Always and initial blocks
Similarity: All starts at t =0;
Differences:
Initial
Syntax for initial statement cam be indicated as below
<initial_statement> ::= initial <statement></statement></initial_statement>
The instruction executes only once in the whole process. It begins its execution at the start of the simulation at the time $t = 0$. If there exists more than 1 initial block, then all the initial blocks are executed concurrently
Always
Always statement executes repeatedly, although the execution starts at time $t=0$ and keep on executing all the simulation time. It works like an infinite loop. It is generally used to model a functionality that 's continuously repeated
Syntax:

To control the always statement we can use the trigger depending on what you are choosing to control

always [timing_control] procedural_statement