

# Benefits of Black Seed Oil/ Nigella Sativa Oil

## Asthma & Bronchial Problems

Mix a teaspoon of blackseed oil in coffee. Taken twice daily. Also rub chest with the oil every night and inhale the vapour in hot water.

## Backache & rheumatism

Mildly heat a small amount of blackseed oil and then stroke the rheumatic area intensely. A teaspoon of the oil should also be drunk three times daily.

## Breast Milk

2 teaspoons of blackseed oil daily increases the milk of the woman.

## Diabetes

Mix a cup of whole blackseed, a cup of watercress or mustard seeds, half a cup of pomegranate peel, and half a cup of fumitory. Grind the mixture to powder. Take half a teaspoon of the mixture together with a teaspoon of the oil daily before breakfast for one month.

## Cancer

Mix 1 kg of oil of the blackseed with 1 kg of honey; simmer for 15 minutes, add cup of lemon juice; then allow to sit in a cool place. Take 2 tsp every morning for three weeks.

## Moles

Blackseed can be applied to remove the developed moles from the body, cleans the skin and regularizes the menses.

## Eye Pain

Mix blackseed oil with the oil of ersea and put a drop in the effected area to cure eye-sore or pain.

## Flu & Nasal Congestion

Placing three to four drops of Black Seed Oil in each nostril can relieve nasal congestion and head cold distress.

## Hair Greying

Massaging the hair with Black Seed Oil regularly may prevent premature hair greying.

## Hair Loss

Stroke the scalp thoroughly with lemon and leave for about 15 minutes, shampoo, wash and dry hair thoroughly. Then massage Black Seed Oil into the scalp. Drink a teaspoon of Black Seed Oil mixed in tea/coffee.

## Hay Fever

One tablespoon of Black Seed Oil mixed with a glass of lemon should be taken twice daily until symptoms disappear.

## Headaches

Rub the forehead and the sides of the face near the ears with Black Seed Oil and bandage the head. Also a teaspoon of Black Seed Oil should be taken before breakfast.

### **Healthy Being**

To maintain good health take a teaspoon of Black Seed Oil mixed with one teaspoon of pure honey, twice daily.

### **Healthy Complexion**

Mix a tablespoon of Black Seed Oil with a tablespoon of olive oil. Rub the face with this mixture and leave it for at least one hour. Wash with soap and water.

### **Hypertension**

Mix any drink with a teaspoon of Black Seed Oil and also take two lobes of garlic every morning with breakfast. Rub all the body with the Oil and expose your body to sun rays for half an hour once every three days. Repeat for one month.

### **Laziness and Fatigue**

One tablespoon of nigella sativa oil with a glass of pure orange juice every morning for at least 10 days.

### **Nervous Tension Stress**

A teaspoon of oil with a cup of tea/coffee to be taken three times daily.

### **Diarrhoea**

Mix a teaspoon of Black Seed Oil with a cup of yoghurt. Drinking the mixture twice a day until symptoms disappear.

### **Muscular pains**

Massage the area with warmed oil.

### **Sexual Impotency**

Mix 200g of ground Black Seeds with Olive Oil & 100g of ground olibanum & 50g of oil & 50g of olive oil & 200g of pure honey. Mix thoroughly and take a tablespoon after every meal.

### **Sleeping Disorder**

A tablespoon of oil mixed with honey in any hot drink in the evening.

### **Toothache & Gums**

First cook Black Seeds with vinegar. Add black cumin seed oil. Rinse the mouth with this formulation to help the gums and relieve toothache.

### **Ulcers**

Roast powdered Black Seeds over the fire. Mix them with oil of orrisroot, or the oil of henna plant, or the oil of camphire plant making an ointment that is then spread over the festering rural ulcers. After lavation treat with vinegar.

### **For women and delivery**

It is the best thing for helping with the pains of labor. Boil the black seed with honey and drink.

## **Heart burn**

Add a few drops of black seed oil to a hot cup of milk and add one teaspoon of honey. Also, eat a lot of lettuce.

## **Ulcers**

Mix 10 drops of black seed oil with a cup of honey. Eat a spoon of this mixture daily, every morning, before you eat or drink anything else. Follow with a glass of milk. Do this for two months.

## **Flatulence**

Remedy 1:

Internally - Make a tea. Mix equal parts Ground black seed, ground fennel and peppermint. Add 3- 7 drops of Black seed oil. Sweeten with honey.

## **Remedy 2:**

Externally - Make a compression. Apply a compression soaked with apple vinegar and black seed to the stomach.

## **Insomnia**

A teaspoon of black seed and honey or with tea before supper offers relief from insomnia and a restful sleep

## **Nausea / Vomiting**

Mix a teaspoon of ground black seed in boiled mint three times daily.

## **Tonsillitis**

Boil 10 grams of kalonji with half litre of water and filter. Gargle twice a day.

## **Disclaimer**

\*These statements have not been evaluated by the FDA. When ill one should always contact a Practitioner.