lethal dose of oregano oil for a 3-year-old child is 19 ml. (taken orally).⁵

References:

- 1 Schnaubelt PhD, K. *Advanced Aromatherapy*. Rochester, VT: Healing Arts Press, 1995.
- 2 Chevallier, A. *The Encyclopedia of Medicinal Plants*. NY, NY: Dorling Kindersley, 1996.
- 3 Lawless, J. *The Encyclopaedia of Essential Oils*. Rockport, MA: Element Books, 1992.
- 4 Viollon, C. and Chaumont, J.P. "Antifungal properties of essential oils and their main components upon *Cryptococcus neoformans*." *Mycopathologia*; 1994, 128(3): 151-153.
- 5 Buckle RGN, J. *Clinical Aromatherapy in Nursing*. San Diego, CA: Singular Publish., 1997.