

ISLAMIC AND MODERN SCIENTIFIC INFORMATION ABOUT NIGELLA SATIVAL (BLACK SEED)

Janas Khan *, Ata ur Rahman, Aliya Shah

Department of Islamic Studies, University of Malakand, Khyber Pakhtunkhwa, Pakistan

Received: October 19, 2015

Accepted: January 2, 2016

ABSTRACT

The medicines that have been used by the Prophet SAW and his Companions had reportedly denied the use of chemical mixtures known as “Aqrabathayan” or “Pharmacopoeia”. In fact mostly the medicines used by them were as a single element. The black seed oil extracted from the seed of *Nigella sativa* and used for abolishing the malignant tissues. Black seed cures Aids, breast cancer, snake bites, rabid dog bites, cold ailments and other states immune deficiency.

KEY WORDS: BLACK SEED, ARABIC NAME: Haba'tusuda, BOTANICAL NAME: *Nigella sativa*
L.ENGLISH NAME: black seed, VERNICULAR NAME: kalonji

INTRODUCTION

The Quranic narration of the surah alHadeed, Ayath 4 is very clear: Allah Almighty has created the earth in six days and properly placed the treasury of all requirements for the living beings until the last nano second of the existing world.

As Allah says:

He is the one who created the heavens and earth in six days then rose over the Throne (in a manner that suits his Majesty). He knows whatever goes into the earth and whatever comes out there from and whatever descends from the sky and whatever ascends there to. And He is with you whatever you are and Allah is watch of whatever you do.¹

Allah Almighty created human being and to accomplish their spiritual needs He send His messengers and divine books, also for their physical requirement and biological needs Allah created earth.

As according to Quran;

Did we not make the earth a container that* collects the living and the dead?²

Allah Almighty made this whole universe (ارض وسماء) for the human beings (اشرف المخلوقات) and for them He produce things which they eat.

As he says in the Quran:

“And He is the one who sent down water from the heavens then with it, We brought forth vegetation of all kinds. Then from it We brought grains set upon one another. And from the palm-trees from their spathes, come forth the low-hanging bunches. And (We produce) vineyards, the olive, the pomegranate similar or not similar to each other. Look at its fruit when it bears fruit and at its ripening. Surely in all this there are signs for the people who believe.”³

Like the above mentioned vegetation, *Nigella sativa* (kalonji) is one of the plant which has many benefits for human beings as mentioned in the prophetic medicines. The Prophetic Knowledge is an induction from Almighty Allah in the mind of Prophet for the therapeutic use of the human beings.

Description and results:

A slim or tubby annual herb; stem plumb 15-50cm, simple branched, finely straight; leaves stoutly dissected, with filiform leaf segments; flowers single whitish, without an involucre; follicles coherent throughout their length, inflated, tuberculated, seeds triquetrous, rugose.⁴

The chemical constituents:

Albumin, oil proteins, starches and bitter principle.⁵ Black seed leads into the formation of two most volatile oils; nigellone, thymoquinone. The other beneficial products arising out of the same seeds include glucose, saponine, amino acid and nishasta.⁶

*Corresponding Author: Janas Khan, Department of Islamic Studies, University of Malakand, Khyber Pakhtunkhwa, Pakistan

Uses:

Seeds used to treat intestinal worms and never defects ; to reduce flatulence, induce sweating, stimulate breast milk, excellent diuretic, especially in scanty urination, restore sense of smell.⁷

The seeds employed as culinary in Asian setting are useful in ascites, lung complaints, cough, jaundice, hydrophobia, tertian and puerperal fevers, paralysis, eye-sores, piles and dysmenorrhoea. It is a good adjunct to purgatives. The seeds give ease and relief even on externally applied when amalgamated with vinegar in the following allergies and diseases; alopecia, pimples, eczema, leucoderma, pimples, pityriasis and freckles. Powdered seeds moistened in Sesamum oil applied on skin eruptions for relief.⁸

