

Black Seed – an Amazing Herb-“A cure for every disease except death.” (Sahih Bukhari)

[Sahih al-Bukhari 5687](#)

When Islam agrees with something, such as the blessed black seed, despite its existence before the Prophet’s (peace be upon him) mission, it is evidence of the justice and mercy of Islam. Islam did not come to boast over people and claim that all its teachings are new.

Simply put, Islam is the confirmation of all the previous messages sent by Allah through His prophets.

Abu Hurayra reported that the Messenger of Allah,

Prophet Muhammed (peace be upon him) said, “I was only sent (by Allah) to perfect noble character” /”I was sent to perfect good character.” Grade: Sahih (Al-Albani), English translation : Book 14, [Hadith 273](#) .

Indicating that there were good moral values before Islam among some people, as well as good dietary habits like using black seed. Islam acknowledged and confirmed these aspects.

This exemplifies the firmness of Islam and serves as evidence of the truthfulness of the Prophet (peace be upon him), confirming that he was a messenger sent by Allah, the Almighty. At the same time, Islam prohibits bad morals, idol worship, polytheism, and forbidden dietary habits such as drinking alcohol, consuming pork, and other prohibitions. Whatever was permissible, Islam affirmed, and whatever was forbidden, Islam emphasized its prohibition.

The “black seed” mentioned in the Hadith is commonly known as Nigella Sativa. In Islamic tradition, it is believed to have numerous health benefits, and its use is encouraged based on the Hadith of the Prophet Muhammad (peace be upon him).

The Black Seed is scientifically known as Nigella Sativa, the herb grows about 16-24 inches in height. From it comes a small rectangular Black Seed which is also known as the Blessed Seed (Arab: Habbat ul Baraka, or Habbat ul Sauda).

The ancient Egyptians knew and used the Black Seed and described it as a panacea (cure for problems/disease). The Romans also knew this seed and called it Greek Coriander. Documented by the Greek physician of the 1st

century, Dioscoredes, as an ailment for general health problems such as toothaches, headaches and was mainly used as a dietary supplement.

In English-speaking countries with large immigrant populations, it is also variously known as kalonji in Hindi/Urdu कलौंजी *kalaumjī* or کلونجی/کالونجی *kalomjī* or mangrail (Hindi मंगरैल *mamgarail*), ketzakh (Hebrew קצח), chernushka (Russian), çörek otu (Turkish), habbat al-barakah (Arabic حبه البركة *ḥabbat al-barakah*, seed of blessing), siyah daneh (Persian سیاهدانه *siyah dañe*), karim jeerakam in Malayalam.

A Prophetic Medicine as recommended 1400 years ago by the Prophet Muhammad (peace be upon him). In his divine wisdom he said – “Use the Black Seed for indeed, it is a cure for all diseases except death.” [Saheeh al-Bukharee 7:591](#)

Black Seed in The Bible:

Black Seed is also found in the Bible in the Book of Isaiah in the Old Testament: “For the Black Cumin is beaten out with a stick and the Cumin with a Rod.” ([Isaiah 28: 25, 27 NKJV](#))

Easton’s Bible Dictionary clarifies that the Hebrew word for Black Cumin, “Ketsha” refers to “without doubt the *Nigella Sativa*”, a small annual of the order Ranunculaceae which grows wild in the Mediterranean Countries. However although many people and cultures knew of black seed it was not scientifically researched until about forty years ago.

Since then more than 200 studies have been conducted in the Universities all over the world. One such study conducted at the Munich Institute for Research on Newer Therapeutic Methods [Munchner Institut zur Erforschung neuer Therapieverfahren] has confirmed by means of the most modern analytic methods that Black Seed oil contains over 100 active health-promoting substances and displays superior clinical effectiveness as a nutritional supplement.

Among the many amazing discoveries researchers have found, is that the Black Seeds are superior to almost every other natural remedy when used for autoimmune disorders; conditions in which patients suffer greatly because their own systems attack their bodies.

Black Seed, especially when combined with Garlic, is regarded as a harmonizer of the imbalance which allows immune cells to destroy healthy cells. The technical language to describe this property is “Immunomodulatory Action.”

