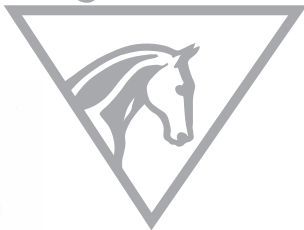


EQUISTRO®



Parts used: Leaf

Botany

This plant is common throughout Asia, Europe and northern Africa. It is a woody perennial plant which grows to 90 cm high. The bright purple labiate flowers are in cyme-like panicles.

Constituents

Contains: 0,15 - 1% volatile oil (carvacrol, gamma-terpinenes, thymol and cymene). Flavonoids including naringin are present.

Possible Interactions

Herbs - None documented. Drugs - None known

Comments

The antioxidant capacities (oxygen radical absorbance capacity, ORAC) and total phenolic contents were recently determined and *Origanum vulgare* was shown to have a particularly high ORAC and phenolic content. Oregano has been shown to have antibacterial and antifungal properties. Thymol and carvacrol contents are responsible for its antimicrobial and antifungal effects. An in vitro study demonstrated that it inhibited the growth of *Candida albicans* more effectively than a commonly employed antifungal agent (calcium magnesium caprylate).

OREGANO *ORIGANUM VULGARE*

➔ Pharmacopoeia and Other Monographs
German Commission E, WHO

Vétoquinol
Signe de Passion

