

Marjoram, sweet or French

Origanum marjorana - Lamiaceae (Labiatae)

A tender bushy aromatic perennial growing 30 - 60 cm high, with dark green ovate leaves, hairy stem and small clusters of white or pink flowers. Native to southern Europe and North Africa, the plant has been widely cultivated for centuries for culinary and medicinal use.

<u>Place of Origin</u>	<u>Part of plant used</u>	Flowering tops, leaves
France, Tunisia, Spain	<u>Method of Extraction</u>	Steam Distillation
<u>Characteristics</u>	<u>Yield</u>	1%
Colour: yellow	<u>BF</u>	4
Perfume notes: middle	<u>TR</u>	D
Aroma		

Chemical Composition

Monoterpenes (Total 40%)	beta-pinene limonene alpha-terpinene sabinene	%	Sesquiterpenes	caryophyllene	%
Monoterpenols	alpha-terpineol linalool terpinen-4-ol	8-10 1-3 32-36	Esters	linalyl acetate	2-7

The Latin name is important when referring to marjoram as a species of oregano commonly known as Spanish Marjoram - Thymus mastichina - has a very different chemical composition, being high in 1,8 cineole. Similarly, the species known as Spanish oreganothymus capitatus - contains phenols and is a dermal toxin, skin and mucus membrane irritant and is not suitable for aromatherapy use.

Properties:

Analgesic, antimicrobial, expectorant, hypotensive, sedative, rubefacient, vasodilator, antispasmodic, antiviral, antifungal, carminative, emmenagogue, stomachic.

Precautions:

Generally regarded as non-toxic, non-irritant, non-sensitising. High doses may cause problems with hypersensitive individuals. Emmenagogue * avoid in pregnancy and during menstruation

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Indications

Circulatory system

Poor circulation, chill blain, cold hands, and feet.
High Blood Pressure

Musculo Skeletal System

Cramps, muscular aches and pains,
rheumatism, arthritis, joint stiffness, lumbago,
sciatica, neuralgia

Digestive System

Colic, cramps, dyspepsia, flatulence

Nervous System

Anxiety, tension, insomnia, stress related
conditions

Genito Urinary/Gynaecological

Dysmenorrhoea, PMS, scanty periods

Respiratory System

Bronchitis, sinusitis, cough, colds and flu, chills
and fever

Immune system

Skin/Hair

Clinical Research

Antifungal activity proven against a range of fungi including: *Pseudomonas aeruginosa* and *Aspergillus niger*.

Vaporised oil were studied for their ability to destroy bacteria species such as *Staph. Aureus* in the air: oils indicated as being most effective included clove, marjoram, mint, pine, lavender, thyme

Psychological uses

Relaxing, warming and comforting, marjoram helps to calm obsessive thinking and worry. For individuals who crave love and affection and perceive themselves as unlovable or who are lonely and isolated marjoram nurtures a greater sense of selfworth, enabling them to care for themselves and then move outwards to a greater feeling of compassion and joy for others.

Summary:

Warming, sedative