

CLOVE (ל קרנפן / צפון) Tziporen / Karanfil

"Used in the Sabbath mixture and the havdalah box, it revives the soul with its strong and warm scent. A spice of distinction."

Scent Profile: Pungent, warm, and slightly sweet.

Medieval Context: Imported from Southeast Asia via arabic trade routes, cloves were rare and expensive. They were used medicinally (especially for pain relief and infections) and ritually. In Jewish custom, cloves were placed in the Havdalah spice box (*besamim*) to rejuvenate the soul after the departure of Shabbat, likely introduced after the 12th century..

Symbol of Medical use:

In *Medical Aphorisms*, Maimonides mentions cloves as one of the strongest warming spices, useful for warming the stomach and preserving internal balance during cold or damp periods. It was also used in spice blends for perfumes and digestive drinks.

Maimonides recommended pleasant scents to uplift the spirit and aid digestion:

"Scents that delight the soul and invigorate the senses... are beneficial for the body when used in moderation."