

# Coronavirus Study: Evidence supporting Oil of Oregano

Wild Mediterranean Oil of Oregano is an herbal remedy with a very ancient medical reputation. The Egyptians and Babylonians used wildcrafted Oregano as far back as 3000 BC, and many scholars believe that the Biblical Hyssop was a species of wild Oregano. Its oval green leaves and tubular flowers were traditionally used in many cultures for preventing and treating infectious diseases, especially common colds and respiratory infections, as well as a myriad of other health conditions.<sup>1</sup>

Though many varieties of Oregano exist, the more desirable species grow wild and contain high levels of Carvacrol, the active compound proven to be largely, but not wholly responsible for Oregano essential oil's impressive performance in many published laboratory studies. Most of these studies have proven the anti-bacterial strength of the oil, but fewer studies have investigated its anti-viral effects. A common question is: Can Oil of Oregano eliminate viral infections? Two antiviral studies are worth noting:

## 1. CORONAVIRUS STUDY

In 2003, Dr. M. Khalid Ijaz of Microbiotest *in vitro* tested two Oil of Oregano products against the Human Coronavirus (HCoV): Oreganol P73 Extra Strength, and Oregacyn. The virucidal part of the study proved both formulas to be coronavirucidal, inactivating HCoV in direct proportion to exposure time ranging from 2 to 20 mins at ambient room temperature. In contrast, the antiviral tests revealed both Oil of Oregano formulas completely inhibited HCoV infection *in vitro*. The study was published in Antiviral Research.<sup>2,3</sup>

According to the CDC, there are seven Human Coronaviruses that can infect people, including SARS, MERS, and the recent outbreak of 2019 Novel Coronavirus (2019-nCoV).<sup>4</sup> Many people are researching how they can best protect themselves in the absence of either an effective antiviral drug or vaccine. The findings of this study are promising and suggest Oil of Oregano may be helpful in treating the Coronavirus.

## 2. H1N1 VIRUS STUDY

In 2012, Dr. S. Vimalanathan of the University of British Columbia conducted an independent *in vitro* study to test Oil of Oregano against the H1N1 Influenza A Virus, which was responsible for the Swine Flu pandemic in 2009. Three popular Wild Oil of Oregano brands sold in Canadian health food stores were compared. The study results show that all brands were effective inhibitors of the H1N1 Virus. One brand identified as ORE-1 (Joy of the Mountains) was 2x and 4x more effective than the other two. The study was published in Journal of Applied Pharmaceutical Science.<sup>5</sup>

### References:

- <sup>1</sup> Joy of the Mountains (2014). *Discover for Yourself: Nature's Most Powerful and Versatile Plant Extract*. Lumby, BC: Joy of the Mountains.
- <sup>2</sup> Ijaz, M.K., Chen, Z., Raja, S.S., Suchmann, D.B., Royt, P.W., Gray, J.K., & Paolilli, G. (2004). Antiviral and Virucidal Activities of Oreganol P73-based Spice Extracts Against Human Coronavirus In Vitro, *Antiviral Research* 62, A1-A92.
- <sup>3</sup> Ijaz, M.K. (2003). *Final Report Virucidal Effectiveness Test Coronavirus / Test Agents: Oreganol P73 Extra Strength Formula and Oregacyn*. Serling, VA: Microbiotest Inc.
- <sup>4</sup> Centers for Disease Control and Prevention (2020). *Human Coronavirus Types*. Retrieved from <https://www.cdc.gov/>
- <sup>5</sup> Vimalanathan, S., & Hudson, J. (2012). Anti-influenza virus activities of commercial oregano oils and their carriers. *Journal of Applied Pharmaceutical Science*, 02(07), 214-218. doi:10.7324/JAPS.2012.2734