

## Oregano and Its Therapeutic Properties

Journal of Clinical Case Reports,  
Medical Images and Health  
Sciences

Volume 6 Issue 2, 2023

Article Information

Received date: 30/10/2023

Published date: 10/11/2023

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The plant Pennyroyal (Oregano) is a perennial herb that grows in the spring and summer seasons. This plant is found in various regions worldwide and due to its natural characteristics (as a flavor enhancer in food) and its health and therapeutic properties, it is highly favored.

Pennyroyal has fine stems and numerous branches which grow on the surface of the ground, and its height depends on the environmental conditions. The leaves of the Pennyroyal are small and oval-shaped, with a dark green color. This plant grows in moderate temperatures and does not require extreme cold or hot conditions.

The leaves of Pennyroyal have anti-inflammatory, antibacterial, antiviral, and anti-acidic properties. Furthermore, this plant is beneficial for treating digestive problems, alleviating muscle and joint pains, reducing stress, and promoting memory enhancement.

The use of Pennyroyal for the treatment of issues such as asthma, arthritis, cancer, and other ailments has been studied as well. Generally, Pennyroyal is a beneficial plant with numerous properties, and it can be used as a natural remedy.

Pennyroyal contains beneficial compounds and elements which are helpful for health. These compounds and elements are as follows:

- Flavonoids: These are a group of active antioxidant compounds that prevent cellular damage and inflammation in the body.
- Terpenoids: These compounds possess antibacterial, antiviral, and anti-fungal properties.
- Phenols: These are active antioxidant compounds that prevent cellular damage and inhibit growth of cancerous cells in the body.
- Tannins: These are compounds extracted from leaves of Pennyroyal which possess antioxidative, anti-inflammatory, and antiseptic properties.
- Rosmarinic Acid: This compound has anti-inflammatory and heart-strengthening properties.
- Trace elements: Pennyroyal contains elements such as magnesium, calcium, iron, lead, zinc, copper, and manganese.
- Alpha-pinene: This is a natural compound present in Pennyroyal which helps in improving memory and focus.

Overall, the compounds and elements present in Pennyroyal, as recorded in scientific literature, suggest that this plant can aid in disease prevention and improving general health.

Pennyroyal is a medicinal herb that has been traditionally used as an

effective remedy for various illnesses. The properties of Pennyroyal include:

- **Anti-inflammatory:** Pennyroyal is commonly used for the treatment of various inflammations in the body, including those of the lungs and the throat.
- **Pain reliever:** This herb can reduce pain and is beneficial for treating headaches, muscular pain, and other forms of discomfort.
- **Calming:** Pennyroyal has calming properties and can be helpful as an adjunct treatment for individuals struggling with anxiety and stress.
- **Antispasmodic:** This herb is commonly helpful for treating stomach and intestinal spasms, as well as muscular convulsions.
- **Immune booster:** Pennyroyal can strengthen the body's immune system, assisting it in fighting diseases.
- **Antiseptic:** Pennyroyal is beneficial for treating bacterial and viral infections and can be used as a supplementary remedy for colds, influenza, respiratory infections, and other infections.
- **Anxiety relief:** Pennyroyal can be beneficial as a supplementary treatment for individuals struggling with anxiety and stress. This herb has calming and soothing capabilities and can help individuals recover.
- **Digestive health:** Pennyroyal can be useful as a supplementary treatment for improving digestion and alleviating problems such as indigestion, stomach ache, loss of appetite, and bloating.
- **Blood pressure reduction:** Pennyroyal can be potentially beneficial in reducing high blood pressure.
- **Joint anti-inflammatory:** Pennyroyal can be helpful as a supplementary treatment for joint inflammation, rashes, and joint pain.
- **Cancer palliative:** Some research suggests that Pennyroyal can be a helpful supplementary treatment for alleviating cancer symptoms and aiding its treatment.

In general, Pennyroyal can be widely beneficial in treating various illnesses, but you should always consult with your doctor before using any herbal medicine.

