

**Dr. Cas Ingram's**

# Health Benefits of Black Seed



**Mediterranean miracle seed**

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1st Edition

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Printed in the United States of America

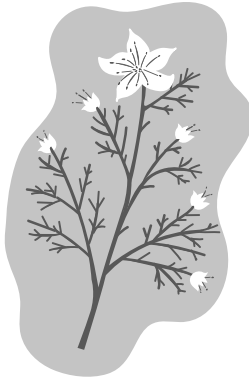
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## Introduction

There is a plant that is a blessed creation for all humankind, while largely neglected by the medical profession. Impossible to produce in a laboratory, it is a certain part of the Creative Wisdom that defies explanation. Humans could take advantage of it, gaining immense and wide-ranging benefits. It serves no other major purpose other than as a powerful natural medicine, even though it is edible and is traditionally used in food. This is black seed and its expressed oil.

There is a great deal of confusion regarding this. What is this seed? Is it black cumin? What about black caraway? There is also black sesame. Is it a relative? It has nothing to do with these seeds or the plants from which they are derived. Rather, it is of its own species, notably *Nigella sativa*. This genus and species is represented by the flowering plants of the buttercup family. Therefore, it is an herbal medicine more than it is a food.

The seeds are particularly strong to taste. Virtually no one will sit and eat a teaspoonful of black seeds. They are too acrid and bitter. A person would only do so for its drug-like effects and only temporarily. As a natural medicine the cold-pressed oil is most palatable and popular, as well as the ground seeds in capsules. Yet, for some people even the oil is objectionable. Thus, there is the option of oil in capsules.

The seed is one of those rare plant components that is actually black in color. The expressed oil has a dark golden color. Most people know of black seed as a nutritional supplement, which they take for specific health complaints or overall wellness. The main supplements available are the pure cold-pressed oil, the same oil combined with pomegranate and muscadine extracts, the oil in gelcaps fortified with fennel and cumin oils, and the pulverized seed in capsules. As well, a person can buy the actual seeds. Yet, few people will use them.

The plant is a shrub of only 18 inches or so tall that grows profusely in hotter climates. Areas where it flourishes include Sudan, Egypt, Ethiopia, Saudi Arabia, India, Pakistan, and Turkey. The heat of the sun has much to do with its aggressive properties. It is generally agreed that the finest oil arises from Turkey, although other respectable sources include Ethiopia and Egypt. The soil in these regions appears to create the richest biochemical profile.

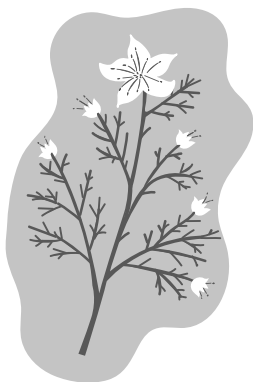
The research on black seed is astounding. This plethora of data proves that it has immense drug-like powers but without the side effects seen in pharmaceuticals. This medicinal capacity has been known since antiquity. Black seed was found in Pharaoh's tomb, apparently both the seed and the oil. The Prophet Muhammad, a spice trader, revived major interest in it when he

said that the seed cured all diseases “except death itself.” While the Qur’an doesn’t specifically mention it, the spice is described extensively in the Bible. During Islam’s height it was heavily prescribed by physicians throughout the Empire. However, in Medieval Europe it seems to be unknown, while in Indian medicine it finds a major place in Ayurvedic practice. Most of this derives from the Prophet’s dictate, which served as the stimulus.

In Africa it was routinely popular, as it is today. Africans have a long tradition for the medicinal use of black seed and its oil. Even today, it is held as a universal remedy, typically along with honey, for respiratory complaints.

The real breakthrough is via the findings of modern science. Here, a plethora of properties have been determined that account for its use and popularity. Let us explore these findings in order to take full advantage of this wondrous medicine for both prevention and cure.





## Chemistry and Properties

Black seed is black. What does this mean in terms of its powers? The seed ripens in a pod and turns this color. There must be much significant capacities in the chemistry that accounts for this. The blackness would imply it is rich in antioxidants and also a vigorous aid for the reddish-black arterial blood. Plus, consider the shape. It looks precisely like a miniature heart, complete with coronary arteries. Look closely with a magnifying glass. It is astounding, glory to God, He sure has a sense of humor. In fact, cardiac issues are the greatest arena for its health benefits. Virtually all heart and circulatory disorders respond to its immense potency.

