

BLACK SEED: A CURE FOR EVERY DISEASE

“Use this black seed regularly, because it has a 'shifaa' (cure) for every disease, except death.” Both Sahihis have reported the hadith narrated by Abu Salamah on the authority of Abu Hurayrah (May Allah be pleased with him) that the Prophet (peace be upon him) said: Use this black seed regularly, because it has a 'shifaa' (cure) for every disease, except death.

The Scientific Fact:

For more than two thousand years, black cumin seed has been known and used as a natural treatment in many Middle and Far Eastern countries. In 1959, ad-Dakhkhni and his colleagues managed to extract Nigellone from black seed. Black seeds contain 40% fixed oils and 1.4% volatile oils. They also contain around fifteen amino acids, proteins, calcium, iron, sodium, and potassium. Among its most effective compositions are thymoquinone, dithymoquinone, thymohydroquinone, and thymol. The role of black seed in increasing human immunity was not clear before 1986, when Dr. Qadi and his colleagues started a series of researches in the United States. Afterwards, many researches were launched in various countries. Dr. Qadi proved that the use of black seed strengthens immunity since the ratio of the T assistant lymph cells increased by an average of 72% compared to the restraining cells. Also, there was a considerable development in the activity of natural killer cells with an average of 74%.

The results of many modern researches supported the findings of Qadi. Amongst them are the results published by the International Immunity magazine in August 1995 about the effect of black seed on the outer lymph cells and the activity of white blood multi-nucleus cells. In September 2000, the International Immunity magazine also published a research on the effect of black seed oil in preventing cytomegalovirus on laboratory rats. Black seed oil has been tested as an anti-virus substance and the immunity acquired during the early stages of the disease was measured through determining the natural killer cells and other things.

In October 1999, the European magazine of Cancer published an article on the effect of thymoquinone on abdomen cancer in rats. Likewise, in May 1998, a magazine specialized in anti-cancer researches published an article on the extracts of black seed as a treatment for cancer tumors. On April 2000, the Ethanol Medical magazine wrote about the toxicity and immunity effects of ethanol extracted from black seeds. Also, in February 1995, Medical Plants magazine published an article on the effects of black seed stable oil and thymoquinone on white blood cells. Many other researches came out supporting these facts.

Facets of Scientific Inimitability:

The Prophet (peace be upon him) told us that black seed is a cure for every disease. The Arabic word 'shifaa' (cure) came without the definite article which means that it is an

indefinite word that covers most cures. This means that black seed contributes to the cure of every disease. It has been scientifically proved that the immunity system is the only system that has the ability to combat diseases and produce cells that kill viruses.

Through research and laboratory work that has been done on the effect of black seed, it has been found that it activates human immunity and increases the production of natural killer cells, constraining cells, and assistant cells. These are all very complicated and important lymph cells. According to Qadi, the production of such cells increased by 75%. Such findings were supported by the researches published in other periodicals and magazines. Black seed led to the development of assistant lymph cells, an increase in interferon and interleukin 1 and 2, and the immunity of the cell became stronger. All this led to an increase in the immunity system's ability to combat and destroy cancer cells and viruses. It has also healed the tracks of schistosomiasis. Based on these facts, we can conclude that black seed is a cure for every disease because it strengthens the immunity system which is responsible for curing diseases and combating viruses.

These scientific facts that are mentioned in the hadith of the Prophet (peace be upon him) are obvious. No one can claim the credit of knowing these facts fourteen centuries ago, except a prophet. Almighty Allah says: [Nor does he speak of (his own) desire. It is only an Inspiration that is inspired.] (An-Najm: 3-4)