

Top 26 Health Benefits Kalonji Seeds and Kalonji Oil – Black Seeds

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Almost all of us have come across the terms Kalonji and Kalonji oil but how many of us really know what it is and what are its functions or uses? Well, Kalonji seeds in English are known as Nigella sativa, and it is an annual flowering plant that is native to South and South-West Asia. The black cumin seeds or Kalonji seeds are obtained from the black cumin fruits that contain numerous seeds. Black cumin seeds or nigella are widely used in India and Middle Eastern countries as a spice in cuisines, because of its pungent and bitter taste.



Kalonji seeds contain more than 100 components and possess excellent healing properties. It has been used for over 2000 years as a medicine for treatment of headache, toothache, nasal congestion and skin diseases. It is a powerful [remedy for psoriasis](#), dry skin, eczema and dandruff. It can be used as an internal treatment for asthma, digestive disorders, arthritis and weak immune systems. It is often called the cure for all diseases.

26 Amazing Health Benefits and Medicinal Uses of Kalonji Oil

Here is a list of the amazing benefits of Kalonji seeds. No wonder it is also considered a cure for all diseases!

Prevent Diabetes

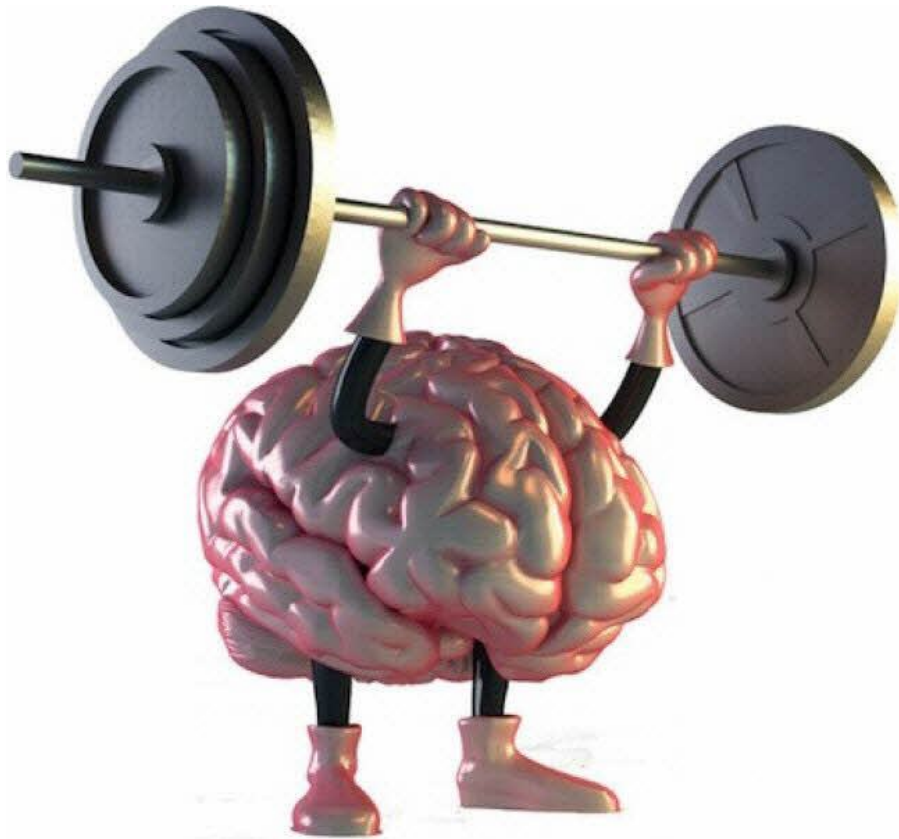
The first and most important function of Kalonji oil for health is its power to prevent diabetes. The effectiveness of Kalonji oil for diabetes is well known. It is beneficial for both management and prevention of diabetes.



You can use it by making a decoction of black tea and Kalonji oil. Add 1/2 teaspoon of Kalonji oil in 1 cup of black tea and consume the mixture in the morning right after getting out of bed to see wonderful results within 1 month.

Boosting Memory

Weakened memory and cognitive functions are a common problem among elderlies, but boosting memory power and concentration is yet another Kalonji seeds benefits. It also helps in treating absentmindedness and enhancing alertness.



You have to boil 10 grams of fresh mint leaves in water and add 1/2 teaspoon of Kalonji oil to it and consume the mixture 2 times a day for 1 month to get positive results. You can also have some crushed Kalonji seeds with a teaspoon of honey and 1/2 teaspoon Kalonji oil to reap same benefits.

Relieve Headache

Headache is a common problem that is faced by all of us and we usually take a painkiller in order to deal with it. But nigella seed oil or Kalonji oil is an amazing natural remedy for headache that provides quick and effective results, and the best thing is it can be used both for topical application and taken orally.



