



### Natural Treatment for Clove

Clove is one of the oldest spices in the world. Clove is an herb. People use the oils, dried flower buds, leaves, and stems to make medicine. Clove goes mainly as an ingredient of a variety of food specialties, beverages, medicines, cosmetics, perfumery and toiletries. Either whole or as a powder, Clove finds extensive application in Indian foods.



#### Medicinal Value:

- Clove has a so many medical properties. Commonly it has a stimulation and incitement properties. It contains aromaticum with anti-herpesvirus properties.
- The buds have anti-oxidant properties. It's a good pain reliever and also used for stomach pain, Indigestion. And also it helps to immunometabolism function, organize the blood circulation and manage the body heat.
- Eugenol comprises 72-90% of the essential oil extracted from cloves, and is the compound most responsible for the cloves' aroma.
- Other important essential oil constituents of clove oil include acetyl eugenol, beta-caryophyllene and vanillin; crategolic acid; tannins, gallotannic acid, methyl salicylate (painkiller); the flavonoids eugenin, kaempferol, rhamnetin, and eugenitin; triterpenoids like oleanolic acid, stigmasterol and campesterol; and several sesquiterpenes. And also we can get clove oil from their buds, leaves and stem.

#### Homemade remedies:

- If you have vomit sense, take some clove powder, fry it. Then take ½ gram, mix with honey and eat it.
- Clove has a capacity to reduce the diarrhea problem, so if you take 4grams of cloves. Add 3 lit water. Boil it until 3 liter water into 1 liter. Filter and drink it.
- If we eat clove with salt, reduce the throat pain and burning sense. Take some cloves, burn and eat it. It is the best home remedy for your throat block and burning sense.
- Before go to sleep, take 3 drops of clove oil, honey and garlic juice. Mix and eat it. It is reduce your breathlessness due to asthma.
- Take 6 nos of clove. Boil with 30ml of water. Filter and add honey. Then drink it. It is control your asthma problem.
- Mix clove powder with your tooth powder and brushes your teeth regularly. It is reduce your bad breath, Gums swelling and toothache. And also apply clove oil on your anemic gums, it will cure.
- Put one clove into 3-5 drops of sesame oil. Heat it. Then takeout that clove. Then put into your painful ear.



## Granny Therapy

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- If you are troubling with muscle sprain take some clove oil, apply and massage it. Reduce your muscle sprain pain.
  - Grind clove and salt with milk. Then apply on your forehead. It cures headache. It soaks up the water from your head. So you will get relief from headache.
  - It cures the allergy on your eye brows. Take some cloves, polish with water. Then apply it.

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