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***Correspondence**

Mehwish Saleem
Email:
shumailm124@gmail.com

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Potential Therapeutic Benefits of Prophetic Medicine-*Nigella sativa*: A Review

Sumama Farooq[1], Mehwish Saleem[1,2]*, Zunaira Azam[1], Saneela Kausar[1]

[1]Department of Zoology, Govt. Post-Graduate Islamia College (W) Cooper Road, Lahore 54000, Pakistan.
[2]Microbiology Laboratory, Sir Ganga Ram Hospital, Lahore Pakistan.

Abstract:
Nigella sativa belongs to the Ranunculaceae family and it is also known as Kalonji, black cumin seed, black seed, Habbatul Barakah, Habbatus Sauda, etc. It is widely cultivated in different parts of the world and is an annual herb in Pakistan. It contains proteins, fats, carbohydrates, crude fiber, and ash found mostly in seed oil. Different kinds of vitamins and minerals (Cu, P, Zn, Fe), alkaloids, and some other compounds (citronellol, carvone, and limonene) are also found in it. Black seeds are commonly used as spice and flavoring agents. It is used in herbal medicine for its pharmacological actions like antihypertensive, liver tonics, diuretics, anti-diarrheal, appetite-stimulating, analgesics, anti-bacterial, antiviral, antidiabetic, anticancer, immunomodulator, anti-inflammatory, spasmolytic, bronchodilator, hepato-protective, renal-protective, gastro-protective, and antioxidant properties. This review aims to investigate the potential therapeutic benefits of *N. sativa*. Due to the phytochemical composition and pharmacological properties, the seed and seed oil from this plant can be considered good candidates to formulate new therapeutic agents.

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