Prophetic Medicine

The medicines used by the holy prophet Mohammad SWA and at that time his companions too never used to have the mixture of chemicals named Aqrabathayan. Mostly medicines used by them contained only a single ingredient. At times, they would mix another ingredient to decrease the hard tasting effect of the first hand medicine or for the reason to assist the main core in a better way. This phenomenon was and is still in practice in various societies like the Arabs and Turks. The Indian culture also behaves in the like manner when it comes to medicine and cure. Contrary to this culture, the Greek and the contemporary Romans also used medicines made from mixture of various remedies and available substances.

For the cure of each and every disease described by the Holy Prophet SWA, the best instance is from Abu Huraira's narration where he mentions that for every disease created by God there is a cure created too and a treatment.⁹

Another example of the emphasis on the importance of Black seed, is wonderfully narrated by Abu Huraira-where it is revealed that this seed is cure for every disease. The only thing it cannot foresee is death and that is why it has been excluded here in this hadith by the Prophet SWA.¹⁰

Imam Ahmad bin Hambal mentioned the narration of Usamah bin shuraik in his Musnad when the latter was accompanying the prophet SWA and a group of Bedouins visited the Prophet. They asked the prophet SWA about the use of medicines and the prophet allowed its use by adding the above mentioned words that no disease has been created without a cure. Simply signifying that where there is a disease there is a cure for it.¹¹

In Persian language it is known by the name of shuneiz. Back cumin and Indian cumin are also used for it.¹² The beneficial aspects of this seed has been prevalent from the following statement of the Holy prophet SWA: "it is a cure for every type of disease." This statement is like what Allah said "destroying everything by the command of its Allah".¹³ It means destroys everything is prone to destruction.

Al Harbi narrated that Al.Hassan said, "it is the mustard seed "While Al Harawi said that it is the green seed which is the seed of the terebinth. These are not correct opinions, because the prophet (S.A.W) stated that it is the black seed, which is the shuneiz as we stated.¹⁴

Cold ailments :

In Cold ailments, whatsoever the type may be but the black seed is very useful. Moreover, when hot or dry medication leaves an imprint on the affected area the black seed give a relief to that vary place. It helps in proper application of medication naturally fit for coldness effect in hot ailment affected areas.¹⁵

The black seed also help the mechanism of absorption when applied in minute amount. Even sneezing and cold could be cured with the help of black seed but in a proper way. The best prescribed way is to fry it first, then soak it in oil and lastly drop it into the nostrils.¹⁶

Gall stones & kidney stones:

For curing the stones of kidneys and prostrate, the best applied form of administering the black seed is to grind it first and then mix it with honey. After doing so, it shall be engulfed with warm water. By doing such a practice, it ultimately dissolves the stone while it acts as a diuretic as well.¹⁷

Snakebites:

Blackseed could be protective in snake bites. It also cures and relieves hemorrhoids and also is effective in spots. The problems with hard breathing could be solved only by oral intake of 25gms of this seed with water. This will also work against gasping.¹⁸

Toothache:

The sensitivity of one's teeth due to cold water or any other cold thing could be reduced when black seed are boiled and cooked in vinegar. The only measure to be done is oral rinsing or gargles.¹⁹

Treating cancer:

The decomposition of Skin ulcers, healing of spots, cure of minor mucous tumors and hard tumors is easily obtained via the use of bandages. The bandages must be having the black seed blended with vinegar.²⁰

Facial paralysis:

Facial paralysis is another instance where the black seed could be consulted for help. Here it has to be in its oil form and administered through the nose of person facing the paralysis.²¹

Spider bites:

The proper help obtained from black seed in spider bites is about twenty five grams of it taken by the person affected by the bite.²²

For Headache and Ear ache

It is best in Head and ear ache in the shape of fine ground seed mixed with oil obtained from green seed. This mixture of ground seed when mixed with oil is treated in the form of ear drops.²³

