

# Cloves

*Latin Name: Eugenia caryophyllata*

## IMMUNE SYSTEM; DIGESTIVE

Use Seeds; Flower-bud; Essential Oil

Native to MOLUCCA ISLANDS (became known as the Spice Islands) and Indonesia.  
Evergreen Tree; Grows in Tropical Climates.

## HISTORY

1) CHINESE used OIL: Diarrhea; Hernia; Bad Breath; Bronchitis

2) 4<sup>th</sup> Century: Introduced to Europe

## QUALITIES

1) Components: Eugenol - Dentists use to numb the gums; to disinfect and treat disturbed root canals; Toothache

- STUDY (pain): Clove oil's topical anesthetic effects compared to benzocaine were evaluated in a randomized single-blind study of 73 subjects. Pain scores were significantly lower than placebo. (Pramod 2010)

2) Immune Stimulant; ANTIBIOTIC; Anti-VIRAL; Strong GERMICIDE; Anti-FUNGAL: Athlete's Foot; Candida; Anti-infectious; Bronchial Congestion; Earache; Strong Antiseptic; Anti-parasitic; SKIN Infections

3) STIMULANT: Increase Blood Circulation; Warming to the body

4) AROMATIC: Promotes DIGESTION; ANTI-NAUSEA/ VOMITING (even when PG); PERISTALSIS; GAS relief; DIARRHEA; PARASITES

5) ESSENTIAL OIL

- Anti-Inflammatory; Antioxidant; Anti-Convulsant; Metal Toxins

- Stimulant; ANTIBIOTIC also

SAFETY: Oil is strong, may be an irritant. Use with carrier oils, if needed

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## Clove Bud References

### Herb History and General Information

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*Modern Essentials, A Contemporary Guide to the Therapeutic Use of Essential Oils*, 5<sup>th</sup> Edition. Orem, UT: AromaTools; 2013; p 57-58

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### Studies

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