



oregano

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Cruising Review

Oregano: Publications and Research from
SwissMixIt

Structured Data



This webpage QR code

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The Mediterranean diet has long been known to provide a variety of health benefits such as cardiovascular protection, cancer prevention, and lowering gastrointestinal inflammation. Oregano (*Origanum vulgare*) is an herb prominent in the Mediterranean diet, and has been shown to possess several bioactive properties including anti-oxidant, anti-microbial, anti-inflammatory, and analgesic properties.

PDF Version of the webpage (first pages)

<https://cruisingreview.com/smx/oregano.html>

Oregano Botanical Information

The Mediterranean diet has long been known to provide a variety of health benefits such as cardiovascular protection, cancer prevention, and lowering gastrointestinal inflammation. Oregano (*Origanum vulgare*) is an herb prominent in the Mediterranean diet, and has been shown to possess several bioactive properties including anti-oxidant, anti-microbial, anti-inflammatory, and analgesic properties.

Keywords: *Origanum vulgare*, Spanish thyme, wild marjoram, carvacrol, phytochemical, anti-microbial, anti-oxidant, food preservative, *Origanum vulgare*, oregano, thymol, terpenoids, antioxidant, anti-inflammatory, antidiabetic

Description and Research Abstract: The Mediterranean diet has long been known to provide a variety of health benefits such as cardiovascular protection, cancer prevention, and lowering gastrointestinal inflammation. Oregano (*Origanum vulgare*) is an herb prominent in the Mediterranean diet, and has been shown to possess several bioactive properties including anti-oxidant, anti-microbial, anti-inflammatory, and analgesic properties.

Phytochemicals isolated from oregano represent a heterogeneous class of compounds generated during secondary metabolism with most not appearing to participate in essential metabolic functions.

Essential oils of oregano are widely recognized for their antimicrobial activity, as well as their antiviral and antifungal properties. Nevertheless, recent investigations have demonstrated that these compounds are also potent antioxidant, anti-inflammatory, antidiabetic and cancer suppressor agents. These properties of oregano essential oils are of potential interest to the food, cosmetic and pharmaceutical industries. The aim of this manuscript is to review the latest evidence regarding essential oils of oregano and their beneficial effects on health.

Essential oils (EOs) are volatile oils or essences derived from vegetation and characterized by distinctive odors and a substantial measure of resistance to hydrolysis.

EOs are synthesized by plants in order to protect themselves from pests and microorganisms, to attract pollinating insects and for signaling processes, but recent studies have demonstrated that EOs might have beneficial effects on human health.