You can rub pure Kalonji oil on the forehead and the region near the ear in order to sooth throbbing pain or drink 1/2 teaspoon of Kalonji oil 2 times in a day.

Asthma, Cough and Allergy Treatment

Asthma and other breathing problems are common among people of all ages, and it is more prevalent among kids and elderlies.



You can mix 1 teaspoon of honey and 1/2 teaspoon of Kalonji oil in a cup of warm water and drink this concoction every day before having breakfast and after having dinner. Continue this treatment for 40 days and refrain from cold foods and beverages during this treatment.

Improve Heart Health

Kalonji seeds and Kalonji seed oil is considered one of the best [home remedies for heart](#) and its healthy functioning. One of the easy Kalonji seeds recipes for improving heart health is mixing it with goat milk.



Add 1/2 teaspoon of the oil in a cup of fresh goat milk and have it 2 times a day for 10 days, after 10 days have it once a day. Refrain from all fatty and oily food items during this treatment.

Cure Joint Pain

Arthritis is one of the most painful age-related diseases that affects majority of elderly people, and it can affect both men and women. Kalonji seed and Kalonji oil can relieve joint pain caused by arthritis, but how do you use Kalonji oil for joint pain treatment?



Well, you can mix 1/2 teaspoon of Kalonji oil and 2 teaspoon of honey in 1 cup of vinegar and apply this mixture on the joints 2 times a day to relieve joint pain, soreness, stiffness of joints and swelling. This mixture can also be used to treat neck pain and back pain.

Cancer Prevention

In recent times, cancer has emerged as the greatest killer of modern times this is wreaking havoc on humanity. One of the greatest Kalonji oil benefits is its capacity for cancer prevention. Kalonji oil is especially effective for the prevention of blood cancer or leukaemia, throat cancer and colon cancer.



Add 1/2 tea spoon of Kalonji oil to 1 glass of grape juice and drink it 3 times a day – once in the morning before breakfast, once after lunch and once after dinner. Continue the treatment for 40 days.

Control Blood Pressure

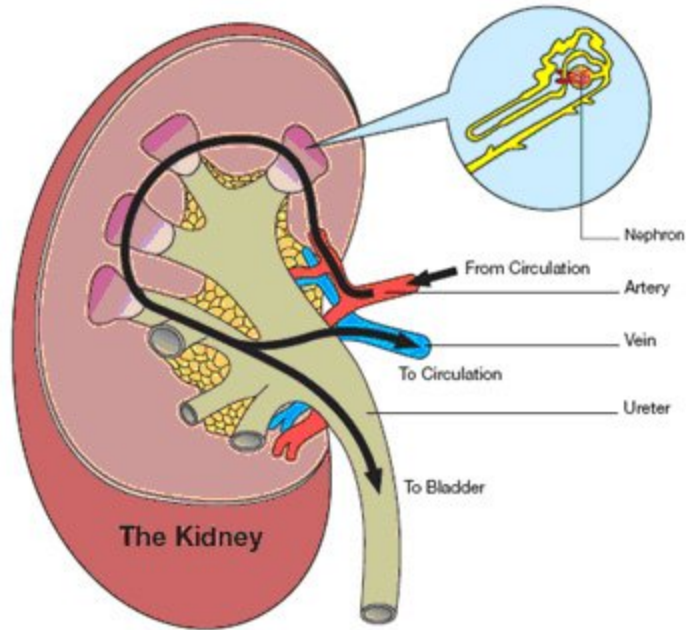
High blood pressure is a silent killer that usually has no symptoms but it can affect the heart and brain can cause a heart attack or stroke. The benefits of Kalonji seeds for hypertension are well known, and it is one of the most reliable and time-tested home remedies.



Just add 1/2 teaspoon of Kalonji oil in a cup of any hot drink like tea or coffee and drink it 2 times a day. You can also consume 2 cloves of garlic daily in order to enhance the effectiveness of this treatment. You should also follow a balanced [high blood pressure diet chart](#) along with this remedy to keep hypertension under control.

Healthy Functioning of Kidney

One of the functional uses of Kalonji seeds and Kalonji oil is improving kidney health. The kidney is the most important organ of the body that helps to purify the blood. But kidney stones and infection in the kidneys can take a toll on the health. Kidney trouble and kidney stones can be cured by the use of Kalonji oil.



Add 1/2 tea spoon of Kalonji oil and 2 teaspoon of honey to 1 cup of warm water and consume it 2 times a day in order to relieve renal colic, kidney pain, kidney stones and kidney infection. You should also follow a well-planned [kidney stone diet chart](#) along with this remedy.

Stronger Teeth

One of the vital nigella sativa health benefits is improving the strength of teeth as well as overall oral health. It helps to treat dental diseases like prematurely falling teeth, swelling of gums, bleeding gums, etc.