### **Pennyroyal properties for anti-inflammatory diseases**

Pennyroyal is a medicinal plant that has strong anti-inflammatory properties and is used as a treatment for many inflammatory diseases. The uses of this plant include:

- **Joint inflammation:** Pennyroyal can be used as a very strong anti-inflammatory agent for treating joint inflammation.
- **Intestinal inflammation:** Pennyroyal can be utilized effectively as an anti-inflammatory in the treatment of inflammation from intestinal diseases such as inflammatory bowel disease and ulcerative injuries in the intestines.
- **Sinusitis:** Pennyroyal can be used as a natural treatment for sinus infections.
- **Muscular pain:** Anti-inflammatory properties of pennyroyal make it suitable for the treatment of muscle pain like muscular soreness and swelling.
- **Skin inflammation:** Pennyroyal can be used as a natural treatment for skin inflammations such as itching, skin spots, acne, and other skin inflammations.
- **Pre-menstrual inflammation:** Pennyroyal can be used as a natural treatment for pre-menstrual inflammation and associated pains.
- **Reproductive system inflammation:** Pennyroyal can be used as a natural treatment for inflammations of the reproductive system such as vaginal infections and other menstrual-related inflammations.
- **Lung inflammation:** Pennyroyal can be used as a natural treatment for lung inflammations such as asthma and other respiratory inflammations.

### **Pennyroyal properties as a painkiller:**

Pennyroyal is a natural medicine with strong analgesic properties. This plant is used to treat various types of pain, including:

- **Headaches:** Pennyroyal can be used as a relieving treatment for headaches and migraines.
- **Muscle and Bone pains:** Pennyroyal's anti-inflammatory properties make it useful for treating muscular and osseous pain like arthritis and rheumatism.
- **Menstrual pains:** Pennyroyal can be used as a natural treatment for menstrual pain and provides relief for related discomforts.
- **Neuralgic pains:** Pennyroyal can be used as a relieving treatment for neuralgic pains like

neuropathy, central nervous pain, and even cancer-related pains.

- Digestive System poisoning: Pennyroyal can be used as a relieving treatment for pains resulting from digestive system poisoning.
- Oral and Gingival Inflammations: Pennyroyal can be used as a natural treatment for oral and gingival inflammations like gingivitis and oral discharges.
- Pains related to specific diseases: Pennyroyal can be used to treat pains related to specific diseases like kidney disease and acute heart disorders.

Although pennyroyal is a natural treatment, it's best to consult your doctor before its usage, especially if you're taking other medicines or have a specific disease like high blood pressure or diabetes.

### **Pennyroyal properties for calmness:**

Pennyroyal is a medicinal plant with strong calming and anti-anxiety properties. Consumption of pennyroyal can be used as a natural treatment to improve tranquility and reduce mental and emotional stress, and even as a psychiatric treatment for diseases such as depression. The uses of this plant include:

- Anxiety and stress: Pennyroyal can be used as a natural treatment to reduce anxiety and stress through increasing tranquility and soothing the body.
- Insomnia: Pennyroyal's calming properties make this plant useful as a natural treatment for insomnia.
- Depression: Pennyroyal can serve as a psychiatric treatment for mental disorders like depression and other related mood disorders.
- Anger and irritability: Pennyroyal can be used as a natural treatment to reduce anger and irritability.
- Appetite: Pennyroyal's soothing properties can make it useful as a natural treatment for reducing excessive eating and overeating.
- Mental Excitability: Pennyroyal can be used as a natural treatment to reduce mental excitability and sensitivity to environmental conditions.
- Help to reduce bodily discomforts: Pennyroyal's calming properties make it useful as a natural treatment for reducing physical discomforts such as headaches, nerve pain and other physical disturbances.

Thus, consumption of pennyroyal can serve as a natural

method to increase tranquility and reduce mental and emotional stress. However, it's better to consult with your doctor before consuming pennyroyal, particularly if you are taking other medications or suffering from a specific disease like anxiety.

