



## Oregano

Latin names : Origanum vulgare, Origanum vulgare, Origanum latifolium, Origanum creticum

French names : Origan vulgaire, Origan commun, Origan sauvage (confusing name), Marjolaine sauvage, Marjolaine bâtarde (false names)

Other English names : Wild marjoram

Extracted from : dried aerial parts



Somewhere between bravery, courage and carelessness, Oregano distills its strength and its fearless character.

If Oregano could speak, it would probably say something like "OK, stop that now, I'll do it myself!"

The Oregano type is little likely to shilly-shally, should it finish up things itself.

Chattering is banned from its vocabulary. It only thinks of doing.

No talks, just do's.

Ready to stick a pizza into the oven?

Just a sec. Let's jazz it up !

2 or 3 spoonfuls of mascarpone with one drop of Peppermint and one of Oregano. Scatter nuts of this mixture over your pizza before cooking.

### ***The plant, its legends and its botany***

Nothing is impossible for a willing heart! And to oregano, nothing seems inaccessible! It will always continue, always fight, he never falters and will reach the top as well as its set goals.

Its name comes from the Greek "He who loves the mountains." And indeed, it grows freely in altitude.

Sustainable, it lives several years, although winter may be too stringent for it sometimes... Indeed, growing on a mountain is already taking up a challenge for Oregano. It comes from a botanical family accustomed to the sun (Lamiaceae, such as Basils, Patchouli and other Thymes). It needs direct sunlight to survive .

Moreover, the more sun it absorbs, the more essential oil it gives. The lower up in the mountains it grows, the more powerful its spicy aroma is, its essential oil contains more than thymol and carvacrol, powerful dermo-caustic components that microbes do not like, but that charm taste buds.

Warm blood flows in the veins of Oregano. And the stems are red. Square also, well angulated and they do not pretend to be particularly sweet at all. The panicles of its tiny pink flowers look like little balls. It does not let anything scatter around and about. Its leaves are small and shortly lanceolate. Their pubescence and colour are relatively variable, depending on the subspecies.

### **Energetic properties**

Brings courage.

Makes you rash, even reckless.

Helps you to be merciless.

Confers strong-will.

Conquering and competitive.

Allows you to go beyond your limits, to face problems.

Helps those who refuse to age; oregano doesn't conceive mortality.

### **Chakras**

1st chakra

### **Doshas**

Hinders Vata and all its fears.

Stimulates Pitta's vigour and conquering force.

Stimulates Kapha's down-to-earth and concrete aspects.

### **Elements**

Fire, Earth

### **Standard chemotype**

Phenols (60-80% carvacrol, thymol 0.2-5%)

Monoterpenes (0.1 to 18% beta-pinene, paracymene 2-15%, 3-10% gamma-terpinene, alpha-terpinene 0.5-2%)

Monoterpenols (terpinene-4-ol 0.5-20%, 2-15% linalool)

Sesquiterpenes (beta-caryophyllene 0.5 to 12%, beta-bisabolene 0.1-2%)

Sesquiterpenols (tau-cadinol 0.1-0.5%, 0.1-0.5% spathulenol)

Oxides (0.1 to 15% 1,8-cineole, caryophyllene oxide from 0.1 to 12%)

Ketones: none

Furanocoumarins: none

### **Batch chromatography**

Batch, ORE2002 (PDF, 401 Ko, French)

### **Contraindications and limitations of use**

Dermocaustic (dilute highly before use).

Very slightly hepatotoxic, on long-term use and at high dosage.

Not recommended for people with high blood pressure.

Keep out of reach of children.

Children and pregnant women: short-term use is to be preferred.





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The information on these page is only intended to provide trained professionals with suggestions on how to use our products. They are solely responsible for any advice they may give. It rests with them to consolidate their skills and to keep ut to date with the latest advances in aromatherapy. Also, trained professionals must know their patients' state of health well enough to propose an appropriate treatment accordingly. The total responsibility for interpretation and use of Gedane products lies with users and does not involve Gedane in any way.  
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