

INFECTIOUS DISEASE MANAGEMENT

Human Influenza Virus Inhibited by Oil of Oregano

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Score a few more points for oregano oil.

Long recognized in traditional botanical medicine as an ally in preventing and treating infectious diseases, especially common colds and respiratory infections, oregano oil is proving effective in inhibiting and eradicating a number of human viruses.

The latest in a series of preclinical studies by Dr. M. Khalid Ijaz shows that wild oregano oil alone (Oregano Oil P73), and in combination with the oils of cumin, sage, and cinnamon (OregaRESP), can markedly reduce the virulence of human influenza virus A2. This study follows earlier experiments showing that these two products can completely block replication of human coronavirus, the pathogen associated with Severe Acute Respiratory syndrome (SARS).

To test the efficacy of these medicinal oils against

influenza, Dr. Ijaz added 0.5 ml of viral inoculum containing human influenza virus A to solutions containing 1% concentrations of the herbal oils, both of which are made by Physician's Strength, a company specializing in medicinal oils from Mediterranean herbs. The viral cultures were exposed to the medicinal oils for varying time periods ranging from 2 to 20 minutes and then inoculated into embryonated chicken eggs (a common medium in viral virulence tests).

Exposure of the virus to the wild oregano oil for 10 minutes reduced the number of viable infectious particles from 10 million per ml to 100,000 per ml. A 20-minute exposure further reduced the number to just under 15,000 per ml.

The OregaRESP combination of oils (oregano, sage, cumin and cinnamon) show-

ed similar antiviral effects; a 10-minute exposure to a 1% dilution of this combination reduced viral counts from 10,000,000 infectious units per ml to 177,827 infectious units per ml. A 20-minute exposure reduced the counts to under 5,000 per ml. The P73 oregano oil and OregaRESP combination were also able to eradicate avian influenza virus as well, though this required a higher concentration.

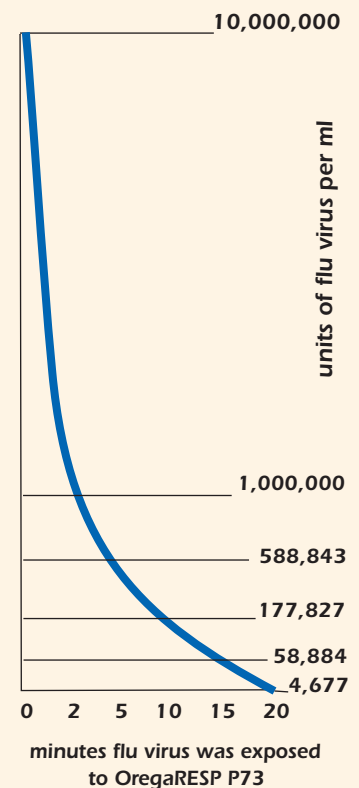
A member of the Lamiaceae family of plants indigenous to the Mediterranean region, oregano contains high concentrations of phenols, including a compound called carvacrol. Previous research has shown wild oil of oregano to be bacteriostatic and fungistatic against a number of human pathogens, including *Candida albicans* and *Staphylococcus aureus*.

Dr. Ijaz and his colleagues at Microbiotest, a contract research microbiology lab in Sterling, VA, are the first team to show that these oils can inhibit human viral pathogens.

For more information about OregaRESP P73, Wild Oil of Oregano P73 and other medicinal essential oils available from North American Herb & Spice. 1-800-243-5242

OregaRESP P73

reduces influenza A by 99.9%
in 20 minutes in vitro
at 1% dilution



OregaRESP P73 reduced the human flu virus 99.9% in 20 minutes from 10,000,000 to 5,000 infectious units per ml at 1% dilution.