



Shahi Jeera (Black cumin seed)



English Name: Black cumin seed
Family name: Shahi Jeera

An annual herbaceous plant, Black cumin seed (*Nigella sativa*) is believed to be indigenous to the Mediterranean region but has been cultivated into other parts of the world including Saudi Arabia, northern Africa and parts of Asia.

Tiny and hairy, being no more than 3mm in length, Black cumin seed originates from the common fennel flower plant (*Nigella sativa*) of the buttercup (*Ranunculaceae*) family. *Nigella sativa* is sometimes mistakenly confused with the fennel herb plant (*Foeniculum vulgare*).

The plant has finely divided foliage and pale bluish purple or white flowers. The flowers grow terminally on its branches while the leaves grow opposite each other in pairs, on either side of the stem. Its lower leaves are small and petiole, and the upper leaves are long (6-10cm). The stalk of the plant reaches a height of twelve to eighteen inches as its fruit, the Black cumin seed, matures.

Nigella sativa reproduces with itself and forms a fruit capsule which consists of many white trigonal seeds. Once the fruit capsule has matured, it opens up and the seeds contained within are exposed to the air, becoming black in color (Black cumin seeds).

Nigella sativa and its Black cumin seed are known by other names, varying between places. Some call it black caraway, others call it black cumin (Kalonji), or even coriander seeds. In English, the *Nigella sativa* plant is commonly referred to as "Love in a Mist". Nevertheless, this is *Nigella sativa*, which has been known and used from ancient times and is also known in Persian as Shonaiz.

The most pertinent point to be made about Black cumin seed is that it should be regarded as part of an overall holistic approach to health and ideally should be incorporated into one's everyday lifestyle. In this way, the many nutritional and healing properties contained in the seed can help build the body's immune system over time, supplying it with the optimum resources it needs to help prevent and fight illness.

Note :- Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market Actual Rate of the Products will be provide at the time of final Confirmation of Order

Other Names of Cumin

- * Anise Acre, Cumin Acre, Cummin, Sweet Cumin
- * French: cumin
- * German: Kreuzkümmel, Romische Kümmel
- * Italian: cumino
- * Spanish: comino
- * Arabic: kammun, kemouyn
- * Indian: jeera, jeraka, jira, zeera, zira, sufaid..., safed...(white), kala...(black), kalonji(cf Nigella)
- * Indonesian: (d)jinten
- * Malay: jintan putih
- * Sinhalese: cheeregum, jeera, su(du)duru
- * Tamil: cheeregum

Black cumin seed Is Ayurveda Medicine

We consider Black cumin seed Prophetic Medicine since it was recommended by the Prophet Muhammad (Peace be Upon Him) over 1400 years ago. He in his divine wisdom said "Use this Black cumin seed, it has a cure for every disease except death. Although Black cumin seed does follow the Ayurveda theory with respect to the bitter alkaloid component, nigelline. According to the Ayurveda Theory bitter components work cooling, light and dry; after consumption they are sharp. It lowers fever, cleanses and dries excretions out. It gives tone to tissue and strengthens it, and even helps by skin irritations. It stimulates the appetite and metabolism and helps digestive problems. Bitter components also make it possible to eliminate excess acids

Uses

Black cumin seed can be used in many ways. As a dietary supplement we recommend one teaspoon once or twice a day. the correct dosage is dependent on whether you are using it for prevention or treatment of acute problems. In one particular study in Munich, 600 allergy patients were given 500mg of Black cumin seed oil twice a day for 3 months. A clear improvement was observed in 85% of the patients. The oil can be mixed into any cold liquid or yogurt. It can also be applied topically for arthritis, eczema, psoriasis, and scalp ointment. The herb can be mixed with any hot or cold beverage or food. It can be used as a spice in vegetable or meat recipes. Click on our uses & recipes page The benefits are obtained through whichever way you choose.

Black cumin seed Benefit

The majority of our health problems have the same causes- infection by micro-organisms such as bacteria, viruses, parasites and fungi. When using clinical (allopathic medicines) each symptom is treated individually and usually with synthetic chemically manufactured medicines that contain alcohol and other harmful ingredients. Black cumin seed is effective at treating the body as a whole and fights the actual cause of the symptoms. Black cumin seed regulates too weak or too strong reactions of the immune system and is excellent for treating chronic, allergic and hormonal diseases. Its uses are many as well as its benefit. Black cumin seed support metabolism, improve digestion, and lowers blood sugar levels. It is used to dispel worms and parasites from intestinal track. It is useful in soothing bronchitis and coughs, increase body tone, stimulates menstrual periods, increases the flow of breast milk, provides quick energy, increases sperm count, calms the nervous system, encourages hair growth and retards hair fall out, prevents skin wrinkling, and much more.

