

Oregano

Botanical Name: *Origanum vulgare*

Family: Lamiaceae

Energetics: Warming, aromatic, bitter

Taste: Pungent, bitter, aromatic

Actions: Antimicrobial, digestive stimulant, respiratory support, anti-inflammatory, antioxidant

Overview

Oregano is a warming, aromatic herb traditionally used for digestive support, antimicrobial properties, respiratory health, and as a culinary and medicinal herb rich in antioxidants.

Uses

Internal Uses

- Supports digestion and stimulates appetite
- Antimicrobial support for mild infections
- Respiratory aid for coughs and congestion
- Anti-inflammatory and antioxidant properties

External Uses

- Infused oils for skin infections or inflammation
 - Aromatherapy for respiratory support
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Medication Interactions

- May interact with blood-thinning medications
 - Use with caution if taking antibiotics or antifungal medications
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Contraindications

- Pregnancy: safe in culinary amounts; medicinal doses with caution
 - Allergy to Lamiaceae family
 - Children: use culinary amounts; medicinal doses with guidance
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Caution & Safety

- Moderate doses recommended
 - Monitor for allergic reactions
 - Avoid concentrated essential oil ingestion internally
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Herbal Pairings

Blends Well With

- Thyme (respiratory support)
- Garlic (antimicrobial synergy)
- Lemon Balm (digestive support)

Avoid Combining With

- Blood-thinning medications without supervision
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Possible Side Effects

- Rare allergic reactions
 - Mild digestive upset in sensitive individuals
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Forms & Dosage

Tea / Infusion

- 1 tsp dried leaves per cup water
- Steep 5–10 minutes
- 1–2 cups daily

Tincture (1:5)

- 1–2 mL, 1–2 times daily

External / Infused Oil

- Apply to affected skin or as aromatic support
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Notes

Oregano is a warming, aromatic herb ideal for digestive and respiratory support as well as mild antimicrobial use. Suitable for teas, tinctures, and external infusions.

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