The chemistry of black seed is telling. It contains potent naturally occurring substances that have a profound impact on health. These substances are the alkaloids, ubiquinones, and phenolic compounds. It is rich in yet other categories, including

pigments, melanin being the most dense, and sterols, plus hormones. In a testimony to its sophistication some 3% of its total mass remains unidentifiable. Plus, new substances are being found that do not exist in any other plant.

The main active ingredient is a highly metabolically active ubiquinone, known as thymoquinone. This may amount to as high as one percent of the total weight, which is considerable. The typical range is between .7% and 1.2%, which is more than sufficient. In other words, if it is a natural, whole food extract as long as it is within this range the level doesn't matter. There is no use getting caught up in the mechanics of this and falling prey to presumed thymoquinone wars. This is because some purveyors are attempting to gain a market advantage by manipulating the end-product, even adding synthetics. This commonly happens with nutraceuticals and it is a waste of time and potential. As long as it is truly cold-pressed and from a subtropical Mediterranean region—for instance, Turkey, Egypt, or Ethiopia—that is all that matters.

Coenzyme Q-10 is a similar substance and represents the body's own internally produced ubiquinone. This is an essential nutrient for the metabolism of energy reactions and also oxygen. A person must have sufficient stores to burn this gaseous compound within the cells. To demonstrate how crucial this is if coenzyme Q-10 levels drop within the body by 50% or more, death precipitously ensues. Black seed oil is the richest known source of the vegetable equivalent to this coenzyme. Here, it acts as a replacement for the coenzyme, which is difficult to procure except via synthetics. Thus, since it is virtually impossible to get it in the diet this is the supremely convenient source which anyone can procure. Besides heart tissue top sources include

onions, garlic, and shallots. A meal of organic beef or lamb's heart and chopped garlic plus sliced onions would do much to help maintain cardiovascular function. This must be well-chewed, as a person could choke on it. This is because of the elastic, thick connective tissue found in the membrane. The fact is it is just easier to take the black seed oil and/or consume the seeds.

There is so much more to this novel natural medicine than cardiovascular support, though this is considerable. Related to its blackness it is a top source of the pigment melanin, the same one that gives color to darker skin. Black seed contains a number of alkaloids, including types that it alone possesses in goodly quantities such as alpha-heredin. There are also phenolic compounds such as carvacrol, thymol, and carvone. The sterols it contains must be given due consideration. Full of energy these compounds are critical for the strengthening and maintenance of cell membranes, including those of the heart, skin, liver, kidneys, and brain. As well, sterols make the skin smooth and flexible, as they are important for preventing fluid loss from this tissue. They also keep the arteries from degenerating. Simultaneously, sterols help modulate abnormal cholesterol and triglyceride levels. Think of them as God's gift to smoothen all tissues, like the arterial walls, skin tissues, heart muscle, the ducts of the endocrine glands, and mucous membranes.

## Appendix

Conditions and Syndromes Benefited by Black Seed and its Expressed Oil

The conditions for which black seed and its expressed oil have proven useful are vast. The following is a relatively comprehensive list of these:

arthritis	memory loss
chronic inflammation	multiple sclerosis
coronary artery disease	poor breast milk
low HDL cholesterol	infertility
high LDL cholesterol	alopecia
hypertension	male pattern balding
vitiligo	hypothyroidism
psoriasis	hyperthyroidism
eczema	intestinal parasites
dermatitis	gallstones
congestive heart failure	syndrome X
irritable bowel syndrome	diabetes
gastritis	cancer
peptic ulcer	excessively rapid heart rate
ulcerative colitis	menstrual disorders
Crohn's disease	uterine fibroids
colds/flu	infertility (plus low sperm count)
asthma	pancreatic disease
epilepsy/seizures	hemorrhoids
attention deficient	kidney stones
drug toxicity	sluggish kidneys
bronchitis	chronic fatigue syndrome
pneumonia	immune deficiency (including low white count)
swelling of the extremities	
obesity	

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