



## From Mythology to Symbolic Meanings: Spices and Aromatic Herbs in Ancient Times

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### Abstract

Myths and symbolic meanings have an important place in human beings' understanding of the past. In a similar vein, spices and aromatic herbs, have been an important part of cultures and have given information about the beliefs and lifestyles of societies. From this point of view, the aim of the present study is to compile folk beliefs, symbolic meanings and mythological stories about spices and aromatic herbs that have an important place in gastronomy culture for centuries. At the end of the study; it has been determined that spices and aromatic herbs have an important place in the myths that a society interpreted with belief, emotion and imagination to explain the universe and natural events in prehistoric times, and the symbolic meanings that people attribute to spices and aromatic herbs, which they consider valuable, and sacred, differ according to changing conditions and time.

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