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THE INHIBITION OF *CANDIDA ALBICANS* BY OREGANO

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Abstract: The effects of oil of oregano on the growth of *Candida albicans* were studied using agar diffusion and serial broth dilution methods. The minimum inhibitory concentration was <0.1 µg per ml when tested with three different Candida strains; 0.1 percent survival of *C. albicans* occurred at a concentration of 45 µg per ml. In contrast, the minimum inhibitory concentration of caprylate was <0.5 mg per ml, and 0.1 percent survival occurred at a concentration of 5 mg per ml. Thus, caprylate is a less potent agent than the essential oil. Carvacrol, a major phenolic constituent of oil of oregano, inhibited Candida as effectively as the essential oil. The results indicate that oil of oregano is an effective anti-Candida agent, and this activity may be due to the carvacrol content.

Key words: oregano, *Candida albicans*, carvacrol, essential oil, antimycotic agent, caprylate.