

## Uses

ID	1,474
Crop ID	Summer Savory
Part	Whole
Use Category	Medicinal
Notes	Summer savory is used in traditional medicine as a carminative, expectorant, astringent and tonic in the treatment of gastro-intestinal disorders (cramps, nausea, indigestion, diarrhoea), and sore throat, generally in the form of a tea. It has also been used as an aphrodisiac. Fresh summer savory is rubbed on the skin to treat insect bites, e.g. bee stings.
Metadata ID	8,464