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Black sesame (*Nigella sativa* L.): Its composition and clinical properties

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Medicinal and aromatic plants have very diversified and widely used areas. We can see that the black sesame is used in a similar way both in the industry and in the health sector in different forms. It is an annual herbaceous plant that has been extensively cultivated in many countries, especially in the Eastern Mediterranean countries. It is included in the family Ranunculaceae. The most used part of the plant is the seeds, which are oval shaped, triangular and 3 mm long. It has been reported that the plants have a rich historical and mystical past among medical plants as well as they have been used for many years to protect food and enhance taste. It was used by Hippocrates, the founder of modern medicine, to strengthen liver and alleviate digestive system complaints. In Arabic and Greek medicine, the seeds and oil of black sesame have been used to treat headache, nasal congestion, toothache, to enhance intestinal worms, to regulate menstruation and to increase the breast milk. In recent years, anti-bacterial, anti-tumor, sedative, analgesic, lowering blood glucose and smooth muscle relaxant effects of fixed and essential oil of black sesame have been frequently mentioned in modern medicine. In addition, when the studies on black sesame are examined; it is suggested that improved profile lipid parameters in sedentary obese patients, modulate cognition positively and decrease anxiety levels in adolescents and improved metabolic syndrome markers in menopausal women. Also, it has been found that the plant reduce systolic and diastolic blood pressure in healthy adults without any adverse effects. The black sesame was found to be relatively reliable both its own consumption and its oil and other components/supplements. Further investigations are required to study the mechanism of actions of *N. sativa* seeds and its constituents by which they exert their therapeutic effects.

Biography

Yunus Emre Uzun graduated from Gazi University, Department of Nutrition and Dietetics in 2013. He currently gets a master's degree in the Department of Nutrition and Dietetics at Okan University. He lives in Istanbul and continues his career with the brand "Life with Enjoyment". His areas of expertise are obesity, weight management and eating disorders. He also provides nutritional counseling services for institutional firms.

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