



## CLOVE BUD Essential Oil (India)



**Botanical Name:** *Syzygium aromaticum L.*

**Main Constituents:**

Eugenol: 79%

**Plant Part:** Buds

**Origin:** India

**Processing Method:** Steam Distilled

**Botanical Name:** *Syzygium aromaticum L.*

**Main Constituents:**

Eugenol: 81.29%

**Plant Part:** Buds

**Origin:** Indonesia

**Processing Method:** Steam Distilled

**Child Safe:** No

**Description / Color / Consistency:** A pale yellow to dark brown liquid of medium consistency.

**Aromatic Summary / Note / Strength of Aroma:** A middle note of medium aroma, Clove Bud Essential Oil smells like the actual spice. The aroma of this oil is a bit sweeter than the Indonesian variety and slightly less herbaceous.

### Major Constituents

- Eugenol
- B-Caryophyllene
- Eugenyl Acetate
- $\alpha$ -Caryophyllene
- Isoeugenol
- Methyleugenol

**About Clove Essential Oil:** Clove Bud Essential Oil is derived from the slender evergreen that grows up to 12 meters in height (approximately 36 feet). At the start of the rainy season, long buds appear that change color over time and are beaten from the trees and dried. These are the cloves sold that are sold commercially. The word 'clove' comes from the Latin word *clavus*, meaning nail, because the shaft and head of the clove bud resembled an ancient nail. Cloves were among the most precious of spices of Europe during the 16th and 17th centuries and were worth more than their weight in gold. They continue to be used in Ayurvedic medicine, traditional Chinese medicine, western herbal-ism, and in dentistry.



Clove Bud Essential Oil generally contains up to 85% Eugenol, a phenol that dramatically contributes to the oil's aroma, therapeutic properties, and safety precautions. Clove Bud Essential Oil is also comprised of a number of other constituents, particularly the sesquiterpene B-caryophyllene and the ester Eugenyl acetate.

Aromatically, Clove Bud Essential Oil possesses a strong, warm, spicy aroma that blends well with other spicy essential oils like Cinnamon Bark. It also blends well with essential oils in the citrus, wood and floral families. It's a strong oil, so when first learning to blend with it, try using it sparingly in blends.

### **Benefits:**

Emotionally, I find Clove Bud Essential Oil to be an invigorating and mentally stimulating essential oil. American College of Healthcare Sciences principal Dorene Petersen has undertaken research regarding cognitive and brain health. She presents that Clove Bud Essential Oil shows promise for assisting in the management of neurodegenerative diseases.

Clove Essential Oil is very helpful for use in blends intended to help relieve pain. It is also a powerful anti-microbial essential oil.

Clove Oil is often recommended for use with dental pain.

### **Emotional/Energetic Qualities**

- Warms mind and body
- Promotes self-assurance
- Provides emotional support to someone who feels weak and in need of more energy

### **Therapeutic Properties**

**Analgesic:** Clove Bud essential oil is dominated by eugenol, which has anti-inflammatory action (Daniel *et al.* 2008). The experience of pain relief can follow reduced inflammation.

**Anti-inflammatory:** Clove Bud essential oil is dominated by eugenol, which has anti-inflammatory action (Daniel *et al.* 2008).

**Antibacterial:** Clove has a wide spectrum of antimicrobial activities. When combined with Rosemary and Lavender, it has additive effects against Gram positive and Gram negative bacteria (Fu *et al.* 2007).

**Anticoagulant:** Eugenol and Clove Bud have anti-platelet aggregation actions (Tisserand and Young 2014).

**Antidepressant:** Monoamine oxidase (MAO) is an enzyme that breaks down serotonin, dopamine, adrenalin, and noradrenalin. Eugenol is thought to inhibit MAO, hence has potential antidepressant actions. **Caution (oral use):** Eugenol-rich oils should not be administered in conjunction with MAO



inhibiting antidepressant drugs or SSRI (selective serotonin reuptake inhibiting) antidepressants (Tisserand and Young 2014).

**Antifungal:** The most active component of Clove essential oil, eugenol, can impair ergosterol synthesis, cause cell wall rupture, and impair germ tube development (Pinto *et al.* 2009). Lang and Buchbauer (2012) noted that eugenol is active against yeasts.

**Antioxidant:** Clove Bud essential oil has excellent antioxidant activity (Wei and Shibamoto 2010, Shaaban, El-Ghorab and Shibamoto 2012).

**Antiviral:** Tragoolpua and Jatisatienr (2007) demonstrated that Clove Bud essential oil has activity against HSV I and HSV II.

**Carminative:** Clove is a traditional remedy for a myriad of digestive dysfunctions, including indigestion and gas.

**Immunostimulant:** Clove Bud essential oil can stimulate the immune system, and it is believed that this activity is related to its effects on interleukins and its anti-inflammatory action (Saad, Muller and Lobstein 2013).

**Rubefacient:** Clove Bud essential oil and eugenol are irritants. The resultant increase in blood flow at the site of application creates warmth and pain reduction.

#### **Common Uses:**

**Digestion:** Clove is wonderful digestive oil and can be added to blends that are massaged into the abdomen to assist digestion.

**Immune:** Add Clove Bud to blends for whose immunity is compromised

**Musculoskeletal:** Clove is great to add to blends for any cold, painful, constrictive situation. It's warming effects, reduces pain, and is strengthening for the body overall. Clove Bud can be used sparingly in massage blends and creams for pain and discomfort due to inflammation, and for nerve pain such as sciatica.

**Stress, tension, and depression:** Clove has a warming effect on the senses, and antidepressant potential. It can be incorporated in an inhaler blend, or a massage blend.

#### **Cautions**

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

**\*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**



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