The difference between Black Seed and interferon is that there are no known side effects with Black Seed when administered in normal dosages.

All in all Black Seed has been known and used throughout many cultures for over two thousand years.

Narrations for Black Seed

Aisha (may Allah be pleased with her) said that she heard the Messenger (saw) say, “This black seed is a cure for every disease except death.” [Saheeh al-Bukharee ([5687](#))].

Khalid bin Sa’d (ra) said, “We went out and with us was Ghalib bin Abjar (ra). He fell sick along the way and when we came to al-Madinah, he was sick. Ibn Abu ‘Atiq (ra) came to visit him and said to us, ‘You should use this black seed. Take five or seven (seeds) and grind them then apply them to his nostrils with drops of olive oil on this side and on this side for Aisha (may Allah be pleased with her) narrated to them that she heard the Messenger (saw) say, “This black seed is a cure for every disease except death.” [Saheeh Sunan ibn Majah ([3449](#))].

Ibnul Qaiyum (may Allah have mercy upon him) said, “It has immense benefits and his statement that it is a cure for every disease except death is like the statement of Allah.”

Black Seed

Research has found that there is not another herb known to work with such a wide range of healing capabilities.

Nigella Sativa are known by many names for example, Black Seed or Black Cumin. Habbat ul barakah in Arabic countries (the Blessed Seed) due to the saying of the Holy Prophet (saw) and habbat as-sawda. It is referred to as Schwarzkummel in Germany and Corek Otu in Turkey. It is often named Black Onion Seed because of its similarity to onion seed in appearance but they share no relation to each other.

Warning Regarding Black Seed Oil

Dear reader please note the hadith makes no mention of the word oil. The Prophet (saw) never used black seed oil! This is an important distinction as

many people today are selling the oil and quoting the hadith as if it refers to the oil, which is causing confusion amongst people.

In the hadith the Prophet (saw) specifies a dose of 7 seeds in each nostril for infection gives us an indication of the dose and the fact it is the seeds and not the oil. We are trying to emphasise the hadith and its meaning.

Isn't the oil is just the same as the seeds as it contains the same active ingredients?

On the face of it this may sound like a good argument but apart from going against the hadith it is also a scientificallly flawed argument. No one would compare eating olives to consuming olive oil, or the derivative of a product to the whole product.

The fact that the product is derived should be enough for a person to understand something is missing. To make it even simpler to understand how about comparing eating whole coconut to coconut oil or even whole fish to fish oil.

What does the hadith “In it is a cure for everything except death” mean?

There are a number of hadith pertaining to Black Seed and Hijama etc that state: “In it is a cure for everything except death.” So why do these remedies not cure cancer, diabetes and all the illnesses in the world?

This is a common question for most people but what we should know is that if something does not seem right in the Qur'an and Sunnah, it's not the Qur'an or Sunnah but usually our understanding of it. I would remind our readers to be careful when things are translated from Arabic to another language, in this case English and always try to return to the original Arabic to resolve any issues.

In regards to these hadith the Prophet (saw) did not say “Al shifa” rather the Arabic word ‘Shifa’ (cure) came without the definite article which means that it is an indefinite word that covers most cures.

This means that the Black Seed contains a benefit that contributes to the cure of every disease. However some people may misunderstand the translation and end up confusing themselves as well as others. From a medical point of view, these remedies contribute to the total cure – and not that they are the total cure themselves alone.

For example Black Seed strengthens the immune system and so if the immune system is strengthened so will your bodies resilience against disease. Similarly, Hijama removes chemical impurities from the body and if this is done on a regular basis as recommended in the Sunnah, then it greatly reduces the likelihood of diseases gaining a permanent hold in your body. So the correct understanding of the hadith is that these remedies contain a benefit that contribute to the cure (shifa) of every disease.

So is Black Seed oil useless?

One would advise on balance there have been medical studies done using the oil and some scholars have indicated the use of the oil as part of specific remedies. So if one wants to use the oil form then they should follow the guidance from those studies as they have knowledge regarding the correct dosage for the conditions treated with the oil and can provide the statistics for the level of success.

