

Black Seed Miracle

Black Seed has a history of over 2500 years and known as the seed of blessing.

This makes Black Seed one of the safest plant extracts for human consumption. Black Seed is an adaptogen which means an agent causing adaptive reactions. Black Seed has the ability to increase the resistance of the human body, protecting it against various diseases. Clinical trials have

shown that Black Seed Oil controls Blood Sugar & Cholesterol apart from many other diseases and is considered to be one of the greatest healing herbs of all times.

The botanical name for Black Seed is *Nigella sativa*. Majority of traditional Ayurvedic formulas contain Black seed as an ingredient which signifies its efficiency as a medical herb. Black Seed is also known as among many other terms as Black Cumin, Black Caraway, & has many other names as well.

Nigella sativa has been used for centuries, both as a herb and pressed into oil, by people in Asia, Middle East, and Africa for medicinal purposes. It has been traditionally used for a variety of conditions and treatments related to respiratory health, stomach and intestinal health, kidney and liver function, circulatory and immune system, and for general overall well-being.

Black Seed is used in perfumery, especially in soaps, and as a spice in cakes, breads, pastries, confectionery, sauces, cheese, etc. The oil is added to alcoholic liquors and also used for flavouring and for medicinal purposes. The fatty oil obtained by the expression of seeds is used for edible purposes. The oil is semi drying and is of reddish brown in colour. They are also used as a stabilizing agent for edible fats. Locally the oil is used as an anaesthetic.

Preliminary clinical trials indicate its possible therapeutic use in some conditions of cough and bronchial asthma. Clinical trials also indicate its use in controlling of Blood Sugar & Cholesterol.

The seeds of *Nigella sativa* are considered carminative, stimulant, diuretic, emmenagogue, galactagogue, and are used in the treatment of mild cases of puerperal fever. They are externally applied for eruptions of skin. Alcoholic extracts of the seeds show antibacterial activity against *Micrococcus pyogenes* (*Staphylococcus aureus*) and *Escherichia coli*.