

BLACK SEED – Part II*

**...“hold onto the use of the black seed for in it is healing for all illnesses
except death”⁽¹⁾**

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The last issue discussed the history and health benefits of Black Seed, a botanical with vast and substantial healing properties. There are even 5 separate Black Seed patents in the US for the treatment of diabetes, for inhibition of cancer cell growth, improvement of the immune system, viral Infections, and psoriasis. Today, black seed is used for treating digestive tract conditions including gas, colic, diarrhea, dysentery, constipation, and hemorrhoids. It is also used for respiratory conditions including asthma, allergies, cough, bronchitis, emphysema, flu, swine flu, and congestion.

Other uses include lowering blood pressure, lowering cholesterol levels, treating cancer, and boosting the immune system. It can lessen inflammation, relieve pain, fight infections and reduce fevers. Women use black seed for birth control, to start menstruation, and to increase milk flow. Some people apply black seed directly to the skin for joint pain (rheumatism), headache, and certain skin conditions. This seed has the ability to modulate different and vast healing pathways; however, this is a common occurrence among traditional plant medicines!

Allergies:

Black seed lessens allergic reactions by acting as an antihistamine.⁽²⁾ In four clinical studies it was concluded that, “Black seed oil therefore proved to be an effective adjuvant for the treatment of allergic diseases.”⁽³⁾

Alzheimer’s:

A new human study published in the Journal of Ethnopharmacology revealed that Black Seed might provide an ideal nutritional supplement for preventing or slowing the progression of Alzheimer disease. The researchers also noted that beyond its neuroprotective properties Black Seed also has kidney protective, lung protective, cardioprotective and liver protective properties.⁽⁴⁾ Another study documented that Black Seed Prevents Alzheimer's Associated Neurotoxicity.⁽⁵⁾

Asthma:

Black seed oil has been traditionally used for centuries for easing respiratory problems. Research proved that Black Seed and its active constituents (i.e. thymoquinone) have beneficial effects on the inflammatory factors leading to asthma. Thymoquinone, is superior to the asthma drug fluticasone in an animal model of asthma.⁽⁶⁾ A human study found that boiled water extracts of black seed have a potent anti-asthmatic effect on asthmatic airways.⁽⁷⁾ As a note of interest, there is a patent on Black Seed in the UK for Asthma (UK - EP1709995).

Cancer Prevention:

Many studies have been conducted on the anti-tumour effects of Nigella Sativa. In 1997 at the Cancer Research Laboratory in South Carolina, USA, research proved that Black Seed oil increased the growth rate of bone marrow cells by a staggering 250% and inhibited tumor growth by 50%. Black Seed has been proven to be effective against many cancers including blood(leukemia)⁽⁸⁾, brain⁽⁹⁾, breast⁽¹⁰⁾⁽¹¹⁾, cervical⁽¹²⁾, colon (compares favorably to the chemoagent 5-fluoruracil in the suppression of colon cancer growth, but with a far higher safety profile)⁽¹³⁾, liver⁽¹⁴⁾, lung⁽¹⁵⁾, oral⁽¹⁶⁾ and pancreatic⁽¹⁷⁾. Black seed is also thought to prevent and inhibit the development and metastasis of neoplastic cells associated with cancer. Most studies are, however, in animals or in human cell lines.

Circulation:

Black seed is protective against heart attack damage and helps to lower blood pressure.⁽¹⁸⁾⁽¹⁹⁾

Chemotherapy/Radiation damage:

Black seed is sometimes used in combination with cysteine, vitamin E, and saffron to ease the side effects of a chemotherapy drug called cisplatin.⁽²⁰⁾ Black Seeds active compound, thymoquinone, has been found to protect brain tissue from radiation-induced damage. Researchers say the substance is able to “clearly protect brain tissue from radiation-induced nitrosative stress.”⁽²¹⁾

Chemical Weapons Injury:

A randomized, placebo-controlled human study of chemical weapons injured patients found that boiled water extracts of Black Seed reduced respiratory symptoms, chest wheezing, and pulmonary function test values, as well as reduced the need for drug treatment.⁽²²⁾

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