However the oil tends to be a very strong product and anyone who has tasted it can attest that it has a sharp and bitter taste, and for many people the oil causes stomach upsets etc, so we advise it should not be consumed on a long term basis without a compelling medical basis for doing so.

Black Seed Medical benefits

For thousands of years, people around the world have recognized the tremendous healing properties of this Legendary Herb: “Nigella Sativa or Black Seed.”

Another profound discovery is that the ingredients (Polyunsaturated Fatty Acids) of the oil lead to increased production of the messenger substance Prostaglandin E1, a hormone-like substance, that functions as a general regulator on several body functions such as:

1. Brain function
2. Nerve function
3. Lowering blood pressure
4. Activation of the immune system.

Black Seed is Rich in Nutritional Values.

Monosaccharides (Single Molecule Sugars) in the form of Glucose, Rhamnose, Xylose, and Arabinose are found in the Black Seed.

The Black Seed contains a non-starch Polysaccharide component which is a useful source of dietary fiber. It is rich in fatty acids, particularly the unsaturated and essential fatty acids (Linoleic and Linoleic Acid). Essential fatty acids cannot be manufactured by the body alone, and therefore we acquire these from food.

Fifteen amino acids make up the protein content of the Black Seed, including eight of the nine essential amino acids. Essential amino acids cannot be synthesized within our body in sufficient quantities and are thus required from our diet.

Black Seed contains Arginine which is essential for infant growth.

Chemical analysis has further revealed that the Black Seed contains Carotene, which is converted by the liver into Vitamin A, the Vitamin known for its Anti-Cancer activity.

The Black Seed is also a source of Calcium, Iron, Sodium, and Potassium. Required only in small amounts by the body, these elements' main function is to act as essential co-factors in various enzyme functions.

Immune System Strengthening

Studies begun just over a decade ago suggest that if used on an ongoing basis, Black Seed can play an important role to enhance human immunity, particularly in immunocompromise patients.

In 1986, Drs. El-Kadi and Kandil conducted a study with human volunteers to test the efficiency of Black Seed as a natural immune enhancer. The first group of volunteers received Black Seed capsules (1 gram twice daily) for four weeks and the second group were given a placebo.

A complete lymphocyte count carried out in all volunteers before and four weeks after administration of Black Seed and the placebo revealed that the majority of subjects who took Black Seed displayed a 72% increase in helper to suppresser T-cells ratio, as well as an increase in natural killer cell functional activity.

The control group who received the placebo experienced a net decline in ratio of 7%. They reported, "These findings may be of great practical significance since a natural immune enhancer like the Black Seed could play an important role in the treatment of Cancer, AIDS, and other disease conditions associated with Immune Deficiency states."

These results were confirmed by a study published in the Saudi Pharmaceutical Journal in 1993 by Dr. Basil Ali and his colleagues from the College of Medicine at King Faisal University.

In the field of AIDS research specifically, tests carried out by Dr. Haq on human volunteers at the Department of Biological and Medical Research Center in Riyadh, Saudi Arabia (1997) showed that Black Seed enhanced the ratio between helper T-cells and suppressor T-cells by 55% with a 30% average enhancement of the natural killer (NK) cell activity.

Anti-Histamine Activity

Histamine is a substance released by bodily tissues, sometimes creating allergic reactions and is associated with conditions such as Bronchial Asthma.

In 1960, scientists Badr-El-Din and Mahfouz found that dimer dithymoquinone isolated from Black Seed's volatile oil, under the name of "Nigellone," and given by mouth to some patients suffering from Bronchial Asthma, suppressed the symptoms of the condition in the majority of patients.

Following the results of this early study, Crystalline Nigellone was administered to children and adults in the treatment of Bronchial Asthma with effective results and no sign of toxicity. It was observed, however, that although effective, Crystalline Nigellone displayed a delayed reaction.

In 1993, Nirmal Chakravarty, M.D., conducted a study to see if this delay could be attributed to the possibility of Crystalline Nigellone being an inhibitory agent on Histamine. His hypothesis proved correct.

Dr. Chakravarty's study found that the actual mechanism behind the suppressive effect of Crystalline Nigellone on Histamine is that Crystalline Nigellone inhibits Protein Kinase C, a substance known to trigger the release of Histamine. In addition, his study showed that Crystalline Nigellone decreased the uptake of Calcium in mast cells, which also inhibits Histamine release.