Side Effects

Black cumin seed is a safe and effective herb that can be used by almost anyone. No irritations or side effects are caused when the right dose is correctly applied. Its benefits are obtained through consistent use, the effects are medium to long term. Diabetes is useful in the treatment of diabetes mellitus or diabetes caused by an allergy. However it is recommended that the treatment be supervised because Black cumin seed does lower blood sugar levels. Black cumin seed should not be taken by pregnant women if their wombs are sensitive (Many Muslim women take it while pregnant and no harm has been found. I, Asma Rice, personally have taken it in all of my pregnancies without any harm, Alhamdulillah).

History

Black cumin (*nigella sativa*) was discovered in Tutankhamen's tomb, implying that it played an important role in ancient Egyptian practices. Although its exact role in Egyptian culture is not known, we do know that items entombed with a king were carefully selected to assist him in the afterlife. The earliest written reference to Black cumin seed is found in the book of Isaiah in the old testament. Isaiah contrasts the reaping of black cumin with wheat: for the black cumin is not threshed with a threshing sledge, nor is a cart wheel rolled over the cumin, but the black cumin is beaten out with a stick, and the cumin with a rod. (Isaiah 28:25,27 nkjv). Easton's bible dictionary clarifies that the Hebrew word for black cumin, *ketsah*, refers to without doubt the *nigella sativa*, a small annual of the order Ranunculaceae which grows wild in the dioscoredes, a Greek physician of the 1st century, recorded that Black cumin seeds were taken to treat headaches, nasal congestion, toothache, and intestinal worms. they were also used, he reported, as a diuretic to promote menstruation and increase milk production. the Muslim scholar al-biruni (973-1048), who composed a treatise on the early origins of Indian and Chinese drugs, mentions that the Black cumin seed is a kind of grain called *alwanak* in the sigzi dialect. later, this was confirmed by *suhar bakht* who explained it to be *habb-i-sajzi* (viz. sigzi grains). this reference to Black cumin seed as grains points to the seed's possible nutritional use during the tenth and eleventh centuries. in the Greco Arab/Unani Tibb system of medicine, which originated from Hippocrates, his contemporary galen and Ibn Sina, Black cumin seed has been regarded as a valuable remedy in hepatic and digestive disorders and has been described as a stimulant in a variety of conditions, ascribed to an imbalance of cold humors. Ibn Sina (980-1037), most famous for his volumes called the canon of medicine, regarded by many as the most famous book in the history of medicine, east or west, refers to Black cumin seed as the seed that stimulates the body's energy and helps recovery from fatigue or dispiritedness. Black cumin seed is also included in the list of natural drugs of al-Tibb al-nabawi, and, according to tradition, "hold onto the use of the Black cumin seed for in it is healing for all illnesses except death" (Sahih Bukhari vol 7 bk 71 #592).

Nutritional

Components Black cumin seed contains over 100 valuable nutrients. It contains about 21% protein, 38% carbohydrates and 35% plant fats and oils. The contents are similar to evening primrose oil, but because of its complex composition, it is much stronger. The active ingredients of Black cumin seed are Thymoquinone, Nigellone, and Fixed oils. it also contains in significant proportions protein, Carbohydrates and Essential fatty acids. Other ingredients include Linoleic acid, Oleic acid, Calcium, Potassium, Iron, Zinc, Magnesium, Selenium, Vitamin A, vitamin B, vitamin B2, Niacin, and Vitamin C.



Quality Assurance

We are a quality focused company with a emphasis on providing hygienic and top end quality products to our customers. Our organization follows a zero tolerance policy when it comes to the quality of the foodstuffs. The equipments and machinery we have installed in our factory for production and to test quality standards stand testimony to our quality policy.

- * We are one of the few spice exporters in India to offer spices conforming to the important physical, chemical and microbiological parameters as per international standards of European and American markets.
- * We can steam and sterilize spices to control micro contamination in spices to required levels.
- * Our procurement processes are detailed and supervised by a team of professionals who are experts in their field. Products are released in the market after due diligence on product quality.
- * We make all efforts to achieve our goal of complete customer satisfaction.

Packaging

We also provide reliable packaging of the Black cumin seed and other cardamom products. During the packaging procedure, we keep the hygienic level high and also ensure that there is no human touch. Moreover, the packaging has also helped in the easy and safe delivery of the products.

We are dealing with various esteemed clients located in India as well as in the markets of New Zealand and Dubai. We also promise to serve a superlative range of cardamom and cardamom products which includes green cardamom powder to our new customers as we serve to our existing satisfied clientele. The frequent and concrete feedbacks from our customers have also helped in the advancement of the managerial activities and serving the products as per the demand prevailing in the market. Last but not the least; we are also looking forward to provide more beneficial deals in the forthcoming years.



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