### **Pennyroyal properties for stomach and intestinal spasms:**

Pennyroyal is a medicinal plant with soothing and anti-spasmodic properties for the stomach and intestines. This plant can be used as a natural treatment for stomach and intestinal spasms and other digestive problems such as stomachache, bloating, and other digestive symptoms. The uses of this plant include:

- Stomach Spasms: Pennyroyal can be used as a natural treatment to reduce stomach spasms, abdominal pain and other related digestive symptoms.
- Diarrhea: The soothing properties of pennyroyal make this plant useful as a natural treatment for reducing diarrhea.
- Digestive inflammation and redness: Pennyroyal can be used as a natural treatment to reduce inflammation and redness in the digestive system.
- Intestinal Gas: The anti-spasmodic properties of pennyroyal make it useful as a natural treatment for reducing the accumulation of gas in the intestines and associated symptoms like abdominal pain and bloating.
- Digestive Pains: Pennyroyal can be used as a natural remedy to alleviate digestive pains such as stomachaches and other related symptoms.
- Vaginal Inflammations: Pennyroyal can be used as a natural treatment for vaginal inflammations and associated symptoms such as itching and infection.
- Aiding in food digestion: The soothing properties of Pennyroyal make it useful as a natural treatment to aid in food digestion and to prevent associated symptoms in the digestive system. Thus, pennyroyal can serve as a natural treatment for digestive problems like stomach and intestinal spasms, diarrhea, digestive inflammation and redness, and other associated symptoms. However, it is advisable to consult with your doctor before consuming pennyroyal.

### **Pennyroyal properties for strengthening the immune system:**

Pennyroyal is a medicinal plant with numerous properties to improve and strengthen the immune system.

Some of these properties include:

- **Antioxidant:** Pennyroyal contains compounds that act as antioxidants, helping to strengthen the immune system by preventing damage to body cells.
- **Anti-inflammatory:** Pennyroyal contains compounds that reduce inflammation in the body. Therefore, by reducing inflammation in the body, the immune system is strengthened.
- **Antiseptic:** Pennyroyal contains compounds that act as an antiseptic. By consuming pennyroyal, you can help reduce various body infections and, thereby, strengthen the immune system.
- **Stress relief:** Pennyroyal contains compounds that act as a natural painkiller and can help relieve stress and anxiety. Reducing stress allows your body to better cope with stressful situations, which in turn helps strengthen the immune system.
- **Blood sugar regulation:** Pennyroyal contains compounds that help reduce blood sugar. By lowering blood sugar, your body can better cope with various health conditions, which ultimately helps strengthen the immune system.

#### **Pennyroyal properties as a disinfectant plant for human health:**

Pennyroyal is one of the disinfectant plants that its compounds act as a natural antiseptic. The properties of pennyroyal as a disinfectant plant for human health include the following:

- **Antibacterial:** Pennyroyal contains compounds that help destroy various bacteria in the body. By consuming pennyroyal, you can help reduce bacterial infections in your body.
- **Anti-fungal:** Pennyroyal contains compounds that act as a natural anti-fungal. By consuming pennyroyal, you can help reduce fungal infections in your body.
- **Antiviral:** Pennyroyal contains compounds that act as a natural antiviral. By consuming pennyroyal, you can help reduce viral infections in your body.
- **Anti fungal:** Pennyroyal contains compounds that act as a natural anti-fungal. These pennyroyal properties can help you resist fungal and bacterial infections.
- **Anti-inflammatory:** Pennyroyal contains compounds that act as a natural anti-inflammatory. These pennyroyal properties can help you resist various

inflammations in your body.

- **Immune booster:** By improving the general health status of the body, pennyroyal can help boost your immune system and protect your body against various infections.

#### **Pennyroyal properties for anxiety:**

Pennyroyal is a medicinal plant that has many soothing and calming properties. Therefore, pennyroyal can be used as a natural treatment to reduce anxiety. The properties of pennyroyal for anxiety are as follows:

- **Calming:** Pennyroyal, due to its calming compounds such as flavonoids, helps to reduce stimulation and soothe the spirit.
- **Reducing stress:** By consuming pennyroyal, you can help reduce your stress and anxiety. The compounds found in pennyroyal help to reduce stimulation and soothe the spirit, thus reducing the level of stress in the body and strengthening the body's immune system through nerve and spirit relaxation.
- **Improving sleep:** Pennyroyal acts as a natural painkiller and can help improve sleep. By improving nighttime calmness, your body will be better able to deal with stressful situations, which in turn helps strengthen the immune system.
- **Reducing physiological signs of anxiety:** Consuming pennyroyal can help reduce physiological signs of anxiety, such as restlessness, palpitations, and sweating. These properties of pennyroyal can help you comfortably confront stressful situations and strengthen your immune system.
- **Improving mental state:** Pennyroyal contains compounds that can help improve your mental state. By reducing anxiety and soothing the spirit, your body can better confront various situations, which in turn help strengthen the immune system.

