

Oregano (*Origanum vulgare*)



This herb has long been an essential ingredient of Mediterranean cooking and is widely used to season many foods.

Origin: Oregano is native to the hills of the Mediterranean countries and western Asia.

Element: Air

Gender: Feminine

Planet: Venus

Zodiac: Libra

Magical Properties

Happiness & Joy: Ancient Greeks used it in wedding ceremonies as they crowned the bride and groom with a wreath of oregano to ensure future happiness. Also to decorate graves ensuring joy for the deceased.

Love: Ruled by Venus and associated with Aphrodite, oregano can help deepen existing love between a couple. It is best used for rituals celebrating joyful occasions like marriages and births, but it can be used for even simple celebrations or rituals to bring joy into one's life.

Medicinal Properties

Antibacterial: Oregano essential oil has antimicrobial properties from its concentration of carvacrol and thymol. Both carvacrol and thymol have been shown to prevent strains of bacteria from developing in both meat and dairy. Researchers are currently investigating the ability of oregano to kill various microbes that don't respond to traditional drugs.

Contraindications: *Oregano essential oil is known to block the growth of infection causing bacteria, but eating oregano will not prevent infections. Avoid oregano for two weeks before surgery as it increases the risk of bleeding. Those with allergies to the mint family (oregano, basil, lavender, mint, sage) may develop an allergic reaction.*