

# FIND OUT ABOUT THE CLOVE BENEFITS FOR MEN AND WOMEN

Clove, a tree which belongs to the family of Myrtaceae, is a native of the Maluku Islands in Indonesia. But it can also be found everywhere else around the world. The dry flower buds of this tree provide a pungent spice which is added to a lot of things in day-to-day life such as desserts, beverages, savoury meals and a lot more. Not only this, but clove is also known to be extremely beneficial for the sexual health of both men and so people often search for the [clove benefits for men](#) and women to know more about it and make the most of its use for better health.



So if you also want to know about it, then as you scroll down, you will find out complete details of the benefits of cloves for men and women's sexual health. So just keep reading and check out all the info.

## Clove benefits for men and women

It is observed in many studies that both men and women use cloves to improve their sexual behaviour. The reason behind this is that this spice is known to boost energy and excitement in humans, both of these things result in enhancement of libido. There are many more sexual health benefits of it which you find out below. So check out-

### 1. For Men-

- a) It prevents early ejaculation- Some of you might not know this, but most of the ayurvedic medicines use cloves for the premature ejaculation as this product has Vajikarana properties. This can actually help to take the sexual activity of a user to the next level. Even the modern medicines also explain that cloves are good to improve the erection time and so offer better sexual performance to men.

So a Tip to consume it is- Take 1/4th teaspoon of clove churan with organic honey. And for the best results, always remember to not take it on an empty stomach, have a meal first before having it.

- b) It boosts sperm count and motility- The sperm count or number is known to significantly affect the fertility of men & there are a lot of assumptions and speculations about fertility and cloves.

Basically, clove benefits for men on their sexual health have definitely come a long way now. Clove is very rich in a number of flavonoids, which contains some impressive anti-inflammatory and antioxidant properties.

Not only this, but clove oil also has a huge number of proteins, vitamins and carbs in it & consumption of proteins and carbohydrates influences the sperm count in men. So using olive oil might definitely improve the number of sperms. Though, more research needs to be done on its long-term impact and effectiveness.

## 2. For Women-

- a) It improves the sexual desire in women- So when women usually avoid sex, it is due to stress or anxiety. Now, the benefits of cloves for the sexual health of females can be observed in their sex drive. This is because cloves help to release the stress and boost the energy. It can also amplify testosterone, which is very important for sex drive of both men and women. So cloves can definitely make a woman feel more eager to have intercourse.

## Conclusion

Clove is considered to be a 'wonder spice' which is not only useful in food items, but also to improve the sexual health of both men and women. And as you must have read above about the clove benefits for men and women, you would have also got the idea. So if you are facing any issues with your sexual health, then you definitely need to start consuming Clove from today!