The importance of these results are that people who suffer from Bronchial Asthma and other Allergic Diseases may benefit from taking Crystalline Nigellone.

Anti-tumor Principles

A study of Black Seed's potential anti-tumor principles by the Amala Research Center in Amala Nagar, Kerala (India) in 1991 lent further impetus to Dr. Chakravarty's suggestion for the possible use of Black Seed in the treatment of Cancer.

Using an active principle of fatty acids derived from Black Seed, studies with Swiss Albino Mice showed that this active principle could completely inhibit the development of a common type of cancer cells called Ehrlich ascites carcinoma (EAC). A second common type of cancer cells, Dalton's lymphoma ascites (DLA) cells were also used. Mice which had received the EAC cells and Black Seed remained normal without any tumor formation, illustrating that the active principle was 100% effective in preventing EAC tumor development.

Results in mice who received DLA cells and Black Seed showed that the active principle had inhibited tumor development by 50% less compared to mice not given the active principle.

The study concluded, "It is evident that the active principle isolated from Nigella Sativa Seeds is a potent anti-tumor agent, and the constituent long chain fatty acid may be the main active component."

Anti-Bacterial

In 1989, a report appeared in the Pakistan Journal of Pharmacy about Anti-Fungal Properties of the volatile oil of Black Seed. 1992 saw researchers at the Department of Pharmacy, University of Dhaka, Bangladesh, conducting a study in which the antibacterial activity of the volatile oil of Black Seed was compared with five antibiotics: Ampicillin, Tetracycline, Cotrimoxazole, Gentamicin, and Nalidixic Acid.

The Black Seed Oil proved to be more effective against many strains of bacteria, including those known to be highly resistant to drugs: V. Cholera, E. Coli (a common infectious agent found in undercooked meats), and all strains of Shigella spp., except Shigella Dysenteriae. Most strains of Shigella have been shown to rapidly become resistant to commonly used antibiotics and chemotherapeutic agents.

In light of the above research findings, it is of interest that homeopaths have long been known to make a tincture from the Black Seed for digestive and bowel complaints. Traditionally, the Black Seed is still used to help relieve vomiting and diarrhea, as well as flatulent colic, and to help counteract the griping action of purgatives (e.g. certain laxatives, fruits such as apricots when over consumed).

Anti-Inflammatory

As early as 1960, Professor El-Dakhakny reported that Black Seed Oil has an anti-inflammatory effect and that it could be useful for relieving the effects of Arthritis.

In 1995, a group of scientists at the Pharmacology Research Laboratories, Department of Pharmacy, Kings College, Lond, decided to test the effectiveness of the fixed Oil of Nigella Sativa and its derivative, thymoquinone, as an anti-inflammatory agent. Their study found that the oil inhibited eicosanoid generation and demonstrated anti-oxidant activity in cells.

The inhibition of Eicosanoid generation, however, was higher than could be expected from Thymoquinone alone. Their study suggested that other compounds within the oil might also be responsible for the enhanced anti-inflammatory reactions in cells.

The scientists speculated that the unusual C20:2 unsaturated fatty acids contained in Black Seed were possibly responsible for boosting the oil's effectiveness.

In 1997, studies conducted at the Microbiological Unit of the Research Center, College of Pharmacy, King Saud University, Riyadh, Saudi Arabia, found that externally in an ointment form, the anti-inflammatory activity of the Black Seed was found to be in the same range as that of other similar commercial products. The tests also demonstrated that the Black Seed is non-allergenic.

Promotes Lactation

A study by Agarwal (1979) showed that Black Seed Oil increases the milk output of breastfeeding mothers. A literature search by the University of Potchefstroom (1989), including biological abstracts, revealed that Black Seed's capacity to increase the milk flow of nursing mothers could be attributed to a combination of lipid portion and hormonal structures found in the Black Seed.

Black Seed – Summary of Actions:

Analgesic: Relieves or dampens sensation of pain.

Anthelmintic: (Also known as vermicide or vermifuge) destroys and expels intestinal worms.

