

## Cloves – The Superb Antioxidant Spice

This aromatic unopened dried flower bud has coined the name “Clove” which is derived from the Latin word ‘clavus’ meaning nail as the bud resembles the shape of a nail. It is often used in pickles, garam masala’s, biryanis and salads. It is one of the most precious and valuable spices of the world, this is due to the fact that just one drop of clove oil is 400 times more powerful than wolf berries or blueberries! Like any culinary spice in Ayurveda, clove has numerous benefits only if it is used correctly.

These clove buds possess a very penetrative light and cooling quality; it is naturally bitter and pungent taste. Ayurvedic pharmacetics describes cloves as a potent appetizer, carminative and taste enhancer thus it is ideal for improving ones digestive capacity, it is also an analgesic which is why it often used in cases of dental caries to soothe those excruciating tooth aches. It is also a natural blood purifier, mucolytic, aphrodisiac, lactogenic, diuretic and antipyretic.



### Other Medicinal Uses of Clove:

1. Anti-bacterial : It is used in various dental creams, tooth pastes, mouth washes, and throat sprays to cleanse bacteria.
2. Anti-viral: -The constituent Eugeninalso which is found in cloves has shown promising anti-viral activity against the herpes virus
3. Analgesic :It is also used to relieve pain from sore gums and improves overall dental health
4. Anti-inflammatory: Due to its high content of flavonoids. Aromatherapists use pure clove oil to cure the symptoms of rheumatism and arthritis
5. Anti-fungal: Clove oil is effective in curing Athlete’s foot and nail fungus.
6. Hepato-protective : An Ethinolic extract of clove is found to be Hepato-protective in paracetamol induced liver injury
7. Stress: Clove oil is an excellent stress reliever. It has a stimulating effect on the mind and it removes mental exhaustion and fatigue. It is also helpful in patients suffering from insomnia
8. Clove oil is also shown to be effective in relieving muscle cramps and headaches

### Ayurvedic Preparation:

*Lavanga* means cloves and *Odak* means Infused water

*Lavangodak* which is boiled water containing clove. This is useful when there is a loss of appetite, fever, and rheumatoid arthritis because it digests *ama* (metabolic toxins).

### Ingredients:

- 4-5 whole cloves
- A pinch of Cinnamon(optional)
- 4 cups of water

#### Recipe:

- In a small pot boil the water
- Add the cloves to the boiling water
- Let the water boil and reduce it to 1 cup on a medium flame
- Strain in a cup and add a pinch of cinnamon to it

#### Home Remedies:

1. Local application of paste of clove is helpful in relieving headaches caused by sinusitis
2. Chewing cloves help with oro-dental disorders
3. Clove oil mixed with raw honey helps eliminate acne

Please note that the use of clove essential oil should be used under the proper guidance of a Healthcare Professional. Please consult a Qualified Ayurvedic Physician before taking any medication that has been discussed.