

Chinese use powdered seeds for pediatric and geriatric fluxes, for cardiosis, cold, cramps, and chronic rheumatism. Indonesians boil the powdered seed for anorexia, colic, diarrhea, dyspepsia, dysentery, malaria. Seed oil is rubbed on the temples for headache or dropped in tea for dyspepsia and nausea. Indonesians use the leaf tea for flatulence. Malaysians use the nutmeg for madness, malaria, puerperium, rheumatism, and sciatica.¹⁶ Arabians, as early as the seventh century, recommended nutmeg for digestive disorders, kidney troubles, lymphatic ailments, etc. Even earlier, Indians used it for asthma, fever, heart disease, and tuberculosis.⁵⁸ Nutmeg is considered aphrodisiac, astringent, carminative, narcotic, and stimulant. The fruit is said to be a folk remedy for indurations and tumors.⁴ Mace has been used for putrid and intermittent fevers and mild indigestion. The expressed oil of nutmeg is used externally as a stimulant. They are used to allay both flatulence and nausea. Mixed with lard, grated nutmeg is applied to piles. Roasted nutmeg is used internally for leucorrhoea. In India nutmeg is prescribed for dysentery, flatulence, malaria, leprosy, rheumatism, sciatica, and stomachache.¹ The essential oil is recommended for inflammation of the bladder and urinary tract. Arabs still use nutmeg as an aphrodisiac in love potions. Yemenites recommend its use for the liver and spleen, for colds, fevers, and respiratory ailments. Many women, in hopes of inducing abortion, have failed, yet suffered the intoxication due to myristicin. Ingestion of 1 to 2 oz ground nutmeg produces a prolonged delirium, disorientation, and drunkenness. Nutmeg may alleviate some symptoms of certain types of cancer, a case study presented in the *New England Journal of Medicine* suggests.²⁰⁶ Dr. Ira Shafran and Daniel MaCrone of Ohio State University say, "further study may substantiate the speculation that inhibition of prostaglandin E₂ by nutmeg affords symptomatic improvement of hypercalcemia in medullary carcinoma of the thyroid, and other prostaglandin-secreting neoplasms." They prescribed 4 to 6 tablespoons of nutmeg per day to their patient, because nutmeg is known to improve diarrhea associated with medullary carcinoma of the thyroid. The patient also suffered from hypercalcemia which did not respond to standard calcium-reducing treatment. After 12 days of nutmeg therapy the calcium levels were reduced by almost one third. The medical team says that medullary carcinoma of the thyroid is known to produce "copious amounts of prostaglandin E₂. . . . (and) inhibition of prostaglandin E₂ may be nutmeg's antiarrheal mechanism of action."²⁰⁶

One hundred grams nutmeg contains *circa* 200 mg safrole, 90 mg methyl Eugenol, 25 mg eugenol, 55 mg methylisoeugenol, 30 mg isoeugenol, 1050 mg myristicin, 350 mg elemicin, 15 mg isoelemicin, and 40 mg methoxyeugenol. Nutmeg contains about 14.3% water, 7.5% protein, 36.4% fat, 28.5% carbohydrates, 11.6% fiber, 0.2% calcium, 0.24% phosphorus, and 4.5 mg iron per 100 g. Mace contains 15.9% water, 6.5% protein, 24.4% fat, 47.8% carbohydrates, 3.8% fiber, 0.18% calcium, 0.10% phosphorus, and 12.6 mg iron per 100 g. The fat from Indian nutmegs contain 0.4% lauric acid, 71.8% myristic acid, 1.2% stearic acid, 4.8% hexadecenoic acid, 5.2% oleic, and 1.5% linoleic acid. Amylodextrins, pectins, resins, and reducing sugars are also present. The volatile oils contain numerous ingredients, some of them toxic, camphene, cymene, dipentene, eugenol, geraniol, isoeugenol, linalool, myristicin, pinene, safrole, and terpineol. See Purselglove et al.⁶⁴ and Lawrence¹⁹³ for details. Per 100 g, ground mace contains 475 calories (1989 kJ), 8.2 g H₂O, 6.7 g protein, 32.4 g fat, 50.5 g total carbohydrate, 4.8 g fiber, 2.2 g ash, 252 mg Ca, 110 mg P, 14 mg Fe, 163 mg Mg, 80 mg Na, 463 mg K, 2 mg Zn, 800 IU vitamin A, 0.31 mg thiamine, 0.45 mg riboflavin, 1.35 mg niacin, 0 mg cholesterol, and 73 mg phytosterols. On the other hand, ground nutmeg contains 525 calories (2196 kJ), 6.2 g H₂O, 5.8 g protein, 36.3 g fat, 49.3 g total carbohydrate, 4.0 g fiber, 2.3 g ash, 184 mg Ca, 213 mg P, 3 mg Fe, 183 mg Mg, 16 mg Na, 350 mg K, 2 mg Zn, 102 IU vitamin A, 0.35 mg thiamine, 0.06 mg riboflavin, 1.30 mg niacin, 0 mg cholesterol, and 62 mg phytosterols.

Toxicity — Doses exceeding 1 teaspoonful take effect within 2 to 5 hr, producing time-space distortions, feelings of unreality, and sometimes visual hallucinations accompanied