

Blackseed Natures Miracle

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A Science of Medicine
The Art of Care

"Use the Black seed, it has a cure for every disease except death".

Prophet Muhammad P.B.U.H (Bukhari)

For thousands of years, plants have been an important source of both nutrition and medicine. Documents on nutritional and medicinal plants go way back to 1500 B.C.

Amongst the well-celebrated medicinal herbs none compares to the majestic status given to the Black Seed. Known in Latin as *Nigella sativa*, some of the Black Seed's titles include :

"The Seed of Blessing", "The Miracle Cure", "The Cure All and "The Blessed Herb".

In English the *Nigella sativa* plant is referred to as "Love in the Mist".

History of Black seed

Throughout history, man has used the Black seed as a nutritive, preventative and curative agent. Its earliest known reference is found in the book of Isaiah in the Old Testament. In countries throughout the world, there is evidence of its usage in the treatment of a variety of illnesses. In fact, a bottle of Black seed oil was discovered in the tomb of Egyptian Pharaoh Tutankhamen. This is further evidence of its significance, as only items of extreme importance would be entombed with the king to assist him in the afterlife.

In the Greco- Arab /Unani -Tibb system of medicine, which finds its origin with the Greek Philosophers Hippocrates and Galen, and was then further conceptualized by the famous Persian physician Ibn Sina (Avicenna), the Black seed is regarded as a valuable remedy and stimulant in a variety of conditions. Islamic traditions also consider the Black seed to "be a cure for every illness except death."

Distribution of Black seed

The Black seed is originally from the Mediterranean peninsula. Its growth spread throughout Northern Africa, Eastern Asia and Southern Europe. In the past few decades it has also found its way into Eastern Europe, North America and Southern Africa. Today, the Black seed is cultivated worldwide for its medicinal and culinary uses. However due to climate and soil sensitivity, cultivation thrives primarily throughout the Middle East, Mediterranean region and Southern Asia.

Botanical Information

Nigella sativa belongs to the Ranunculaceae, or buttercup family. It may grow up to 18 inches tall and produces fine white-petaled flowers. The most distinguishing features of the Black seed plant are the size and position of the five spiked seedpods, which stretch upwards and remain, closed until the seeds are ripe. Once the seeds are exposed to air their color becomes black.

Black seeds effects on Immunity

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Black seeds effects on Immunity

The Black seed works in assisting the body's natural healing processes by strengthening the immune system, thereby promoting good health and well-being. The immune system consists of a complex and vitally important arrangement of anti-bodies, which recognize and neutralize foreign substances. It is the defense system of the body against invasion and is delicately balanced to avoid disturbances that create disease. A balanced immune system is crucial to proper health of the human body and the Black seed has been medically proven to enhance its functioning.

It has been discovered that a complex synergy of over 100 chemicals contained in the Black seed work together to enhance the body's immune system in a way that no other singular naturally occurring substance has been known to do. When consumed over time this proven immuno-modulator aids enables optimum functioning of the human body. The two most important oils found in Black seed are Nigellone and Thymoquinone, which act as powerful bronchodilators counteracting immune reactions and restoring respiratory system function. More importantly, Nigellone and Thymoquinone aid in the conversion of Linolenic acid that in turn, plays a necessary function in the production of prostaglandin E1. Prostaglandin E1 generates essential regulatory actions within the body, acts as a potent anti-inflammatory agent and strengthens the resistance of cell membranes to foreign material.

By targeting the vital workings of the immune system Black seed is effective over a wide range of ailments both as a treatment and as a preventative. Research proves that it has widespread healing powers against many ailments caused by bacteria, viruses and common allergies. Its immune-boosting qualities have shown valuable evidence against fatal diseases such as Cancer and AIDS.

Further uses of Black seed shows that it supports metabolism, improves digestion, and lowers blood sugar levels. It is also effective to dispel worms and parasites, improve body tone, stimulate menstrual periods, increase the flow of breast milk, provide energy, increase sperm count, calm the nervous system, encourage hair growth, prevent skin wrinkling, and much more.

How is Black Seed Used?

Black seed may be used in many ways. As a dietary supplement we recommend one teaspoon once or twice a day, the correct dosage is dependent on whether you are using it for prevention or treatment of acute problems. As an oil, it can be mixed into any cold liquid or yogurt. It can also be applied topically for skin disorders. Locally, Black Seed is available in seed, oil and also in convenient capsule form.

Black seed in Tibb

Ibn Sina has referred to the Black seed as, 'the seed that stimulates the body's energy and helps recovery from fatigue or dispiritedness'. Tibb physicians rely on the seed for both its heating qualities and its immune-modulatory effects. In Tibb, Black seed is the herb of choice for immuno-compromised patients. The properties of the Black seed have been proven time and again to be vital to health upliftment and in the improvement of illness conditions. It is no wonder that the Black seed has been revered by so many cultures for thousands of years. In fact, many believe that the Black seed's true potential is yet to be discovered, therefore it rightly deserves the name "Nature's Miracle".