#### **Pennyroyal properties for maintaining the health of the digestive system:**

Pennyroyal is a beneficial medicinal plant for maintaining the health of the digestive system. The properties of pennyroyal for maintaining the health of the digestive system include:

- **Reducing inflammation:** Pennyroyal contains compounds that act as a natural anti-inflammatory and can help reduce inflammation in the digestive system.
- **Decreasing irritation:** Pennyroyal contains compounds that help reduce irritation in the

digestive system. By reducing irritation, you can alleviate unpleasant symptoms such as stomach pain, nausea, and vomiting.

- Antispasmodic: Pennyroyal contains compounds that act as a natural antispasmodic and can help reduce spasms in the digestive system.
- Strengthening the intestines: Pennyroyal contains compounds that can help strengthen the intestines and improve food digestion.
- Antiseptic: Pennyroyal contains compounds that act as an antiseptic and can help reduce different infections in the digestive system.
- Regulating digestion: By consuming pennyroyal, you can help regulate your digestion. The compounds found in pennyroyal can regulate stomach secretions, prevent stomach burn, and regulate bowel function.

Aiding digestion and the absorption of nutrients: Pennyroyal contains compounds that can help improve digestion and the absorption of nutrients. These properties of pennyroyal can help you utilize more of the nutrients in your food.

### **Pennyroyal properties for reducing blood pressure:**

Studies have shown that pennyroyal can be used as a natural treatment for reducing blood pressure. The properties of pennyroyal for reducing blood pressure include:

- Strengthening the blood vessels: Pennyroyal contains compounds that can help strengthen blood vessels. These properties of pennyroyal can improve blood flow and reduce blood pressure.
- Calming: Pennyroyal has calming properties that can help reduce blood pressure. By reducing stimulation and soothing the mind, pennyroyal can strengthen the nervous system and reduce blood pressure.
- Anti-inflammatory: Pennyroyal contains compounds that act as a natural anti-inflammatory. By reducing inflammation in the body, pennyroyal can improve blood circulation and reduce blood pressure.
- Pain relief: Pennyroyal has analgesic properties that can help reduce pain and discomfort caused by high blood pressure.
- Effect on the central nervous system: Pennyroyal can aid in regulating the central nervous system.

These properties of pennyroyal can help regulate heart activity and reduce blood pressure. However, before using pennyroyal as a natural treatment for reducing blood pressure, consult with your doctor first, use an appropriate amount, and apply a suitable method of administration.

### **Benefits of Pennyroyal for Joint Diseases:**

Pennyroyal, as a medicinal plant, aids in reducing inflammation and joint pains. The benefits of Pennyroyal for joint diseases include:

- Anti-inflammatory: Pennyroyal contains compounds that act as natural anti-inflammatories. By reducing inflammation in the body, Pennyroyal can help alleviate pain and discomfort from joints.
- Pain Relief: Pennyroyal has soothing properties that can help reduce joint pain and discomfort.
- Joint Tissue Revitalization: Pennyroyal contains compounds that can help revitalize joint tissue, reducing joint deficiencies.
- Strengthening the Body's Immune System: Pennyroyal contains compounds that can enhance the body's immune system. By bolstering the immune system, your body will be better equipped to heal and refurbish joint tissues.
- Protecting Joint Tissues: Pennyroyal contains compounds that can help protect and maintain joint tissues, and as a result, slow down the progression of joint diseases.
- Anti-spasmodic: Pennyroyal contains compounds which act as natural anti-spasmodics, and can help reduce spasms in the joints.
- Improving Blood Flow: Pennyroyal contains compounds that can assist in improving blood flow in the joints. This characteristic of Pennyroyal can help to restore joint tissues and reduce lesions.
- Cancer Reduction: Pennyroyal contains compounds that act as natural anti-cancer agents. These Pennyroyal properties can help reduce the risk of joint diseases including arthritis and rheumatoid.

