



The effects of black seed and pure honey on immune system and infections

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ABSTRACT

BACKGROUND: Significant improvements have been seen in studies performed with black cumin for more than 20 years.

MATERIAL METHOD: The patients were used a mixture of black seed (BS) and pure honey since they had a severe infection more than 3 times a year. 100 g of ground black seed was mixed into 500 g of pure honey and taken orally 3g half an hour before the meal in the morning.

RESULTS: After 6 months of use, lymphocyte ratios increased by 15-32% and the number of severe infections in 1 year decreased from median 3 to 1.

DISCUSSION: In this study, 15-32% increase in lymphocyte rates after 6 months of use was observed in patients using black seed and pure honey mixture and the number of severe infections in 1 year decreased from median 3 to 1.

KEYWORDS: black cumin, nigella, thymoquinone, pure honey immun

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INTRODUCTION

Nigella sativa, black cumin are different names of BS in other languages. Al-habbah in

the Arab countries, al-sevda, is known with the names of habbet al-baraka.

It is a plant widely used in Mediterranean countries and central Asia. Small BS are used in asthma, chronic bronchitis, respiratory diseases such as sinusitis, gastric ulcer, indigestion, obstructive jaundice diseases such as jaundice, parasitosis and fungosis, allergy and eczema, rheumatic diseases, cancer, diabetes, cardiovascular diseases (1, 2). It's also were used to Scorpion spider bites, cats, kopek bites.

It can strengthen the immune system by stimulating the bone marrow in humans by increasing lymphocytes. Cells are more capable of producing cytokine with BS using. These cytokines that interlekin-1-beta and tumor necrosis factor more increases with BS. Significant improvements have been observed in studies with BS that have been conducted for over 20 years in those with weak immune systems (1-6).

Furthermore the antioxidant, antiproliferative, antimicrobial effects of Honey demonstrated in multiple studies (7-9). We obtained a study with *Black seed* and honey for increasing their effects on infections and immune system.

MATERIAL METHOD

In this retrospective study, 22 female patients with lymphopenia and frequent diseases were examined.. The ages are between 17-53. They used a mixture of BS and pure honey because they had a severe infection more than 3 times a year (Table 1).

Table 1. Severe infection rates before treatment

	Patient number	%
Infect. year		
3-6	19	86.3
7-8	3	13.7

Infect.: Infection number of one year

100 g of ground BS was mixed into 500 g of pure honey and taken orally 3g half an hour before the meal in the morning. The patients were followed up with clinical and laboratory tests at 3-month intervals for 1 year.

RESULT

After 6 months of use, lymphocyte rates increased by 15-32% and the number of severe infections decreased from 3 to 1 median in 1 year (Table 2). No side effects have been reported against the mixture of BS and honey.

Table 2. Severe infection rates after treatment

	Patient number	%
Infect. year		
0-1	18	81.8
2-3	4	18.2

Infect.: Infection number of one year

DISCUSSION

In 1986, Drs.El-Kadi and Qandil initiated a study on this subject. At the end of 4 weeks, the ratio of the helper T lymphocytes to the suppressive T lymphocytes was examined and it was seen that this ratio increased by 72% in the group given BS. An increase was also observed in natural killer cells (1). In the placebo area group, this rate decreased by 7%. It is thought that the immune system can be used in the treatment of diseases such as cancer and AIDS. These results were confirmed in 1993 by the publication of a study by Dr. Baril Ali and his group (College of Medicine at Kin Faisal University) in Saudi Pharmaceutical Journal.

Biological and Medical Research Center in Riyadh, Saudi Arabiadan (1997) In Haq's studies, it was found that BS increased the incidence of helper lymphocytes (T4) /

suppressive lymphocytes (T8) by 55% and natural killer cell ratio (NKC) by 30%.

In this study, 15-32% increase in total lymphocyte ratios was observed after 6 months in patients using black seed and honey mixture and the number of severe infections in 1 year decreased from median 3 to 1.

CONCLUSION

Therefore, we recommend performing randomized trials with a mixture of black seed honey in people with weak immune system and frequent infections.

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