

Black Cumin is in the book of Isaiah in the Old Testament

“When he has leveled its surface, does he not sow the black cumin and scatter the cumin, plant the wheat in rows, the barley in the appointed place, and the spelt in its place?”

“For He instructs him in right judgment, his God teaches him.”

“For the black cumin is not threshed with a threshing sledge, nor is a cartwheel rolled over the cumin; but the black cumin is beaten out with a stick, And the cumin with a rod.”

New King James Version of the Bible

Isaiah Chapter 28, Verses 25 to 27

The earliest known reference to Black Cumin is in the book of Isaiah in the Old Testament of the Bible, where the sowing and reaping of wheat and Black Cumin are compared. Another early find was as an inclusion in Tutankhamun's tomb who ruled as the boy king from 1333 BC - 1324 BC. During biblical times the black seeds were used as a spice and were used extensively, during the times of King Tut the use is not known!

The seeds are still consumed today as a spice being included in casseroles and breads; sometimes they are ground and mixed with honey or sprinkled on salads. About a tablespoon of seeds with hot water makes an aromatic cup of tea. A few seeds can be included with any cup of tea to make the flavor more interesting.

Both the herb and the pressed oil from the seeds have been used in herbal medicine for centuries in the Middle East and Africa. They have been used there to treat a wide variety of ailments including: asthma, bronchitis, inflammatory diseases, to increase mother's milk, to promote digestion, and kill parasitic infections. The oil is directly used to fight skin conditions such as eczema and boils, and to treat upper respiratory colds. Due to its many uses it has been given the Arabic term of “Habbatul barakah,” meaning ‘the seed of blessing.’

Recommended by the Prophet Muhammad (SWS)

The beard hair of the Holy Prophet (peace be upon him). "Hold on to the use of the black seed for indeed it has a remedy for every disease except death." "Hold on," indicates a long-term use and should be well observed. A long term use means to take regularly. Hadith (Sayings of the Prophet Muhammad (SWS) narrated by his companions.)7.591

Narrated Khalid bin Sad:

We went out and Ghalib bin Abjar was accompanying us. He fell ill on the way and when we arrived at Medina he was still sick. Ibn Abi 'Atiq came to visit him and said to us, "Treat him with black cumin. Take five or seven seeds and crush them (mix the powder with oil) and drop the resulting mixture into both nostrils, for 'Aisha has narrated to me that she heard the Prophet saying, 'This black cumin is healing for all diseases except As-Sam.' 'Aisha had asked 'What is As-Sam?' The Prophet (SWS) replied, 'Death.' " – Hadith 7.592



Throughout history Black Seed has been one of the most revered medicinal seeds in history.

1. The Islamic Prophet, **Muhammad** (salallahu alayhi wa salaam) recommended its use over 1400 years ago.
2. **Biblical** reference is found in the Book of Isaiah in the Old Testament. He contrasts the reaping of Black Cumin with wheat: "**For the Black Cumin is beaten out with a stick and the Cumin with a Rod.**" (Isaiah 28: 25, 27 NKJV)
3. **Easton's Bible Dictionary** clarifies that the Hebrew word for Black Cumin, "Ketsha" refers to "**without doubt the Nigella Sativa**", a small annual of the order Ranunculaceae which grows wild in the Mediterranean Countries.