Leprous skin and remove dandruff:

In leprous skins and in a head having dandruff, the black pigmentation of the skin of head and dandruff both could be cured by black seed. The main component i-e black seed here for these two purposes has to be crushed in vinegar and applied externally.²⁴

Rabid dog bite:

In the cases of rabid dog bites, the amount of useful black seed swallowed with cold water is twenty five grams of it and it also decreases the chances of death as a result of hydrophobia i-e fear of water. This practice has to be followed each day for effective results.²⁵

Poisonous beasts:

The repulse of beasts could be obtained through black seed when they are burned.²⁶

Eliminate helminthes:

Shuneiz has the property of third degree hot and dry in theb. It eliminates flatulence. Expel out the helminthes(worm). It also decomposes and accumulating gases and moisture in the stomach. The black seeds along with vinegar when heated help to demolish the presence of helminthes/ worms when this paste is placed on the stomach. For more efficient results, the blending of these seeds with colorynth water gives best result for the elimination of worms in the stomach. The author of the 'qanoon' and other people stated that saffron blended with camphor has similar effects, because saffron helps the camphor reach the affected area quickly. There are several types of plants that have similar effects as saffron. It is possible that hot substance benefits in cases of hot diseases. For instance, the Anzarut, which is a type of eyeliner, is mixed with other remedies for Ophthalmia, conjunctivitis, and so forth. Ophthalmia is hot tumor as the doctor agree.²⁷

Breast feeding (increase the flow of breast milk):

For feeding mothers having deficiency of milk, the increase in content of milk and the flow are obtained through this seed. It also helps to enhance the flow while the menstruation period and focus on the milk production when continuously taken for a few days.²⁸

There are many other benefits for the Shuneiz. We should state that the dose should be around twenty-five grams, as some people claim that using excessive dosages of it might cause death.

The black seed backs to its use for more than centuries in the history. Ancient books, texts and scriptures directs to the use of black seed in the following cultural ways but the point worth mentioning is that it shall not be taken as a staunch cure or the only available treatment for all diseases.²⁹

Famous products (morakkabat)

Ha'ab e huliyat, jawarish shunez, ma'ajon kalkala.³⁰ Roghan kalonji, roghan ajeeb, roghan kalan.³¹

Modern Science:

Scientific Research on Black Seed Bitters: BLACK SEED (Nigella Sativa):

In 1959, Mahfouz a wellknown Egyptian scholar along with the renowned researcher from Egypt El-Dakhakhny prepared from oil of black seed- the Nigellone. For the cure of hypersensitivity, a study was conducted upon the internal content analysis of black seed in Munich in order to evolve a modern treatment for diseases and constant illnesses. The study and examination of 70 percent of the subjected patients gave positive results in so many different allergies and diseases. The list of diseases having being cured within the above 70 % included minor allergies from spots and Pollens to asthmatic problems. The other remaining illnesses that were hit passimetically by this study from the regular use of Black seed oil were allergies from dust and neuro-dermatological illnesses. The most significant result of this vary study in Munich was that even a mal-functioning or disordered immune system could be regulated in a proper genuine order like before due to the regular use of black seed oil.

Recently in 1997, the anti-bacterial nature of this black seed oil was compared in a study in Bangladesh at its capital Dhaka with five other different antibiotics and the success touched black seed oil. Nigella Sativa proved to be even effective against highly resistant bacteria. The slightly resistant strains of bacteria were the basic stage of attack of black seed oil upon which black seed oil proved dominancy.

In a laboratory of Tulane University, the effect of black seed in order to eradicate cancer cells emerged with a tremendous success in USA. The sole reason for this success when thoroughly analyzed came into being the presence of thymoquinone. This substance has the properties to cease the development of cancer cells which are aggressive in the creation of prostate. This is how the black seed acts as an anti-cancer.