Anti-bacterial: Destroys or inhibits the growth of destructive bacteria.

Anti-Inflammatory: Reduces inflammation.

Anti-Microbial: Destroys or inhibits the growth of destructive microorganisms.

Antioxidant: Prevents or delays the damaging oxidation of the body's cells – particularly useful against free radicals.

Anti-Pyretic: (Also known as fever-reducer) – exhibits a 'cooling action', useful in fever reduction.

Anti-spasmodic: Prevents or eases muscle spasms and cramps.

Anti-tumour: Counteracts or prevents the formation of malignant tumours*

Carminative: Stimulates digestion and induces the expulsion of gas from the stomach and the intestines.

Diaphoretic: Induces perspiration during fever to cool and stimulate the release of toxins.

Diuretic: Stimulates urination to relieve bloating and rid the body of any excess water.

Digestive: Stimulates bile and aids in the digestive process.

Emmenagogue: Stimulates menstrual flow and activity.

Galactagogue: Stimulates the action of milk in new mothers.

Hypotensive: Reduces excess blood pressure.

Immunomodulator: Suppresses or strengthens immune system activity as needed for optimum balance.

Laxative: Causes looseness or relaxation of the bowels.

Black Seed Around The World

There is a lot of confusion about the names of Black Seed (Nigella Sativa) which is primarily due to different countries and regions where it is used and grown. In English it is commonly referred to as Black Cumin or Black Caraway, although it has no relation to the common Cumin or Caraway that is used as a spice in cooking.

That is why the popular name “Black Seed” best describes this herb and this name has been associated with Nigella Sativa for the last 30 years in the United States, Middle East and Europe.

Gernot Katzer, a culinary spice expert and former researcher at the University of Graz, Austria, has compiled an extensive list of the different names of this remarkable herb and spice in 63 languages. Interestingly, as he notes, nearly all names of Black Seed contain an element meaning black in reference to the unusually dark colour of the seeds and have a second part that means cumin, caraway or simply grain.

Albanian Fara e zeze

Amharic ጥቁር አዝመድ

Tikur Azmud

Arabic حبة السوداء، حبة البركة، كمون اسود، شونيز

حَبَّةُ السُّودَاءِ، حَبَّةُ الْبِرْكَةِ، كُمُونُ اسْوَد، شُونِيْز

Habbet as-suda, Habbeh as-sudah, Habbet al-suda, Habbeh al-suda, Habbah sauda, Habbah al-baraka, Kamun aswad, Sanouz, Shuniz, Shunez, Sinouj

Assamese কালজিৰা

Kaljira

Azeri Çörək otu

Чөрək оту

Bengali কাল জিৰা, কালোজিৰা

Kalo jira

Bulgarian Челебитка посевна, Черен кимион

Cheleb tka posevna, **Cheren kimion**

Catalan Sanuj, Barba d'ermita`

Chinese

(Cantonese) 黑種草 [hàk júng chóu]

Hak jung chou

Chinese

(Mandarin) 黑種草 [hēi zhǒng cǎo]

Hei zhong cao

Croatian Crni kumin, Crnog kima

Czech Cerný kmín, Cernucha

Danish Sortkommen

Dhivehi ސަވަދު ބިރިރި

Kalu dhiri

Dutch Nigelle, Narduszaad

English Black Cumin, Black Caraway, Black Seed

Esperanto Nigelo

Estonian Mustkõõmen, Põld-mustkõõmen

Farsi سیاه دانه

Siah daneh

Fi nish Ryytineito, Sipulinsiemen, Rohtoneidonkukka, Mustakumina, Mustasiemen; Neidonkukka (applies to the whole genus)

French Cheveux de Vénus, Nigelle, Poivrette

Gaelic Lus an fhograidh

German Zwiebelsame, Nigella, Schwarzkümmel

Greek Μελάνθιον, Μελάνθιο, Νιγκέλα

Melanthion, Melanthio, Ni kela

Hebrew תצק

תצק

Ketzah, Qetsach

Hindi कलौंजी, कलौंजी

Kalaunji, Kalonji

Hungarian Feketekömény, Parasztbors, Kerti katicavirág, Borzaskata mag

Indonesian Jinten hitam

Italian Nigella, Grano nero

Japanese ニゲラ, ニジェーラ

Nigera, Nijera

Kannada ಕರಿ ಜೀರಿಗೆ

Kari jirige

Kazakh Содана

Sodana

Korean 벌 싹 쿠 민 , 대 회 향 , 니 겔 라 ,
흑 종 초

Pullaek-kumin, Tae-hoehyang, Nigella; Hukchongcho (Nigella damascena)

