

Health Benefits of Marjoram

[Marjoram](#) (*Origanum majorana*) is an aromatic herb used for its citrus and pine flavors. The leaves and oil extracted from marjoram shrubs flavor a range of Middle Eastern and Mediterranean dishes, where it is indigenous. Marjoram can also be prepared as an herbal tisane, and is sometimes referred to as “sweet marjoram” to distinguish it from oregano, or “wild marjoram.”



Dried marjoram can be found in the spice aisle of most supermarkets, and you can also find fresh leaves, oil extract, or tea bags at health food and specialty stores.

Health Benefits

Marjoram has been used in a variety of traditional and folk remedies and can provide important health benefits. For example, compounds derived from marjoram have been shown to have anti-inflammatory, antimicrobial, and antioxidant properties.

In addition, marjoram can provide other health benefits, like:

Hormonal Health

Marjoram may be beneficial to hormonal health, especially for women. One study showed that women with polycystic ovarian syndrome (PCOS) who consume marjoram tea twice daily for one month are able to improve insulin sensitivity and reduce their levels of adrenal androgens.



Anxiety Relief

Marjoram has demonstrated anxiolytic, or anxiety-reducing, properties. In people experiencing bruxism, or tooth-grinding, aromatherapy with marjoram oil enhanced the anxiety-reducing effects of neurofeedback training.

Antimicrobial Activity

Several studies have shown the antimicrobial effects of marjoram. One found that marjoram essential oil is effective against a wide range of infectious bacteria. Another showed marjoram oil to be an effective alternative therapy for [urinary tract infections](#) (UTIs) caused by *E.coli* bacteria.

Acts as an insect repellent

Thyme oil may help repel insects like mosquitoes. The oil in thyme, thymol, is often used as an active ingredient in bug repellents.

May improve gut health

In experimental studies in rats, compounds extracted from thyme oil helped protect the stomach's lining from [ulcers](#) and increase the protective gastric mucus layers in the stomach, which helps protect the stomach lining from acid. But researchers haven't studied this effect in people.

Source: WebMD