

CLOVE

(Syzygium aromaticum)

Clinical Summary

Actions

- Astringent
- Anaesthetic
- Antioxidant
- Anti-inflammatory
- Vulnerary
- Carminative
- Antibacterial
- Antifungal

Indications

- Tooth aches & gum disorders
- Candida and other fungal infections
- Bacterial and viral infections
- Digestive disorders, especially ulcers
- Anal fissures (topical)
- Immune modulation
- Oxidative stress

Traditional Use

Clove has a long history of use as a culinary and household spice in many cultures. In cooking, clove is used in sweet and savoury dishes alike. In ancient times cloves were used as a natural preservative in food, for embalming and as an ingredient in incense and herbal cigarettes. Clove has also been used as a medicinal plant in many cultures including in Ayurveda and Traditional Chinese Medicine as well as Western herbal medicine. The main applications were for digestive disorders and pain relief in tooth ache as the oil has an anaesthetic and antiseptic action.

Energetics

Pungent, heating.

Constituents

Clove has a range of constituents including volatile oils, tannins, ferulic acid, gallic acid and gums. The chemical components of the essential oil is primarily the phenol, eugenol (approximately 85%), but it also contains methyl salicylate, pinene and vanillin.

Use in Pregnancy

While culinary use is safe, medicinal dosages of clove in pregnancy should be avoided as there is insufficient safety data and some animal studies have shown clove can interfere with implantation or have teratogenic effects.

Contraindications and Cautions

Clove should be avoided in those with a known allergy or hypersensitivity.

Drug Interactions

Caution with anticoagulant/antiplatelet (such as warfarin) and antidiabetes drugs.

Administration and Dosage

Liquid extract 1:1 in 45% alcohol
5 to 80mL weekly