

Black Seed (Nigella sativa)



Black cumin oil contains 100 healing components which work together in a synergetic effect. That means they all complement each other in the process of aiding our body's ability to look after itself.

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 (SWS) and habbat as-sawda. It is referred to as Schwarzkummel in Germany and Cörek 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.

Black Seeds Actions

- Analgesic: Relieves or dampens sensation of pain.
- Anthelmintic: (Also know 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 oxidisation of the body's cells - particularly useful against free radicals.
- Anti-Pyretic: (Also known as ferbrifuge) - 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.

Immune System

Black seed oil has been traditionally used for a vast array of ailments. What gives black seed oil its apparent ability to have a cure for all diseases is its ability to support a weak immune system. That would be specifically for those of us who are always getting ill, feel run down and have little energy. It gives your defense system the ability to fight.

At the same time it rebalances a hyperactive immune system bringing relief for those who have respiratory problems such as asthma, hay fever and aiding many allergies.

Detox

It also has a cleansing and eliminatory effect on the digestive system (particularly the detoxification of the intestines). Regulation of the immune system and the detoxification of the intestines are foremost in good health since it is these that are the starting point for many health disorders. By maintaining the good order of these systems we can prevent the beginning of many illnesses.

Aromatherapy Massage Oil

What is unique about its healing components is that it contains between 0.5 – 1.5 % essential oils which make it strong enough to be an aromatherapy massage oil in its own right. While many traditional uses of the oil indicate applying it externally for skin care such as acne and psoriasis, the majority of treatments call for it to be consumed.

Analysis

Analysis has shown black seed oil to contain 100 components including vitamins A, B1 and B2, 15 amino acids including 9 essential amino acids, proteins, zinc, selenium, omega 3, 6 and 9 and thymoquinone. Thymoquinone has been the centre of study for

many of the research papers written about the pharmaceutical properties of the plant.

In 1959 when there were successful studies made in the Islamic world which attracted more attention in Muslim countries. It only attracted the attention of Western countries when Black seed was rediscovered in Germany.

Asthma

In 1996, Baronesse a famous racehorse was suffering from acute asthma. Unhappy to give it the normal cortisone based therapies (with their awful side effects) their owners turned to a homeopathic vet.

The vet was also at a loss of how to treat the horse when he sought the advice of a Dr in Egypt. "Black seed" was the reply, "it has been used for centuries for treating horses."

Baronesse who by this time was attached to oxygen equipment started eating black seed mixed in her food. To their amazement she could soon start breathing with ease and within weeks was not only super fit but winning medals again.

Her owner happened to be the daughter of a top immunologist in Munich, Dr Peter Schleicher. He had been so impressed by this event that he administered black seed to Dr. Friedrich Carpenter, the former Federal Minister of the Interior in Germany, who was also suffering from asthma.

His asthma was also cured which confirmed to the Dr. that this herb needed serious study. He was the head of 5 major studies on black seed mainly as a therapeutic agent for asthma, neurodermitis and allergies.

70% Cured

In one of the studies black seed was used in a test with over 600 patients. It was found that 70% of patients with allergic conditions, among them being pollen and dust allergies, asthma and neuro-dermitis were cured by Nigella Sativa.

TV

This intriguing seed caught the attention of Dr. Guenter Gerhardt a medical health guru on a German TV channel. The masses were then informed of the wide healing capabilities it contained.

Consequently this product is now available at nearly every chemist in Germany and the German health system are obliged by law to pay for the expense of black seed oil for people suffering from certain ailments.

The most interesting aspect of the oil in Germany is that it is all mild. For black seed oil to be a really high quality it needs to have a certain sharpness. This is a sign of a good content of essential oil.

Traditional uses of the Black Seed from around the world

For centuries, the black seed and its oil has been used by people in Asia, Africa, the Middle and Far East to promote health and fight disease. It has been traditionally used to treat a variety of ailments and conditions related to respiratory health, stomach and intestinal complaints, kidney and liver function, circulatory and immune system support and to improve health in general.

