



HOW TO TREAT FUNGAL INFECTIONS WITH OREGANO

Posted on September 14, 2020 by Peta Stange

Most people would be familiar with the culinary uses of oregano (*Origanum vulgare*), but this little herb is also packed full of medicinal and health benefits. In general, oregano has vitamin E and K, magnesium, iron, and calcium. It also contains more antioxidants than blueberries, is anti-inflammatory, anti-bacterial, anti-parasitic, anti-microbial, and of course, anti-fungal.

Focusing on the anti-fungal properties, there are an abundance of both external and internal ailments that this easy-to-grow herb can help to treat;

The two key compounds (or phytonutrients) in oregano that give it its anti-fungal properties are thymol and carvacrol. These two compounds can be extracted easily by infusing oregano either into a carrier oil to make a warming herbal oil, or high proof alcohol to make a tincture. It is possible to produce oregano essential oil by the more complicated method of extraction via steam distillation (using a kettle or pressure cooker), however, producing your own essential oil requires copious amounts of plant matter.

There are numerous ways to apply oregano medicinally. Oregano infused herbal oil, tincture and tea can all be either applied externally or internally for fungal infections over a 4 to 6-week period; whereas oregano essential oil is strictly for external use only, must be diluted and should only be applied for a 2-week period. Below you can find 10 different ways to treat fungal infections with oregano.

1. Oregano Infused Oil

An infused oil is one of the most versatile ways to use oregano to treat fungal infections. It can either be applied directly to the skin, face, and nails to treat acne, athlete's foot, staph infections, cold sores, and ringworm; you can use it to make other homemade remedies, such as a topical salve; or you can add it to a salad and cook with it to improve gut health and treat SIBO, UTIs and food poisoning (and it tastes much better than oregano tea).

Summer is the best season to make oregano infused oil, since the flowers are in bloom, the beneficial compounds in the plant are at their most potent and you can prepare the oil using the solar method.

This entails filling the bottom of a glass jar with dried oregano and topping the jar up with a carrier oil (see below for details on some carrier oils). Place it in the sun for at least 4 weeks and shake every other day. Otherwise, you can place the jar in a pot of hot water for a few hours. Then you just have to strain it so that you are left with the oregano infused oil, which has retained the medicinal properties of the herb.

I use virgin olive oil for most of my herbal infused oils since that is what I have in the cupboard. You can use any plant-based oil as a carrier oil, and most have their own medicinal benefits to contribute to the remedy.

2. Oregano with Coconut Oil

One incredibly easy way to use oregano topically is to mix either one drop of oregano essential oil or a few drops of oregano infused oil or tincture with a teaspoon of coconut oil.

The coconut oil contains caprylic acid that kills other types of microbes such as yeasts, so the combination makes a really effective all-round fungal treatment for athlete's foot, nail infections, acne, eczema, cold sores, staph infections, ringworm, gum disease, tooth infection, canker sores, mouth ulcers, and UTIs.

This concoction can be added to your cooking (as long as you use an infused oil or tincture, not essential oil) to help treat SIBO, food poisoning, and UTIs.

3. Oregano Tincture

An oregano tincture can be used in a similar way to the oregano infused oil above – either a few drops applied topically to treat external fungal infections, or consumed for internal infections. It's another great all-rounder.

In addition to this, when 2 – 3 drops of oregano tincture are mixed with water, you can use it as a daily mouth wash, otherwise apply the tincture directly to the gums to combat gum disease, tooth infection, canker sores, and mouth ulcers.

To make an oregano tincture, fill a jar with dried oregano and high proof alcohol, leave it in a dark, cool cupboard for 4 –6 weeks, strain, label, and store for your next remedy.

4. Oregano Salve

You can make your own oregano salve by heating the oregano infused oil in remedy 1 in a double boiler and slowly adding beeswax until you are satisfied with the consistency.

As an extra anti-fungal boost, you can add a drop or two of clove and lavender essential oil to your salve.

Since this is an oil-based remedy, it has a 6-month shelf-life and doesn't require preservatives.

5. Oregano Tea

While oregano tea is incredibly healthy, it is not a tea that is enjoyed for its taste. When drinking oregano tea, it is best mixed with other herbs to disguise its slightly peppery, bitter taste (I throw in either a bag of mint or chai tea and honey).

Preparation is easy, simply brew either fresh or dried oregano for at least 10 minutes, strain, and

then serve.

Drinking oregano tea can help to balance the different types of bacteria and microbes in the gut and intestinal tract. The occasional oregano tea can be 'enjoyed' without any negative impacts, however prolonged high doses can kill all of the good and bad microbes and bacteria in your gut, which can lead to other serious conditions.

6. Oregano Raw Cooked

Fresh and dried oregano features heavily in Mediterranean cooking and eating it is another way to treat internal fungal infections, such as SIBO, food poisoning, and UTIs. It can also help to keep the good and bad bacteria and microbes in your gut in a healthy balance.

7. Oregano Steam Tent

You can use oregano infused oil, tincture, or essential oil to create a steam treatment for chest infections.

Just add a few drops of oregano to a tub of boiling water, drape a towel over the back of your head and lean into the steam.

The oregano infused steam will help to clear the airway, improve the mucus membrane, and fight any bacteria and viruses in the respiratory system.