Nevertheless, before using Pennyroyal as a natural remedy for joint diseases, always consult with your physician.

### **Pennyroyal Properties for Cancer:**

Pennyroyal is a medicinal herb with anti-cancer properties. Research has shown that it can be effective in preventing the onset of cancer and also in treating certain types of cancer. The properties of pennyroyal for cancer

include:

- **Anti-Cancer:** Research has shown that pennyroyal contains anti-cancer compounds that can help reduce the growth of cancer cells.
- **Antioxidant:** Pennyroyal contains antioxidant compounds, such as flavonoids and quercetin, which can help protect the body's cells against oxidative damage.
- **Anti-Inflammatory:** Pennyroyal contains compounds that act as a natural anti-inflammatory, and can help reduce inflammation in the body and prevent the onset of cancer.
- **Strengthening the Immune System:** Pennyroyal contains compounds that help enhance the immune system. With a stronger immune system, your body will be able to control the growth of cancer cells by identifying and eliminating them.
- **Reducing Blood Pressure:** Research has shown that pennyroyal can help reduce blood pressure. High blood pressure is recognized as a risk factor for the onset of certain types of cancer.

However, to use pennyroyal as a natural remedy for cancer, consult your doctor before anything else and use the appropriate amount and method of consumption.

### **Are the properties of pennyroyal different for men and women?**

The properties of pennyroyal don't differentiate much between men and women, and both genders can benefit from this herb. However, it should be noted that some properties of pennyroyal might have different effects on men and women under specific circumstances. For example, some studies have shown that pennyroyal can help reduce testosterone levels in men's bodies, which could lead to an increase in hormone levels in women. Therefore, men with hormonal problems should consult their doctor before using pennyroyal.

Furthermore, some medications used by men and women might interact with the concurrent usage of pennyroyal. Therefore, before using pennyroyal as a natural remedy, you should consult your doctor to ensure it will not interfere with other drugs you may be taking.

### **Benefits and harms of pennyroyal plant:**

Pennyroyal is a medicinal herb with therapeutic properties that may be beneficial for some people. However, like other medicinal plants, pennyroyal can also be harmful for some individuals. Here are some benefits and harms of

the pennyroyal plant: **Benefits of pennyroyal:** Relief from joint pains

- Alleviation of stomach and intestinal discomfort
- Reduction of body inflammation
- Applicable in treating some types of cancers
- Strengthening the body's immune system

### **Harms of pennyroyal:**

Some people may be allergic to pennyroyal and experience symptoms like itching, redness, and swelling.

Pennyroyal is not recommended during pregnancy and breastfeeding.

Overconsumption of pennyroyal can lead to a decrease in testosterone levels in men's bodies and subsequently sexual dysfunction.

Over consuming pennyroyal may cause an increase in blood pressure.

Always consult your doctor before using pennyroyal as a natural remedy and follow their recommendations. Keep in mind that pennyroyal should only be used as a supplementary treatment and should not replace prescribed medications.

### **Best method of pennyroyal consumption for human health:**

Pennyroyal is a medicinal herb with therapeutic benefits that can be beneficial for human health. The best method of consuming pennyroyal for human health depends on the usage, but in general, pennyroyal is usually consumed in dried form as tea.

To maximize the benefits of consuming pennyroyal as a herbal tea, you can use the following method:

- **Preheating the teapot:** Fill the teapot with boiling water and let it stand for a minute.
- **Adding pennyroyal:** Add the dried pennyroyal to the teapot. Usually, a teaspoon of pennyroyal per cup of water is sufficient.
- **Adding hot water:** Add boiling water to the teapot and let it steep for 5 to 10 minutes.
- **Straining:** Before serving, strain the pennyroyal tea using a tea strainer to remove leaves.
- **Consumption:** Consume the pennyroyal tea warm or cool, and if desired, you can enhance the taste by adding honey or mint.

In addition, pennyroyal can also be consumed as extract, capsule, or tincture. However, for the best use of its properties, consuming it as pennyroyal tea is recommended. Before using pennyroyal as a natural remedy, it's better to consult your doctor and ensure that this herb is compatible with your conditions.