Latin Git

Latvian Melnseklīte

Lithuanian Juodgrūd □

Maithili मडरैला

Mangrela

Malay Jintan hitam

Malayalam കരിഞ്ചീരകം, കറുത്തജീരകം

Karinjeeragam, Karuta jirakam

Nepali मुग्रेलो, मुन्ग्रेलो

Mugrelo, Mungrelo

Newar □

(Nepalbhasa) मुग्रेला, हाजी, हजि

Mugrela, Haji

Norwegian Svartkarve

Oriya କଳାଜିରା

Kalajira

Polish Czarnuszka siewna

Portuguese Nigela, Cominho-preto

Punjabi ਕਲੌਂਜੀ

Kalaunji

Romanian Chimion negru, Negrilică, CernuşcăCernuşcă

Russian Чернушка, Нигелла

Chernushka, Nigella

Serbian Ђурукота, Чурукот, Чурекот, Црно семе, Црњика храпава

Ćurukota, Ćurukot, Ćurekot, Crno seme, Crnjika hrapava

Sinhala කලුජීරු

Kaluduru

Slovak Černuška siata, Černuška, Černuška dama □ cénska, Egyptská čierna
rasca

Slovenian Vzhodna črnika

Spanish Niguilla, Pasionara

Swedish Svartkummin

Tamil கருஞ்சீரகம்

Karunjiragam

Telugu నల్లజీలకర్ర

Nallajilakarra

Thai നീലനీ

Thian dam

Tibetan ཟེ་ར་ནག་པོ་

Zira nagpo

Tulu ಕಾಳಜಿಲಿಗಿ

Kalajirige

Turkish Çörek otu, Çöreotu, Çörekotu tohumu, Ekilen, Hakiki çöreotu, Kara çörek otu, Siyah kimyon, Siyah susam

Ukrainian Чорнушка посівна

Chornushka posivna

Urdu کلونجی

Kalonji

Yiddish נייגעלע, טשערניטשקע

□igele, Tshernitshke

Natural Remedies of Islam

Black Seed

Arabic: Habba Souda, Habbat al-Barakah;

Other Name: Fennel Flower, Black Cumin Nigella sativa; Ranunculaceae (Buttercup Family)

Native to the Mediterranean and grown throughout the Middle East and parts of Asia, Nigella sativa is cultivated for its seeds, which are known as the “seeds of blessing.” For the Arabs, black seed is not only a food but also a valued traditional medicine that has long been used to treat such ailments as asthma, flatulence, polio, kidney stones, abdominal pain and so on. It has served as an important health and beauty aid for thousands of years.

According to tradition, the Prophet Muhammad described black seed as a cure for every disease except death. The great physician Ibn Sina (980–1037), better known as Avicenna, stated that black seed works as an expectorant, stimulates the body’s energy and helps overcome fatigue and dispiritedness.

How to use:

Eat black seeds plain;

Eat a teaspoon of black seed mixed with honey;

Boil black seed with water. Strain and drink;

Heat black seed and warm milk until it just begins to boil. Remove from

heat. Cool, then drink;

Grind black seed and swallow it with water or milk;

Sprinkle on bread and pastries;

Burn black seed with bukhoor (incense) for a pleasant scent.

In the kitchen: Black seed is aromatic with a slight peppery flavor. It is one of the distinct flavors of Arab pastries. It is often sprinkled on breads and cheese. It is heated with milk for flavor. It is eaten ground with honey or with cakes and pastries.