You can mix 1/2 teaspoon of Kalonji oil in 1 cup of curd and apply in on your gums and teeth 2 times daily. Toothache and swelling of gums can be prevented by rinsing your mouth with a mixture of 1/2

teaspoon of Kalonji oil and 1 tablespoon of vinegar. A piece of clean cotton soaked in Kalonji oil can be kept beside the affected area for some time to cure toothache and prevent cavities.

Cure Cough and Cold

A weak immune system makes us prone to frequent colds and fever and Kalonji oil can help in strengthening [immune power](#) and increase the capacity of the body to fight off disease-causing bacteria and viruses.



Mix 1/2 teaspoon of Kalonji oil and 2 teaspoons of honey in 1 cup of warm water and consume it 2 times daily in order to prevent and cure cough and cold and it is also beneficial for those suffering from sinus.

Promote Weight Loss

Kalonji seeds and Kalonji seed oil is considered one of the time-tested [home remedies for weight loss](#) that shows amazing results.



You can use Kalonji oil for weight loss by mixing 1/2 teaspoon of the oil and 2 teaspoons of honey in 1 cup of lukewarm water and consuming it 3 times a day. It helps to boost the fat burning procedure by speeding up metabolism.

Treatment for Piles

Piles and constipation are some of the common digestive disorders that are suffered by people of all age groups. Although this problem can be solved with the help of laxatives, in the long run, they do more harm than good for the body. Piles can be treated naturally with the help of Kalonji. But how do you use Kalonji seeds for piles?



You can apply a mixture of 1/2 teaspoon of Kalonji oil and 1 teaspoon of vinegar on the affected area by heating the mixture for a few minutes and then cooling it off. Kalonji oil can be taken orally with a cup of black tea to ease constipation.

Cure Tumours

Tumours doesn't always mean cancer but even benign tumours need treatment at times, and topical application of Kalonji oil is the best natural cure for tumours.



Kalonji oil can be applied directly on the tumour daily to minimize its severity. You can also drink 1/2 teaspoon of Kalonji oil once every day to reduce swelling of the tumours appearing on various body parts.

Heal Cracked Heels

Cracked heels can be an intimidating and embarrassing problem, especially for those who have excessively dry skin. But pure Kalonji oil is a wonderful remedy for cracked heels that works as good as a natural [foot soak for cracked heels](#).



You can prepare a mixture by adding 1/2 teaspoon of Kalonji oil to 1 glass of sweet lime juice and soak your feet in this mixture twice a day once in the morning and once before going to bed at night. It helps in solving the problem of cracked foot, painful heels and cracked hands.

Boost Energy

Exposure to pollution, daily work stress, unhealthy lifestyle and lack of exercise can drain out energy from the body. But Kalonji seeds oil can provide instant energy and vitality to the body and provide quick relief from laziness, tiredness and sluggishness.



You can add 1/2 teaspoon of Kalonji oil to 1 glass of orange juice and drink it every day to get an instant boost of energy.

Prevent Hair Loss

Uncontrolled hair fall and thinning hairline are common problems faced by both men and women and it is caused by a number of factors like and unhealthy diet, lack of nutrition and a faulty lifestyle. But benefits of Kalonji oil for hair are endless. It is one of the best [natural remedies for hair loss](#) management that not only prevents hair fall but also promotes hair growth.



Massage your scalp with lime juice and wait for 20 minutes. Wash off with an herbal shampoo and then apply pure Kalonji oil to the scalp when it dries completely. Continue this treatment for 15 days in order to get positive results.

Improved Skin Health

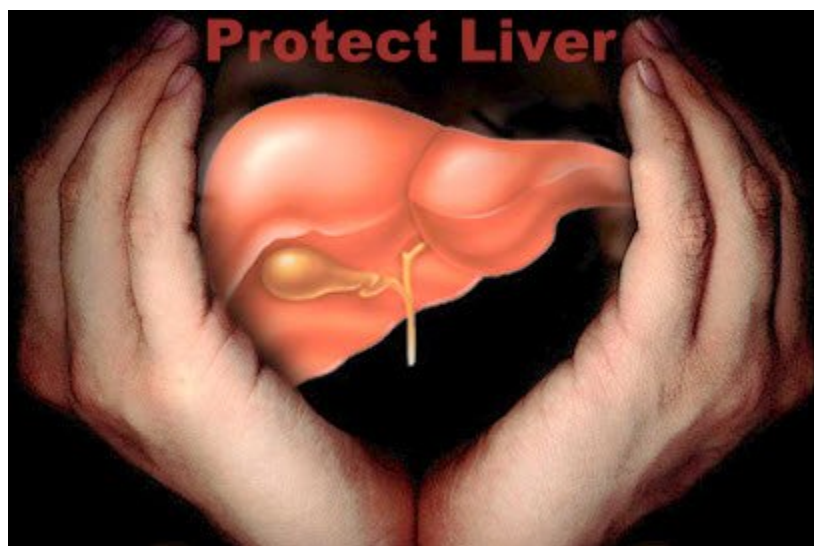
[Homemade treatment for acne](#), pimples and boils are incomplete without the inclusion of Kalonji oil in the list. The used of Kalonji oil for the face are numerous. It fights pimple and acne-causing bacteria and provide clean, clear, smooth and glowing skin naturally.



