

Sweet Marjoram Monograph



Sweet Marjoram

Botanical Name

Origanum majorana, *Majorana hortensis*

Synonyms

Marjoram, knotted marjoram

Botanical Family

Lamiaceae (Labiatae)

Method of Extraction

Steam distilled from dried leaves and flowering tops

Characteristics

Pale yellow color with warm, spicy, woody aroma

Description & Area Grown

Bushy herb with fairy leaves grows up to 2 ft. high; cultivated in Egypt, France, Tunisia, Hungary, and Turkey

Main Chemical Components

Monoterpenes 50%

Monoterpenols 40%

Esters 0–8%

Main Therapeutic Properties

Analgesic, antiseptic, antispasmodic, antiviral, bactericidal, carminative, diaphoretic, digestive, diuretic, expectorant, fungicidal, hypotensive, relaxant, sedative

Safety Considerations

Non-toxic, non-irritant, non-sensitizing



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