Marjoram

Origanum majorana

Order: Lamiales	Family: Lamiaceae	Genus: Origanum	Species: *majorana*

MORPHOLOGY

- Leaves: Small, oval-shaped, gray-green, opposite, with a fuzzy texture.
- Flowers: Small, white to pale pink, clustered at the ends of stems.
- Height: Typically grows up to 30-60 cm tall.

USES

- Culinary: Used as a culinary herb to flavor salads, soups, stews, meats, and sauces.
- Medicinal: Used in traditional medicine for its therapeutic properties.
- Aromatic: Its leaves are used to make essential oils for aromatherapy.

CHEMICAL COMPOSITION

- Essential Oil: Contains terpinene, terpineol, sabinene, linalool, and other aromatic compounds.
- Phenolic Compounds: Including rosmarinic acid, known for antioxidant properties.

- Flavonoids: Provide additional antioxidant benefits.

MEDICINAL PROPERTIES

- Digestive Aid: Helps relieve digestive issues such as bloating and gas.
- Antimicrobial: Exhibits antibacterial and antifungal properties.
- Anti-inflammatory: Reduces inflammation and associated discomfort.
- Antioxidant: Protects cells from oxidative stress.
- Sedative: Used to promote relaxation and alleviate stress.

ACTIVE PHYTOCHEMICALS

- Terpinene: Provides antimicrobial properties.
- Linalool: Offers a calming effect and contributes to the herb's aroma.
- Rosmarinic Acid: Known for its antioxidant and anti-inflammatory effects.
- Thymol: Another compound with antimicrobial properties.