Effects of *Nigella Sativa* (Black seeds) Supplementation on Plasma Lipid Profile in Human Subjects - A Review

Naina Mohamed Pakkir Maideen[1,*]

[1] Dubai Health Authority, Dubai, United Arab Emirates

Article Information

Identifiers and Pagination:
Year: 2022
Volume: 3
Issue: 1
E-location ID: e021221198487
Publisher ID: e021221198487
DOI: 10.2174/2665978602666211202102631
Article History:
Received Date: 28/03/2021
Revision Received Date: 30/09/2021
Acceptance Date: 12/10/2021
Electronic publication date: 2022

Correspondence: Address correspondence to this author at the Dubai Health Authority, Dubai, United Arab Emirates; Tel: +97142164952; E-mail: nmmaideen@dha.gov.ae

Dyslipidemia is the major risk factor for atherosclerotic cardiovascular disease (ASCVD), cerebrovascular disease, and peripheral artery disease (PAD). It is characterized by higher plasma concentrations of total cholesterol (TC), low-density lipoprotein-cholesterol (LDL-c), apolipoprotein B (apoB), very low-density lipoprotein-cholesterol (VLDL-c), triglycerides (TGs) and low levels of high-density lipoprotein-cholesterol (HDL-c). Herbal medicines are preferred by many across the globe particularly to manage chronic conditions such as dyslipidemia, hypertension, type 2 diabetes, cancer, and plenty of others. *Nigella sativa* (black seeds or black cumin seeds) is a miracle herb employed within the management of many sicknesses for centuries. Hence, this review focuses on the ameliorative effects of *N. sativa* on the plasma lipid concentrations of human subjects. Numerous randomized controlled clinical trials (RCTs) and different clinical studies demonstrated that *N. sativa* possesses potential anti-dyslipidemic activity. The patients with dyslipidemia may well be benefited by using *N. sativa* along with healthy lifestyle changes and statin and other antihyperlipidemic medications as adjuvant therapy if needed.

Keywords: Nigella sativa, Black seeds, Kalonji, Dyslipidemia, Hyperlipidemia, Hypercholesterolemia, Hypertriglyceridemia, Thymoquinone, Nigellone.