

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.