

NIGELLA

(*Nigella sativa*)

Clinical Summary

Actions

- Digestive Stimulant
- Carminative
- Anthelmintic
- Gastroprotective
- Hepatoprotective
- Emmenagogue
- Galactagogue
- Hypoglycaemic
- Diuretic
- Hypolipidaemic
- Antihypertensive
- Anticoagulant
- Diaphoretic
- Expectorant
- Anti-Asthmatic
- Antiallergic
- Antimicrobial (Antibacterial, Antifungal, Antiviral)
- Antioxidant
- Anti-Inflammatory
- Anxiolytic
- Immune Modulator
- Anticarcinogenic
- Analgesic

Indications

- Allergies, allergic rhinitis, asthma, fever, colds, bronchitis, coughs, chest congestion
- Type 2 diabetes, metabolic syndrome, obesity, low thyroid function
- High cholesterol, hypertension
- Reducing the symptoms of opioid withdrawal
- Gastrointestinal problems such as dyspepsia, poor appetite, flatulent colic, diarrhoea, gastrointestinal infections, Crohn's disease, intestinal worms, poor liver function, non-alcoholic fatty liver disease
- Dysmenorrhoea, menopause
- Polycystic ovarian syndrome, male infertility, breast milk production
- Externally for eczema and swollen joints

Traditional Use

Nigella seeds have been considered a panacea in multiple traditional medicine systems for centuries.

Energetics

Warming, oily, bitter, aromatic.

Constituents

Alkaloids, saponins, sterols, phenolic compounds and essential oil. The essential oil including thymoquinone.

Use in Pregnancy

Nigella is likely to be safe when taken in usual dietary amounts however the safety of larger doses has not been scientifically evaluated so medicinal doses are contraindicated. It has traditionally been used as an emmenagogue and it is suggested that large doses should be avoided in women trying to conceive.

Contraindications and Cautions

Caution is advised in patients with immune disorders although dietary intake appears safe.

Drug Interactions

Caution is advised with anticoagulant/antiplatelet drugs due to theoretical additive effects. Caution advised with immunosuppressant drugs due to a theoretical decreased drug effect. While it may not be clinically significant monitor with analgesics, anticonvulsants, antidiabetic, antihypertensive and central nervous system depressant drugs due to theoretical additive effects. The combination may be beneficial with antineoplastic drugs, cisplatin and doxorubicin however medical supervision is recommended.

Administration and Dosage

Liquid extract 1:2 in 70% alcohol
25 to 90mL weekly