Please find below some traditional Black Seed remedies that are used around the world:

Asthma & Bronchial Problems (Far East, Middle East & Malay Peninsula)

Mix a teaspoon of Black Seed Oil in coffee. Taken twice daily. Also rub chest with Black Seed Oil every night and inhale the vapour of Black Seed Oil in hot water.

Backache & other kinds of rheumatism (Middle East & Malay Peninsula)

Mildly heat a small amount of Black Seed Oil and then stroke the rheumatic area intensely. A teaspoon of the oil should also be drunk three times daily.

Diabetes (India)

Mix a cup of whole Black Seeds, a cup of watercress or mustard seeds, half a cup of pomegranate peel, and half a cup of fumitory. Grind the mixture to powder. Take half a teaspoon of the mixture together with a teaspoon of Black Seed Oil daily before breakfast for one month.

Diarrhoea (India & Middle East)

Mix a teaspoon of Black Seed Oil with a cup of yoghurt. Drinking the mixture twice a day until symptoms disappear.

Dry Cough (Middle East & North Africa)

A teaspoon of Black Seed Oil should be mixed in coffee and taken twice a day. Rub the chest and back with Black Seed Oil.

Flu & Nasal Congestion (General)

Placing three to four drops of Black Seed Oil in each nostril can relieve nasal congestion and head cold distress.

Hair Greying (General)

Massaging the hair with Black Seed Oil regularly may prevent premature hair greying.

Hair Loss (India & Middle East)

Stroke the scalp thoroughly with lemon and leave for about 15 minutes, shampoo, wash and dry hair thoroughly. Then massage Black Seed Oil into the scalp. Drink a teaspoon of Black Seed Oil mixed in tea/coffee.

Hay Fever (Middle East)

One tablespoon of Black Seed Oil mixed with a glass of lemon should be taken twice daily until symptoms disappear.

Headaches (General)

Rub the forehead and the sides of the face near the ears with Black Seed Oil and bandage the head. Also a teaspoon of Black Seed Oil should be taken before breakfast.

Healthy Being (General)

To maintain good health take a teaspoon of Black Seed Oil mixed with one teaspoon of pure honey, twice daily.

Healthy Complexion (General)

Mix a tablespoon of Black Seed Oil with a tablespoon of olive oil. Rub the face with this mixture and leave it for at least one hour. Wash with soap and water.

Hypertension (India)

Mix any drink with a teaspoon of Black Seed Oil and also take two lobes of garlic every morning with breakfast. Rub all the body with Black Seed Oil and expose your body to sun rays for half an hour once every three days. Repeat for one month.

Laziness and Fatigue (Turkey)

One tablespoon of Black Seed Oil with a glass of pure orange juice every morning for at least 10 days.

Memory Improvement (Middle East)

A teaspoon of Black Seed Oil mixed in 100mg of boiled mint for at least 15 days.

Muscular pains (General)

Massage the area with Black Seed Oil.

Nervous Tension Stress (India)

A teaspoon of Black Seed Oil with a cup of tea/coffee to be taken three times daily.

Sexual Impotency (Europe & Middle East)

Mix 200g of ground Black Seeds with Olive Oil & 100g of ground olibanum & 50g of Black Seed Oil & 50g of olive oil & 200g of pure honey. Mix thoroughly and take a tablespoon after every meal.

Sleeping Disorder (General)

A tablespoon of Black Seed Oil mixed with honey in any hot drink in the evening.

Toothache & Gums (General)

First cook Black Seeds with vinegar. Add Black Seed Oil. Rinse the mouth with this formulation to help the gums and relieve toothache.

Ulcers (Indonesia & India)

Roast powdered Black Seeds over the fire. Mix them with oil of orrisroot, or the oil of henna plant, or the oil of camphire plant making an ointment that is then spread over the festering rural ulcers. After lavation treat with vinegar.