There had been more than 200 studies upon the black seed in various dimensions world wide in laboratories and universities. It has been observed that normally chemo therapies results in side effects but one of the most prestigious institute i-e Cancer Research laboratory of Hilton Head island in its research on the enormous strength of black seed oil put forward the fact with confidence that *Nigella Sativa* not only proved to be the most effect against tumor in tumor therapies but also unlike most chemo therapies it gave no side effects. The development of bone marrow was calculated in research studies as to be 250% and that of the tumor growth inhibited about 50%. It not only acts as a stimulant in building immunity of the cells but also increased the production of interferon. Interferon is responsible for the protection of cells by defending them from viruses. They also pointed out the effective strength of the seeds in both bacterial and micotic attacks and termed it anti to both. This anti-both effect leads further to the reduction of blood sugar level which finally could be defined as the treatment of diabetes.

Black seed has been tested as an anti inflammatory agent in 1960 by a set of various scientists belonging to Kings College London. They tested Thymoquinone; the derivative of *Nigella Sativa* for having the ability to act as anti-oxidant. The agent also had inhibited cicosanoid generation in the analysed cells of the test conducted in Kings College. This group of scientists further elaborated that the old traditional custom of the use of black seed authenticates it for rheumatism. Moreover they added that the related inflammatory diseases could also be cured by *Nigella sativa*. Another recent study on black seed in 2002 from some scholars of Gifu University Japan proved and valued the strength of black seed for the benefits of Diabetic patients. In 2003, Turkish inhabitants in an experiment applied the appropriate dose of Black seed on diabetic rabbits and declared afterwards that the sugar level was lowered enough to the level of almost control. In 1997, the graceful Saudi Arabia in its Biological and Medical Research centre at Riyadh city conducted a test for the improvement of T and NK cell activity. Their tests confirmed that black seed not only improved the ration between these mentioned cells but also figured it out to 50% and 30% increase respectively. These researches and their results signify the importance of black seed in Immuno Deficiency Illnesses along with AIDS and the fatal Cancer.³²

Conclusion:

The accessibility of Ahadith give balanced awareness and openness to the human race from the era of the holy Prophet till today. It is a miracle that centuries ago human enthusiasm has not yet denied the truth and genuineness of Ahadith despite all the vain efforts. This challenge has not even yet met by the modern scientists and whenever they had intruded within those jurisdictions, they have acknowledged that Ahadith are true even in the modern scientific world.

The Holy Quran invites those having understanding , with power of thinking's and thoughts , capable of observation and with all kinds of knowledge related to the entire universe .

This discussion include only (*Nigella sativa*) black seed mentioned in the Ahadith, out of several other and is extremely tiny fragment of the humanly possible approach .

The Holy Quran at times invite those who are having a sound thoughtful approach, a better understanding and a clear thinking capability to observe and roam around within the universe. This discussion includes *Nigella Sativa* mentioned in Ahadith and is only a fragmentary effort to the existing sphere of knowledge.

In future everybody shall have the responsibility to find out a possible scientific approach related to plants, animals and the rest of the universe mentioned in the Holy Quran and Ahadith, for the best survival of the dwellers of the world.

REFERENCES

¹ Alquran: 57 : 4

² 77: 25-26

³ Ibid 6 :99

⁴A pictorial guide to Medicinal Plants of Pakistan ,Zabta khan Shainwari , Mehboob ur rehman and takashi Watanabe,Takafumi yoshikawa,2006, Al, aziz Communications, peshawer , Pakistan pg 294 .

⁵ Hakim N.A.Tariq, tajalmufradat khawasaladviya.pg 567.

⁶ Kitab almufradat bayan al Adviya, Pg321-322,37,1956.

