



### Goodbye to colds by black seed

The black seed plant with the scientific name *Nigella sativa* is a plant with white or pale blue to deep blue flowers with milky white seeds that turn black in contact with air.

### Compounds in black seeds

Black seed has unsaturated fatty acids, various carbohydrates, vitamins E and C and mineral elements calcium, iron and potassium. . The seeds of this plant contain 30-40% oil, 20% protein, 7.5% moisture and 0.5-15% essential oil. . Black seed consists of amino acids, protein, carbohydrates, volatile and non-volatile oils, alkaloids, saponin and fiber.

Black seed has antiviral and antibacterial properties, so it can prevent cold-related diseases such as colds, bronchitis, influenza, etc. These tiny seeds strengthen the body's immune system and keep colds away. People who constantly sneeze after catching a cold can apply a decoction of roasted black seeds and olive oil on their forehead for a minute. . This mixture helps them get rid of sneezing.

Black seed tea to treat a cold, put a tablespoon of black seed in a teapot and add a large glass of water with a temperature of 80 or 100 degrees Celsius and let it brew for 20 minutes. . If you want, you can use honey to sweeten it.

The antioxidant, anti-inflammatory, immune system strengthening and antihistaminic effects of black seed oil and seed extract have caused numerous pharmacological effects such as reducing sugar, fat, high blood pressure, expelling bile and uric acid, protecting liver, kidney and heart and blood vessels, as well as anti-microbial and anti-parasitic effects of this plant.

### Properties of black seeds

Cholesterol-lowering, anti-cancer, destroying harmful bacteria, reducing inflammation, protecting the liver, regulating blood sugar, preventing stomach ulcers, treating high blood pressure. The antimicrobial effect of black seed in the control and treatment of *Staphylococcus* bacterial infections has been determined.

. Considering the pharmacological effects of black seed and its use in traditional medicine, and on the other hand, its antioxidant properties and antimicrobial properties, this plant can be used as a functional food. The seeds of the black seed plant are used in the traditional medicine of many countries to prevent and treat many disorders and diseases, including cough, asthma, nasal congestion, headache, toothache, intestinal worms, menstrual disorders, digestive diseases and sexual impotence.

Some studies have shown that the compounds in black seeds can cause blood clotting, so if you are using blood clotting drugs, consult your doctor before using black seed supplements. . High amounts of black seed oil can reduce uterine contractions. If you are pregnant, consume black seed in moderation and consult your doctor before use.

The proper amount of black seed consumption is 1 or 2 teaspoons of its oil per day, high amounts cause some kidney and liver disorders.