

## What is Black Seed and What is it Used For?

Black Seed, *Nigella Sativa*, is a flowering herb whose seeds have been known and used for thousands of years for their healing abilities. It is known by many names like Love in a Mist, Black Cumin, Kalonji. It is mentioned in the Prophetic Narrations that the Prophet Muhammad, peace and blessings be upon him, encouraged the use of Black Seed and said it is a cure for every disease except death. Modern scientific research over the past 50 years attest to the intricate and amazing properties of Black Seed. Over 200 studies since 1959 have confirmed the healing properties and have given new hope for pursuing treatments for disease like cancer and AIDS.

Over 100 Healing Properties in one tiny seed

Black Seed has shown its effectiveness against everyday ailments including bacterial infections, viruses, allergies, and auto-immune disorders. It is an anti-tumor, antihistamine, anti-inflammatory and antibacterial agent.

Black Seed works as an immune regulator, boosting a weak immune system or calming a hyper active immune system. In one tiny seed over 100 chemicals have been identified that work in harmony to support the body's natural healing abilities.

*Nigella Sativa* is made up of about 35% oil, 21% protein, and 38% carbohydrates. Over half of the oil composition are essential fatty acids. Essential fatty acids cannot be produced by the body and must be supplied in the diet, making Black Seed oil an excellent nutritional supplement. It contains linoleic acid and gamma linolenic acid forming Prostaglandin E1, which helps the body to inhibit infections, balances the immune system, and regulates allergic reactions. Black Seed oil also contains the volatile oils Nigellone and thymochinon. Nigellone and thymochinon have been proven to have an anti-histamine, anti-oxidant, anti-infective, and broncho-dilating effect.

### Uses of Black Seed

- o Inflammatory conditions such as arthritis

- o Immune and circulatory support

- o Respiratory complaints: coughing, congestion, bronchial inflammation
  
- o Gastrointestinal complaints like diarrhea and constipation
  
- o to address Menstrual Problems
  
- o topically for skin conditions : eczema, psoriasis, arthritis, inflammation, and dry scalp and hair.
  
- o treat parasite infection
  
- o treat jaundice, gall stones, urinary difficulties and infections
  
- o diabetes support - (Black Seed has a hypoglycemia effect, please consult your physician for advice)

#### Who can Use Black Seed

Black seed is beneficial for all ages in proper doses. Pregnant women are advised not to take Black Seed, but it is considered safe for lactation. Black Seed has a hypoglycemia effect, please consult your physician for advice.

#### Sources:

The Book: Black Seed Natures Miracle Remedy was useful in producing this article

See Also: Research Studies Confirm the Healing Properties of Black Seed, and our Recipes and Remedies Section