

# iMedix: Your Personal Health Advisor.

## OREGANO

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Search for medical details concerning OREGANO on iMedix including its uses, side effects and precautions, overview, interactions and reviews.

- **ActiveIngredient:**
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  - **Dosage:**
  - **Indications:**
  - **Manufacturer:**
  - **Storage:**
  - **Market Price:**
  - **Drug Status:**
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### Description

**Uses & Effectiveness Overview** Oregano (*Origanum vulgare*) is an herb used to flavor foods. It is considered safe in common food amounts, but has little evidence of health benefits. Oregano has olive-green leaves and purple flowers. It is closely related to other herbs, including mint, thyme, marjoram, and basil. Oregano contains chemicals that might help reduce cough. Oregano also might help with digestion and with fighting against some bacteria and viruses. People use oregano for wound healing, parasite infections, and many other conditions, but there is no good scientific evidence to support these uses. Oregano is not only a flavorful herb, but it also contains high levels of vitamin K, important for maintaining bone health, regulating blood clotting, and even reducing the risk of heart disease.

**Side Effects** When taken by mouth: Oregano leaf and oregano oil are likely safe when eaten in foods. There isn't enough reliable information to know if oregano is safe to use in amounts greater than those found in food. Mild side effects include stomach upset. When applied to the skin: There isn't enough reliable information to know if oregano oil is safe to apply to the skin. It may cause irritation when applied in concentrations greater than 1%.

**Interactions** Moderate Interaction Be cautious with this combination Medications that slow blood clotting (Anticoagulant / Antiplatelet drugs) interacts with OREGANO Oregano might slow blood clotting. Taking oregano along with medications that also slow blood clotting might increase the risk of bruising and bleeding. Medications for diabetes (Antidiabetes drugs) interacts with OREGANO Oregano might lower blood sugar levels. Taking oregano along with diabetes medications might cause blood sugar to drop too low. Monitor your blood sugar closely.

**Special Precautions and Warnings** When taken by mouth: Oregano leaf and oregano oil are likely safe when eaten in foods. There isn't enough reliable information to know if oregano is safe to use in amounts greater than those found in food. Mild side effects include stomach upset. When applied to the skin: There isn't enough reliable information to know if oregano oil is safe to apply to the skin. It may cause irritation when applied in concentrations greater than 1%.

**Pregnancy:** Oregano is possibly unsafe when taken by mouth in medicinal amounts during pregnancy. There is concern that taking oregano in amounts larger than food amounts might cause miscarriage. Stay on the safe side and stick to food amounts.

**Breast-feeding:** There isn't enough reliable information to know if large amounts of oregano are safe to use when breast-feeding. Stay on the safe side and stick to food amounts.

**Allergies:** Oregano can cause reactions in people allergic to Lamiaceae family plants, including basil, hyssop, lavender, marjoram, mint, and sage.

**Surgery:** Large doses of oregano might increase the risk of bleeding. People who use large doses of oregano should stop taking oregano 2 weeks before surgery.

**Dosing** Fresh and dried oregano leaf and oregano oil are commonly eaten in

foods. As a supplement, there isn't enough reliable information to know what an appropriate dose of oregano might be. Keep in mind that natural products are not always necessarily safe and dosages can be important. Be sure to follow relevant directions on product labels and consult a healthcare professional before using.

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## **Side Effects**

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## **Uses**

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## **Interactions**

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## **Other Details**

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