

Clove

Botanical Name: *Syzygium aromaticum*

Family: Myrtaceae

Energetics: Warming, drying

Taste: Pungent, aromatic

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

Overview

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.

Uses

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
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Medication Interactions

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

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