

A Review on Medicative Utilization of Nigella Sativa and Pharmacological Activity

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Abstract: It is recommended by the World health organization (WHO) that most of the world's population depends on herbal medicine for their health care. *Nigella sativa* is commonly known as a Black seed, Black cumin or Kalongii.e. An annual herb possessing a wide range of medicinal uses a part from its commercial significance as a spice yielding plant. *Nigella sativa* belongs to Family Ranunculaceae. It is very popular in various traditional systems of medicine like Unani, Ayurveda and Siddha. Seeds and oil have a long history of folklore usage in various systems of medicines and food. The seeds of *N. sativa* have been widely used in the treatment of different diseases and ailments. In Islamic literature, it is considered as one of the greatest forms of healing medicine. It has been recommended for using on regular basis in Tibb-e-Nabwi (Prophetic Medicine). *Nigella sativa* and its constitutions including some isolated compounds are the potential sources of remedies of varieties of ailments such as antioxidant, anti-inflammatory, antibacterial, antifungal, antiparasitic and antiprotozoal, antiviral, cytotoxic, anticancer, neuro-, gastro-, cardio-, Hepato - and nephroprotective activities. In addition, the *N. sativa* implies beneficiary effects on reproductive, pulmonary and immune systems along with diabetes mellitus (DM), fertility, breast cancer, dermatological complications, dehydration, dyspepsia, osmotic balance and so on. Among the other isolated chemical moieties, thymoquinone (TQ) is a good target for its potential antimicrobial, anti-inflammatory, chemopreventive, antitumor and other activities. *N. sativa* has got the place among the top ranked evidence based herbal medicines.

Keywords: Nigella sativa, Tibb-e-Nabwi, herbal medicine, antibacterial, anti-inflammatory

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