



Botanical Name: *Syzygium aromaticum*

Family: Myrtaceae

Energetics: Warming, drying

Taste: Pungent, aromatic

Actions: Analgesic, antimicrobial, carminative, anti-inflammatory, antioxidant



Clove is a potent warming herb and spice, traditionally used for digestive, dental, and antimicrobial support. Its active compounds, particularly eugenol, provide analgesic and anti-inflammatory properties.



Internal Uses

- Digestive support for bloating, gas, and nausea
- Mild analgesic for toothache and oral discomfort
- Antimicrobial and anti-inflammatory support
- Antioxidant support

External Uses

- Dental care (toothache relief, oral rinses)
- Topical analgesic for minor aches and inflammation
- Aromatherapy for circulation and warming



Medication Interactions

- May interact with anticoagulants
- May enhance effects of blood sugar-lowering medications
- Use caution with liver-sensitive medications in high doses



Contraindications

- Pregnancy: avoid high medicinal doses; culinary use is safe
- Children: safe in culinary use; use caution in concentrated forms
- Allergy to Myrtaceae family



Caution & Safety

- Use moderate doses internally
- Dilute topicals to avoid irritation
- Avoid prolonged high-dose internal use



Herbal Pairings

Blends Well With

- Cinnamon (warming and digestive synergy)
- Ginger (digestive and warming blend)
- Nutmeg (aromatic and digestive support)
- Honey (soothing and antimicrobial)

Avoid Combining With

- High-dose anticoagulant herbs or medications without supervision



Possible Side Effects

- Skin irritation (topical)
- Gastrointestinal upset in sensitive individuals
- Rare allergic reactions



Forms & Dosage

Tea / Infusion

- 1-2 cloves per cup water
- Steep 5-10 minutes
- 1-2 cups daily

Tincture (1:5)

- 2-4 mL, 1-2 times daily

Powder / Capsules

- 300-500 mg, 1-2 times daily

Topical / Essential Oil

- Dilute 1–2% in carrier oil
- Apply externally as needed

Notes

Clove is a potent warming herb with digestive, analgesic, and antimicrobial properties. It is excellent for dental and digestive support and is a staple in warming herbal formulas.

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