



MEDICAL USE OF SPICES*

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Traditional Spices

	Spice	Medical Properties/Indications
Hot, Pungent, Exotic	Ajowan	expectorant, anti-flatulent
	Allspice	anti-emetic, purgative
	Asafetida	anti-helminthic, anti-tussive
	Capsicum peppers	analgesic, counter-irritant, expectorant
	Cinnamon, Cassia	antiseptic, anti-diarrhea
	Clove	topical anesthetic, anti-dyspeptic
	Coriander	anti-spasmodic, diuretic, anti-inflammatory
	Cumin	anti-microbial, vermifuge, diuretic
	Curry leaves	anti-emetic
	Galangal	expectorant, anti-bacterial
	Ginger	for colds, anti-emetic, anti-rheumatic
	Nutmeg, Mace	astringent, hallucinogen
	Peppercorns	expectorant, anti-microbial
	Saffron	anti-rheumatic, for neuralgia
Hot, Pungent, Non-Exotic	Turmeric	anti-arthritic, anti-oxidant, anti-cancer
	Wasabi	expectorant, for sinusitis
	Zedoary	expectorant, diuretic
	Chive	antisepetic, diuretic
	Garlic	anti-microbial, anti-hypercholesterolemic, anti-cancer, anti-hypertensive
	Horseradish	anti-microbial, expectorant, purgative
	Mustards	counter-irritant, emetic, purgative
	Onion, Shallot	for colds, expectorant, anti-cancer, asthma
	Paprika	colorant, source of ascorbic acid
	Aniseed	anti-spasmodic, expectorant,
Warm, Fragrant, Exotic		

	sedative
Bergamot	antiseptic, anti-spasmodic, sedative
Camphor	antiseptic, cardiostmulant, anti-spasmodic
Caraway	diuretic, anti-spasmodic, galactagogue
Cardamom	antiseptic
Cilantro	antibacterial, anti-inflammatory
Cubeb	antiseptic, diuretic, anti-asthma
Fennel	anti-spasmodic, diuretic
Fenugreek	anti-diabetes, anti-hypercholesterolemia
Lemon Grass	fever, insect bites
Licorice	anti-spasmodic, anti-tussive, peptic ulcer
Nigella	diuretic, anti-helminthic, purgative
Sesame seed	diuretic, galactagogue, demulcent
Star anise	antiseptic, anti-rheumatic
Vanilla	anti-spasmodic, febrifuge

Savory Herbs

Spice	Medical Properties/Indications
Basil	for colds, anti-diarrhea, kidney disease
Bay (Laurel)	embrocation, anti-rheumatic
Caper	diuretic, expectorant, astringent
Celery	diuretic, emmenagogue
Chervil	diuretic, expectorant, tonic
Cilantro (Chinese Parsley)	diuretic, sedative
Dill ("gripe water")	anti-flatulent, anti-colic, galactagogue
Marjoram	indigestion, colic
Mint	expectorant, for colds, local anesthesia, anti-spasm
Oregano	anti-tussive, anti-rheumatic, vermifuge
	diuretic, deodorizer
Poppy seed	sedative, anti-spasmodic
Rosemary	anti-cancer
Sage	antiseptic, gastroenteritis, sedative
Savory	antispasmodic, sedative, vermifuge, diuretic

Tarragon	diuretic, vermifuge, emmenagogue
Thyme	expectorant, antiseptic

Drinks

Spice	Medical Properties/Indications
Carob	astringent, purgative, diuretic
Chocolate	sedative, anti-oxidant, diuretic
Coffee	stimulant, diuretic, bronchodilator
Cola	anti-emetic, astringent
Tea	anti-oxidant, source of theophylline
Juniper (gin)	diuretic, sudorific, antiseptic, anti-rheumatic
Quinine (tonic water)	febrifuge, anti-arrhythmic, astringent

Other

Spice	Medical Properties/Indications
Annatto	colorant, astringent, analgesic
Eucalyptus	antiseptic, febrifuge, for colds, expectorant astringent, sedative, diuretic, fumigant
Myrrh	anti-spasmodic, expectorant, antimicrobial
Nard (e.g. spikenard)	emetic, diuretic
Sandalwood	antiseptic, sudorific
Sugar	cholagogue, demulcent
Sumac	anti-diarrhea, anti-spasmodic, febrifuge
Tamarind	antiseptic, cholagogue, laxative, antipyretic

* In addition to digestive, stomactic, and carminative actions, spices and herbs are used as flavors and aphrodisiacs. They are believed to have tonic and stimulatory effects and to provide pleasure-giving sensory input.

Spice Exhibit URL: <http://unitproj.library.ucla.edu/biomed/spice/index.cfm>

History & Special Collections
 UCLA Louise M. Darling Biomedical Library
 12-077 CHS, Box 951798
 UCLA
 Los Angeles, CA 90095-1798

Tel: 310/825-6940
Fax: 310/825-0465

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