- ⁷ A pictorial guide to Medicinal Plants of Pakistan, Zabta khan Shinwari, Mehboob ur rehman and takashi Watanabe, Takafumi yoshikawa pg ,294.
- ⁸ Monographs of Unani Medicine, Published by :Drugs and traditional Medicine Division National Institute of Health, Islamabad Pakistan 2003, Vol 1, pg 380-381.
- ⁹ Al Bukhari, Muhammad bin Ismail, Aljamiaa Alsahih Bukhari Noor Muhammad Malik book near Jamia masjid Dehli-India 1938, Book Medicines (kitabul Tib) 7:71: 582: 1938.
- ¹⁰ Sahih Bukhari 7:71:592
- ¹¹ Imam Ahmad bin Hambal, Musnad imam Ahmad bin hanbal, rahmania, star printers Lahore.2009, Hadith no :18647
- ¹² Kitab almufadrat bayan al Adviya , Pg321-322,37,1956
- ¹³ Al Ahqaf :46:25
- ¹⁴ Al-Jozi(Aljawziyya), Ibn-ul Qayyim,Zad ul Ma'ad, Nafees Academy Karachi, pp;314-585.
- ¹⁵ Ibid
- ¹⁶ Hakam M.H. Awan, Kitab al –Mufadrat, Second Edition, Sheikh Ghulam Ali and Sons, Lahore 1956,pg 369.
- ¹⁷ Al-Jozi(Aljawziyya), Ibn-ul Qayyim,Zad ul Ma'ad, Nafees Academy Karachi, pp; 377-378.
- ¹⁸ Ibid,pg 378
- ¹⁹ Ibid
- ²⁰ Ibid
- ²¹ Ibid.pg 378-379
- ²² Ibid.pg 379
- ²³ Ibid
- ²⁴ Ibid
- ²⁵ Ibid
- ²⁶ Al-Jozi, Ibn-ul Qayyim, pg 377
- ²⁷ Al-Jozi, Ibn-ul Qayyim,378-378
- ²⁸ Kitab almufadrat bayan al Adviya , Pg321-322,37
- ²⁹ Al-Jozi, Ibn-ul Qayyim-unknown,pg 379.
- ³⁰ Hakim N.A.Tariq, tajalmufadrat khawasaladviya,pg 567
- ³¹ Hakim , Ramlubaya, Kitab al –Mufadrat, bayanaladviya, pg 322.
- ³² <https://www.facebook.com/BuyBlackSeedBitters/posts/482136778513981:0>

BIBLIOGRAPHY

1. Al-Quran.
2. Al Bukhari, M.B.I ,Aljamiaa Alsahih Bukhari, Noor Muhammad Maalik Book Dept. Near Jamia Masjid, Dehli-India 1938, Book Medicines (kitabul Tib) Hadith No:592,582.
3. Al-Jozi (Aljawziyya), Ibn-ul Qayyim, Zadul Maad, Nafees Academy, Karachi, pp: 314-585.
4. Monographs of Unani Medicine ,Published by :Drugs and traditional Medicine Division National Institute of Health, Islamabad Pakistan,2003, Vol 1, pg 380-381.
5. A pictorial guide to Medicinal Plants of Pakistan ,Zabta khan Shainwari , Mehboob ur rehman and takashi Watanabe, Takafumi yoshikawa,2006, Al, aziz Communications, peshawer , Pakistan pg 294 .
6. <https://www.facebook.com/BuyBlackSeedBitters/posts/482136778513981:0>
7. Hakim M. Kabiruddin , Kitab al- Adviya Makhzan al- Mufadrat , Daftar Al-Masih , Delhi, India, 1937.pg332.
8. Hakam M.H. Awan, Kitab al –Mufadrat, Second Edition, Sheikh Ghulam Ali and Sons , Lahore 1956,pg 369.
9. Hakim N.A.Tariq,tajalmufadrat khawasaladviya, shekh Muhammad and sons ,year of publishing unknown, pg 565.)
10. Hakim.Ramlubaya, Kitab al –Mufadrat,bayan aladviya, fourth edition, idara sulimani,Lahore 2013,pg321-322.