You can apply Kalonji oil directly to the affected areas before going to sleep and wash off with water the following morning in order to treat boils and pimples. This treatment helps to flush out toxins and impurities from the blood stream and purify the blood. Continue this treatment for 21 days.

Cure Liver Disorders and Jaundice

Jaundice is a life-threatening disease that needs effective professional treatment. But Kalonji seeds or Kalonji oil can also be used with formal treatment in order to cure liver disorders and jaundice.



You need to soak a handful of Ajwain in a glass of drinking water overnight and filter the water next day and add 1/2 teaspoon of Kalonji oil to it. Drink it once every day in order to get complete relief from jaundice and liver infection.

Back pain and Rheumatism

Almost all of us have suffered from back pain at some point in our lives, and it can be either temporary or chronic. Rheumatism is one of the leading causes of back pain with affects the connective tissues and joints.



Kalonji oil is an amazing remedy for backache caused by rheumatism thanks to its powerful anti-inflammatory effects and reduces crystallisation and enhances blood circulation to the painful areas. You can apply warm Kalonji oil to the painful areas daily and massage for some time. You can also drink 1/2 teaspoon of pure Kalonji oil for 30 days with this treatment for even better results.

Women's Health Problems

White discharge, painful menstruation, irregular cycles and other PMS problems are common among most women, but discussion and treatment of these problems are still considered a taboo in most parts of India. Kalonji oil is an amazing remedy for all bleeding-related problems in women which work as successfully as [yoga for PMS](#).



Boil 1/2 bunch of mint leaves in 2 cups of water till the water reduces to 1 cup. Filter the water, add 2 spoons of powdered sugar (misree) and 1/2 spoons of Kalonji oil to it and consume this mixture daily for 40 days before breakfast for best results.

Cure Anaemia

Anaemia or blood deficiency is a common problem affecting majority of women in their fertile age. Although following a [balanced diet chart](#) rich in necessary nutrients is essential for the treatment of anaemia, Kalonji seeds and Kalonji oil is also a powerful remedy for this health problem.



Boil a bunch of mint leaves in water and turn it into juice. Add 2.5 ml of Kalonji oil to 1 cup of mint juice and have this mixture 2 times daily for 21 days – once in the morning and once in the evening. Consume a bowl of curd with every meal during this treatment.

Nausea and Vomiting

Motion sickness, nausea and vomiting can be caused as a symptom of pregnancy or some nervous disorder or weakness. Kalonji is a powerful natural remedy for treatment of nausea and vomiting but how do you eat Kalonji seeds to cure this problem?



Well, you can mix a teaspoon of ground carnation with a tablespoon of Kalonji oil in boiled mint water and have it 3 times a day to keep yourself refreshed.

Wart Removal

Warts are pesky growths of skin that appear on the face, neck, hands and other parts of the body and can affect the physical appearance of an individual. Kalonji is a less-known but functional cure of warts.



All you need to do is clean the warts with purslane and then apply pure Kalonji oil to it daily for 15 days. It will dry out the wart from the root and cause it to fall off. You should also consume a teaspoon of Kalonji oil 3 times daily along with this treatment.

Cure Sexual Impotency

Impotence, premature ejaculation and erectile disorders are some of the common sexual disorders faced by men. Kalonji or nigella sativa is a well-known natural cure for male impotence that has been in use for ages.



Mix 200 grams of ground Kalonji seeds with olive oil and take 1 tablespoon of this mixture after every meal. It will help restore vitality and enhance stamina and endurance.

Eye Diseases and Impaired Vision

Eye diseases and impaired vision can happen to anyone at any age. Although a number of treatment and surgery options are available to cure these problems, Kalonji can function as a functional home remedy in this case.



You can rub Kalonji oil on the eyelids and sides of the eye orbits 30 minutes before going to bed and drink 1 tablespoon of the oil with a cup of carrot juice daily for 1 month to improve vision and cure eye diseases. You can also try some exercises and healthy [food for eyesight improvement](#). So, now that you have a complete idea about the various uses and health benefits of nigella seeds, add it to your list of home remedies that are extremely affordable and 100% natural without any side-effects.

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