

## Marjoram

### Origanum marjorana

Family: Lamiaceae (*Labiatae*)

History: Native to Libya, Egypt and the Mediterranean area it was used by the ancient Greeks for both medicine and ritual. The name is derived from the Greek meaning "Joy in the Mountain". It was Given to newly weds as a token of good fortune and also planted in graveyards to bring peace. It soothes, comforts and warms.

Extraction Steam distillation flowering head and leaves

Properties Analgesic, anaphrodisiac, antispasmodic, antiseptic, anti-oxidant, antiviral, bactericidal, carminative, cephalic, cordial, diaphoretic, digestive, emmenagogue, expectorant, fungicide, hypotensive, laxative, nervine, sedative, stomachic, tonic, vasodilator

Note: Middle

Chemistry:	Alcohols	Borneol, Alpha-terpinol
	Sesquiterpenes	Sabinene, caryophyllene
	Ketones	Camphor
	Monoterpenes	Pinene
	Phenols	Estragol, Eugenol, Frenchole

Blends with: Bergamot, cedarwood, chamomole, cypress, lavender, tangerine, nutmeg, rosemary, rosewood ylang ylang

**Safety:** Do not use during pregnancy. Care must be taken due to its sedative action, so use sparingly. Do not use with low blood pressure

**Uses:**

- Cardiovascular:** Heart tonic, hypotensive
- Digestive:** Colic, constipation, dyspepsia, flatulence
- Joints:** Rheumatic pain, stiffness, swelling
- Mind:** Instability, hysteria, irritability, frigidity
- Muscles:** Spasms and tics
- Pain:** Lower back, after sports rub, headaches
- Reproductive:** Menstrual pain
- Respiratory:** Chest infections, colds, sinusitis, bronchitis, asthma,
- Skin:** Bruises, burns, inflammation, fungus & bacterial infections