



CLOVES, THE FORGOTTEN FOOD SEASONING; COMPARATIVE STUDY OF TRADITIONAL AND CONVENTIONAL MEDICINE

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Clove that its scientific name is *Syzygium aromaticum* or *Eugenia caryophyllata* has several properties including antimicrobial, anti-thrombotic, anti-viral, analgesic, anti-inflammatory, hepatoprotective, neuroprotective and anti-mutagenic effects. From the perspective of traditional medicine, cloves, promotes the function of the heart, liver, brain, stomach and kidney. Clove has been used in the past as a food seasoning. In some past period, clove, sometimes is bought and sold at the price of gold. The study was performed as a Libraries; with a search of key words including clove, qaranfol, abazir, tavabel, afavieh, stuffing (chashni) in authentic books of traditional medicine (Qanon of medicine, Makhzan-al-advieh, Tohfe-al-Moemenin, Alabnieh an haghayegh-al-advieh, Al-Shamel fi-al-Tebb, Al-Aghraz-al-tebbieh written by Wise Sayyed Esmaeili Jurjani), PDR and scientific information Database (SID) as well as clove and seasoning in PubMed and Google Scholar. Clove was used as food seasoning, rectifier of food disadvantages, food flavoring and for relieving cold nature from foods and also increasing the digestibility of the food in past centuries. These benefits of cloves have been proven in today's papers and documents. Today's lifestyle is such that the risk of heart and liver diseases (fatty liver) is too much. Adding clove as a seasoning for foods and as spices commonly used in the past decades; because of beneficial effects to relieve heart and hepatic diseases, were an important scheme. Clove bud with standard dose and low levels can be used as spice and to boost function of the heart and liver.

References

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