

Black Cumin Seed Profile

Also known as

Nigella sativa, Black Cumin, black Caraway, Roman Coriander, Black Onion Seed, Fennel Flower, Kalonji, Habbat Alabarakah (Seed of Blessing), Kezah

Introduction

Black cumin is an annual herbaceous plant with fine foliage and delicate pale bluish purple or white flowers. It is indigenous to the Mediterranean, but grows prolifically in many areas of the world.

Parts Used

The seeds are used in cooking and teas. The oil is used both cosmetically and medicinally.

Typical Preparations

The seeds can be used as a tea by themselves, or added to coffee or tea for an evocative flavoring. The seeds can also be used in all manners of cooking and baking, as well as pastas, casseroles, salads, and stir fry. Historically, some have used them mixed with honey and garlic as a tonic for asthma and coughs, as well as to enhance the immune system.

Summary

Black cumin seeds were found in the entombed with Tutankhamen for his journey into the afterlife. They were mentioned in the old testament of the bible, as well as by the prophet Mohammed, who stated that the 'Black seeds can heal every disease but death'. Historically they have received much praise from all corners of the world and have reputedly been linked to help with respiratory problems, stomach and intestinal health, treatment of diarrhea and dysentery, kidney and liver functions, circulatory system support, as well as general well being.

Precautions

Although black seed has historically been used to stimulate milk production in nursing mothers, some research indicates that caution should be taken during pregnancy to avoid complications, and a qualified medical practitioner should be consulted to determine if any precautions should be taken.