



# Marjoram – The Comforting Embrace

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## Botanical Profile

- Latin Name: *Origanum majorana*
- Alternative Names: Sweet Marjoram, Knotted Marjoram
- Plant Family: Lamiaceae (Mint family)
- Parts Used: Leaves and flowering tops
- Origin: Native to the Mediterranean region

Marjoram offers a warm, embracing energy that soothes the body and uplifts the heart. At Peridotflow, we turn to Marjoram as a remedy of gentleness—relieving tension in both muscles and mood. With a fragrance that feels like home, this herb supports digestion, respiration, and emotional balance.

## **Soothes Muscle Spasms and Relieves Pain**

Marjoram is well known for its antispasmodic and analgesic actions, making it helpful for muscle cramps, tension headaches, joint stiffness, and menstrual pain. It helps ease contracted tissue and supports the release of physical holding patterns, especially in those who carry emotional stress in their body.

## **Supports Healthy Digestion and Relieves Bloating**

As a carminative herb, Marjoram stimulates digestive secretions and helps relieve gas, bloating, and digestive tension. Its warming nature supports digestive fire and helps those with a cold, sluggish gut. It's particularly useful after heavy or fatty meals.

## **Promotes Calm and Eases Emotional Tension**

Traditionally used for grief, anxiety, and restless thoughts, Marjoram soothes the nervous system and calms emotional storms. It's gently sedative without being overly heavy, supporting those who feel worn out, irritable, or disconnected.

## **Supports Respiratory Health and Eases Coughs**

With expectorant and antimicrobial properties, Marjoram may help relieve coughs, sinus congestion, and bronchial inflammation. Its warming oils encourage the clearing of stuck mucus and offer comfort to irritated airways.

## **May Support Heart and Circulatory Health**

Marjoram has traditionally been used to support blood pressure balance and healthy circulation. Its gentle warming effect improves peripheral blood flow and may assist in reducing cold extremities or tension-related palpitations.

## Folklore & History

Marjoram has long been a symbol of joy, peace, and protection. In ancient Greece, it was associated with Aphrodite and used in love rituals. It was often planted at the threshold of homes to guard against negativity. In folk medicine, it was used for everything from grief and heartbreak to digestive issues and colds.

## Traditional Usage

Marjoram is traditionally brewed as a tea, added to culinary dishes, or used in steam inhalations and massage oils. It is a staple in herbal bath blends and dream pillows. Often combined with other relaxing herbs in nervous system or digestive formulas.

## Herbal Actions

Antispasmodic, Carminative, Nervine, Expectorant, Analgesic, Mild Sedative, Diaphoretic, Antimicrobial

## Energetics & Tissue States

Temperature: Warming

Moisture: Slightly Drying

Tissue States: Tense, Cold, Damp, Stagnant

## Active Compounds

- Essential oils (thymol, carvacrol) – antimicrobial, warming
- Flavonoids – antioxidant, calming
- Tannins – astringent
- Terpenes – relaxant and decongestant effects

## Dosage & Preparation

- Tea: 1–2 tsp dried herb per cup, steep 10–15 min, up to 3x/day
- Tincture: 2–4 ml up to 3x/day
- External: Steam inhalation, infused oil, compress for aches
- Culinary: Use generously in food for daily support

## Safety & Contraindications

- Generally very safe in culinary and therapeutic use
- Avoid high doses in pregnancy due to emmenagogue properties

- May lower blood pressure—use caution if hypotensive
- Essential oil should always be diluted before topical use

### **Herbal Pairings**

- Lemon Balm – for mood and calm digestion
- Chamomile – for nervous tension and menstrual pain
- Lavender – for grief and emotional release
- Ginger – for digestive synergy and warming
- Thyme – for respiratory support and antimicrobial action

### **Peridotflow Perspective**

Marjoram is our herbal hug—gentle, warm, and deeply comforting. We reach for it when the heart is heavy, the gut is cold, or the breath is shallow with grief. Its quiet magic supports healing through tenderness and the safety of stillness.