



BLACK CUMIN

Botanical name: *Nigella sativa*

Nigella sativa is one the most revered medicinal seeds in history. The best seeds come from Egypt where they grow under almost perfect conditions in oases where they are watered until the seed pods form. Black cumin seeds were found in the tomb of Tutankhamun. Though black cumin seeds are mentioned in the Bible as well as in the words of the Prophet Mohammed, they were not carefully researched until about fifty years ago. Since this time, more than 200 studies have been conducted in universities.

Dosage: 5 ml of organic, cold pressed oil two times per day.

Chemical constituents: 20.85% protein, 38.20% fat, 4.64% moisture, 4.37% ash, 7.94% crude fibre and 31.94% total carbohydrates. Potassium, phosphorus, sodium and iron were the predominant elements present. Zinc, calcium, magnesium, manganese and copper were found at lower levels.

Unsaturated fatty acids: linoleic and oleic acids. Saturated fatty acids: palmitic acid. Main amino acids: glutamic acid, arginine and aspartic acid. Minor amino acids: cystine and methionine, etc.

Black cumin oil: major fatty acids are linoleic acid (50.2%), oleic acid (19.9%), margaric acid (10.3%), cis-11,14-eicosadienoic acid (7.7%) and stearic acid (2.5%).

Pharmacological uses:

Antioxidant, antihypertensive, neurostimulative, analgesic, expectorant, lactative, carminative, hepatoprotective, cardioprotective, hypolipidemic, antiproliferative, antimicrobial, antiviral, antiparasitic, anti-inflammatory, anti-angiogenic, antipyretic, antiulcerogenic, immunomodulatory, chemopreventive, broncho-dilating, anti-leukemic.

Therapeutic uses:

- Hyperglycemia
- Hypertension
- Hyperlipidemia
- Infertility
- Allergies
- Nervous exhaustion
- Gastritis
- Vomiting
- Jaundice
- Hemorrhoids
- Cancer
- Skin diseases: psoriasis, eczema, etc.



Image credit: <http://www.kadinvebakim.net>

Doshas: *Kapha-Vata*

Taste: Pungent, Bitter

Properties: Light, Dry, Sharp

Traditional uses:

- *Vata* diseases
- Edema
- Loss of appetite
- Flatulence
- Asthma
- Oliguria
- Liver diseases
- Diarrhea
- Dysmenorrhea



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Toxicity: None known

Research:

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