Remedies across Arabia: In Arabia, black seed remains a traditional remedy for asthma, coughs, stomach aches, abdominal pain, colic, general fatigue, rheumatism, mouth and larynx diseases, skin diseases and cancer. It is also believed to strengthen a mother after childbirth; stimulate menstruation, urination and liver functions; aid digestion; dissolve kidney stones; and increase intelligence. Black seed is used to beautify skin, nourish hair and stimulate hair growth.

Did you know?

Black seed was found in Tutankhamen's tomb. This suggests that black seed had an important role in ancient Egypt, since it was customary to place in tombs items needed for the afterlife.

In the Old Testament, the prophet Isaiah contrasts Nigella (black cumin) with wheat. (See [Isaiah 28:25-27](#))

FAQ's About Black Seed

What is Black Seed?

Black Seed is a traditional herb that has been in use for thousands of years by people living in the Middle East and some parts of Asia and Africa to promote health and general well-being. It is also known the "Blessed Seed".

What are the essential properties of Black Seed?

Black Seed herb contains over 100 components, many of which still remain to be discovered. It is a rich source of unsaturated fatty acids and contains about 35% oil, 21% protein, and 38% carbohydrates. More than 50% of the oil are essential fatty acids. Its linoleic acid and gamma linolenic acid content help form Prostaglandin E1, which helps the body to inhibit infections, balances the immune system, and regulates allergic reactions. Gamma-linolenic acid also helps stabilize the cell membrane. Black Seed also contains about .5-1.5% volatile oils including Nigellone and

Thymoquinone which have been researched for anti-histamine, anti-oxidant, anti-inflammatory, and broncho-dilating effects.

What are some of the traditional uses of Black Seed?

Traditionally, Black Seed has been used for a variety of conditions and treatments related to respiratory health, stomach and intestinal complaints, kidney & liver support, circulatory and immune system support, and to improve general health. Black Seed oil has been used topically for different skin conditions, dryness, joint and scalp massage.

What scientific research has there been on Black Seed?

Since 1959, there have been over 200 studies at international universities and articles published in various journals showing remarkable results supporting some of its traditional uses. In 1960, Egyptian researchers isolated that Nigellone, which is only found in Black Seed and responsible for its broncho-dilating effect.

Recently scientists in Europe studied the anti-bacterial and anti-mycotic effects of black seed oil. Scientists at the Cancer and Immuno-Biological Laboratory reported in a study that Black Seed may stimulate bone marrow and immune cells and may raise the interferon production, protect normal cells against cell destroying effects of viruses, and raise the number of antibodies producing B cells.

What about the effects of Black Seed and Prostaglandin E1 on the Immune System?

Through the formation of Prostaglandin E1, the complete immune system is harmonized and the body's over-reactive allergic reactions are stabilized. By also inhibiting infection, the immune system is able to prevent and control chronic illnesses. Healthy cells are protected from the damaging effects of viruses, inhibiting tumors.

As a result Interferon cell protein is formed, inhibiting growth of damaging micro-organisms. Recently independent clinical studies in the Archives of Aids described the possible effects of Black Seed on the defense system by improving the ratio between helper T-cells and suppressor T-cells by a significant amount while also enhancing the natural killer cell activity.

What are some of the other Effects of Black Seed?

Black Seed may support metabolism and improve digestion. There have been studies published that show Black Seed may have a lowering effect on blood sugar levels and may be useful in the treatment of diabetes melitus.

What are the overall benefits of Black Seed?

Black Seed is a multi-faceted herb with many benefits, especially when it comes to maintaining a strong and healthy immune system. It is also very useful for respiratory complaints and seasonal allergies, weakened or over-stimulated Immune system, kidney or liver problems, digestive and stomach complaints, and joint and circulation related issues. Black Seed is a safe herb that can be used by anyone. It has no known side effects and has a long history of use for several thousand years.

What is more effective, Black Seed herb or oil?

Both are equally effective, but Black Seed oil is more concentrated and contains greater amounts of essential fatty acids. Caution should be taken when using low quality imported black seed oil because many oil products are imported and are adulterated or mixed with carrier oils. Some oils coming from the Middle East are extracted with heat and hexane, a petroleum by-product. Always use a product that is labeled as 100%, cold-pressed, solvent free, and packed and sealed by machine.

Sources:

Mission Islam

Dar-us-Salam Publications