Nigella sativa is a safe herbal product

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This is a comment on the following article:

We have been conducting research on the beneficial effects of Nigella sativa for more than 15 years. We have conducted several clinical trials and used up to 3 g/d and found no toxic effect, rather N. sativa had positive effects on these patients. N. sativa in three doses (1, 2, and 3 g/d) with 40 mg naxium produced from 50% to 67% eradication of Helicobacter pylori in non-ulcer dyspeptic patients.[1] Furthermore, N. sativa in type 2 diabetic patients with the same doses (1, 2 and 3 g/d) reduced fasting blood glucose and hemoglobin A1c significantly by the end of the three months treatment and all basic indexes were normal[2]. I really think that the investigators[3] should have looked at the composition of the tablets they reported that cause acute renal failure before they attributed this effect to N. sativa. Many herbal products sold in public shops are contaminated with other products that could be sometimes toxic. I would not agree with the conclusion of the investigators and I think their approach should have been more scientific before jumping into such a conclusion. We are currently publishing results on one-year N. sativa treatment in diabetic patients. It showed that N. sativa has hypoglycemic, hypolipidemic and cardioprotective effects with no adverse effects.

Competing interests
The author declares that he has no competing interests.

REFERENCES