8. Oregano Wet Wrap or Cold Compress

For some skin conditions such as eczema or skin dermatitis, a water-based remedy is the better solution, since this condition affects the skin's ability to retain moisture.

Brew some fresh oregano in a pot of hot water until it cools, soak bandages in the tea and wrap around the affected area.

Cotton socks and gloves make an easy bandage for treating hands and feet.

9. Oregano Lotion

Another water-based, moisturizing remedy that takes a few seconds to prepare, and is good for eczema, acne, cold sores, and ringworm is to take a small amount of any moisturizer or lotion that you have and either mix a few drops of infused oregano oil or one drop of essential oil to it. This gives you an instant, hydrating lotion that is also anti-fungal.

This method is great for any infused herbal oil or essential oil, and it avoids the complicated process of making your own lotion, which requires preservatives if you want a shelf-life of longer than 4

weeks.

10. Oregano Poultice

A warming, oregano poultice is a great option for drawing out external infections, especially on dry skin.

Blend, mash or grind the fresh oregano leaves and/or flowers with a drop or two of water until it makes a thick paste. Apply the paste to the affected area and wrap a clean bandage around it once to hold it in place. Remove the poultice once the paste has dried and cleaned the area if required.

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[How to Make an Immunity Boosting Shot with Celery, Spinach, Ginger, Lemon, and Manuka Honey](#)

[The Secret to Keep Basil Alive Indoors and How to Use It as a Medicine](#)

[God's Pharmacy: 10 Medicinal Plants from the Bible](#)

Comments



Christine - 2021-12-06 17:14:44

My dog gets chronic ear infections and the anti-fungals from the vet barely work. Could I use oregano oil in a carrier to clean his ears?



Michael - 2021-02-01 18:23:29

I have a friend that has been suffering from se ere psoriasis for years. Might oregano poltice help?



MikeT - 2020-09-17 18:54:04

Without going to too much trouble, add a few drops of colloidal silver (health food store) to coconut oil and rub-in. Should clear it up.



Scarlett Pflugrad - 2020-09-17 16:36:09

I am wondering how you know if it is oregano that you have? We moved and I lost some of my transplants. In looking for new ones the books are not clear if it is oregano or marjoram. The names are almost used interchangeably.



The Lost Herbs - 2020-09-17 06:29:34

Hi Michael, Oregano oil contains a higher concentration of the helpful compounds that occur naturally in the plant. This oil is available to use orally, unlike oregano essential oil, which is much more concentrated and used in aromatherapy. People should not take essential oils by mouth. God bless!



Michael O'Connell - 2020-09-16 15:13:19

Q. Why am I being told not to use oregano essential oil internally? Isn't it pure?



The Lost Herbs - 2020-09-16 06:50:31

Hi Ruth, The minimum for a tincture is 40% (80-proof), such as vodka and rum. Usually, the higher the percentage of alcohol, the longer the shelf life is. If you use alcohol that is 75%, you might find it dries out the skin a bit more when using it topically. God bless!



The Lost Herbs - 2020-09-16 06:37:03

Hi Tom, To treat fungus on plants you can use baking soda. Combine one tablespoon baking soda and one-half teaspoon of liquid, non-detergent soap with one gallon of water, and spray the mixture liberally on the plants. God bless!



Tom Laufersweiler - 2020-09-15 17:41:03

Do you have any information on the use of oregano on plant fungus



The Lost Herbs - 2020-09-15 08:07:17

Hi Debra, Thank you for your comment. You can use oregano topically, mixing either one drop of oregano essential oil or a few drops of oregano infused oil or tincture with a teaspoon of coconut oil. God bless!



Debra - 2020-09-15 03:34:00

I am prone to an itchy rash under my breasts in the summertime. Would you recommend one of these?



Ruth Caspell - 2020-09-14 18:01:24

When you say 'high proof alcohol ' Do you mean up to 150 proof or 75% rather than the usual 40% ? My husband is excited to try this method as he has been working on getting rid of toe fungus for a few years. Not worse but not gone.



Ruth Caspell - 2020-09-14 17:57:18

Do you know if folks have had success using oregano for toe nail fungus?



The Lost Herbs - 2020-09-14 16:23:40

Hi Corinn, Jock itch is caused by the same fungus as athletes foot, so oregano can definitely treat it. It is an external fungus, so applying it to the skin (especially after a shower) is the best method. I would recommend 3 options: 1) If using essential oil, then mix 6 drops per ounce of carrier oil and rub into and around the area twice a day 2) Infuse a tablespoon of dried oregano into about 50 – 60ml of carrier oil as per remedy number 1 in the article, and either rub this directly onto the skin 3) use the infused oil to make a salve (1-part infused oregano oil to 6-parts beeswax will make it easier to rub in). So for every 10grams of beeswax, you want about 60ml of infused oregano oil to make a soft salve to run into your skin. God bless!



The Lost Herbs - 2020-09-14 15:46:49

Hi Barbara, Thank you for your comment. We are glad to hear that you found the information useful. God bless!



Barbara - 2020-09-14 13:44:31

I have tons of oregano every year and these uses for fungal infections will come in handy. Thank you!



corinn minyard - 2020-09-14 13:27:36

Can u use this to kill jock itch? If so How would u use it? What would the ratio be? Thank you!