

Marjoram

Origanum majorana



Marjoram Benefits

Marjoram (*Origanum majorana*) is an aromatic herb in the mint family which originated in Egypt and Arabia. It is also widely referred to as Oregano. Today, it is commonly found in the Mediterranean region or grown in gardens around the world. In its varied forms of: marjoram essential oil, fresh or dried marjoram leaves, or marjoram powder (ground up marjoram), it has many uses. As a culinary additive, it is commonly used to flavor soups, sauces, salads, and meat dishes. Cosmetically, marjoram is used in skin cream, body lotion, shaving gel, and bath soaps. Whether used as an essential oil, powder, fresh leaves, or dried leaves, marjoram has many uses with numerous health benefits. Marjoram synonyms are: *majorana hortensis*, *moench* and *majorana*.

Nutrition information

When used regularly, marjoram is a great addition to a healthy diet. Two tablespoons of marjoram is packed with antioxidants, **vitamins**, and other nutrients. Every two tablespoons of marjoram contains:

- **Vitamin A:** 6% Recommended Daily Allowance (RDA)
- **Calcium:** 8% RDA
- **Vitamin C:** 3.5% RDA
- **Iron:** 18% RDA

Digestive benefits

To enhance the digestive system's performance, 2-4 cups of marjoram tea may be ingested in 2 hours. Drinking the tea will help digestion by:

- Increasing the efficiency of digestion by increasing digestive enzymes and saliva
- Calming the stomach and digestive system.
- Improving appetite
- Relieving nausea
- Eliminating flatulence
- Curing or preventing basic intestinal infections
- Soothing painful stomach cramps or spasms
- Relieving diarrhea
- Relieving constipation

Protection against common illnesses

Marjoram is a great antiseptic, antibacterial, antifungal, and antiviral agent. As a result, it fights against a variety of common illnesses:

- Food poisoning
- Staph infection
- Tetanous infection in wounds
- Typhoid
- Malaria
- Influenza
- Common cold
- Mumps
- Measles

Improved cardiovascular health

Another benefit of marjoram is the enhancement of the cardiovascular and circulatory system. It helps by eliminating common risks associated with cardiovascular disease. Some ways it helps include:

- Lowering the blood pressure, greatly reducing the risk of hypertension and resultant heart problems.
- Greatly preventing the buildup of cholesterol, reducing risk of hardened arteries
- Aiding in improved blood circulation by dilating the arteries as necessary.

Studies show that lower cholesterol and blood pressure levels are linked to a reduced rate of heart disease and heart attack.

Anti-inflammatory effects

Marjoram is also an anti-inflammatory herb. Taken internally, it is great at relieving a variety of problems caused by inflammation, including:

- Asthma
- Muscle spasms
- Sinus headaches
- Migraines
- Fever
- Body aches

Topical Application

Applied topically, it also has been known to relieve:

- Painful joints
- Sore muscles
- Sprains
- Back ache
- Toothaches.

Emotional and Neurological Benefits

With sedative and antidepressant qualities marjoram has a variety of psychological and neurological benefits. It aids in:

- Relieving insomnia
- Reducing stress
- Calming anxiety
- Minimizing emotional reactions
- Increasing control of sexual desire

When taken in larger doses, it even exhibits mild antidepressant qualities.

Other health benefits

There are a variety of other health benefits as well, such as:

- Reduction of phlegm
- Warding off fungal infections
- Regulating the menstrual cycle in women
- Relieving premenstrual syndrome (PMS)
- Lessening bruising.

Some Suggestions for Use

- **Marjoram Tea:** Grind marjoram leaves into a paste and add hot water or tea. Use one teaspoon of ground marjoram per 7 ounces of water. Boil the mixture for 15 minutes. Drink two to four cups of this tea over the span of two hours for digestive benefits.
- **Stronger marjoram tea:** Add two teaspoons of marjoram to a cup of 7 ounces of cold water. Let it soak for 24 hours and add honey to it. An even stronger tea may be made by adding 6 teaspoons marjoram to 7 ounces of water. It has a calming, antidepressive effect.
- **Marjoram essential oil:** The oil may be rubbed into the skin to relieve cramps, sprains, toothache, or other ailments.

Marjoram Oil Uses and Benefits

1. Marjoram oil is a unique and valuable oil because of the extensive benefits it provides for the body. One of the most significant benefits Marjoram essential oil offers is its ability to have a positive effect on the nervous system.* Marjoram oil is also used for its calming properties. To obtain these benefits, take Marjoram oil internally, apply it to the skin topically, or use it aromatically.
2. Another powerful benefit of Marjoram essential oil is its ability to support a healthy immune system.* To help support your immune system with Marjoram oil, dilute one drop of Marjoram into 4 fl. oz. of liquid and drink. You can also put Marjoram oil into a [Veggie Capsule](#) and ingest.
3. While working on long, intense projects, apply Marjoram essential oil to the back of the neck to lessen feelings of stress. Marjoram oil contains calming properties that help relax emotions during stressful moments. Applying Marjoram essential oil topically can help provide the calming feelings you need to get through difficult or strenuous tasks.
4. The cardiovascular system includes one of the most fundamental and crucial parts of the body—the heart. Because of its prominence in keeping the body running, it is important to support your body's cardiovascular system. Marjoram oil may promote a healthy cardiovascular system, helping to give your body essential strength that it may need.* These benefits can be obtained by taking Marjoram essential oil internally.
5. Indulge in a creamy, [Low-Fat Spinach and Artichoke Dip](#) that will have you coming back for seconds. Combining the rich flavors of cheese and yogurt with the nutrients of artichoke, jalapenos, and spinach, topped with a hint of Marjoram, this recipe will be hard to replace. This essential oil recipe is easy to make and is an instant crowd pleaser—

perfect for office parties and holiday gatherings.

6. If “Rock-a-bye Baby” doesn’t seem to be lulling your child to sleep, don’t worry; just use some Marjoram oil. Prior to a nap, apply Marjoram essential oil to a fussy child’s feet. The calming properties of Marjoram oil will help soothe the child, helping him or her to rest easily and peacefully.
7. Marjoram is a great spice to have in the kitchen and can help spice up a variety of dishes. Next time a recipe calls for dried Marjoram, replace it with Marjoram essential oil for a convenient and spicy flavoring that will take your meal to the next level. Usually, one drop of Marjoram essential oil is equivalent to two tablespoons of dried Marjoram.
8. To bring relief to your muscles, apply Marjoram essential oil to the desired areas of your skin before and after exercising. Marjoram is also a perfect oil to add to a soothing massage blend for targeting tired and stressed muscles.