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Nigella sativa and honey improves quality of life in Kostmann syndrome: Case report

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Congenital agranulocytosis (Kostmann syndrome) is associated with severe neutropenia, recurrent infections resulting with the demise of the patient at an earlier age. Aim of this study is to evaluate applying supplementation of *Nigella sativa* and honey for Kostmann syndrome. 14 years old male patient diagnosed during the first few months of life as Kostmann syndrome by frequent admission for bacterial infection and peripheral blood films with automated neutrophil count (ANC) range from 0.1-0.3x10⁹/L, bone marrow aspiration confirming the diagnosis of Kostmann syndrome, patient have positive consanguinity and family history for a similar condition, elder brother died of sepsis during the first year of life. Patient has history of frequent hospital admissions for infections, starting from 2nd day of life, including 26 inpatient admissions from 2002 to 2004 with positive blood and urine cultures. Patient received courses of filgrastim recombinant granulocyte colony-stimulating factor (G-CSF) with reported cataract after few months later. Patient was started on regular daily intake of *Nigella sativa* and honey from 2005; he showed dramatic improvement in several days like aspects as his hospital admissions with no single admission for infection from 2005 till 2016. Family reports marked improvement in patient quality of life with better regular school attendance after subsidence of infections. Patient was monitored regularly in hematology clinic. We conclude *Nigella sativa* and honey may not affect the automated neutrophil count but may improve the immune system and the quality of life in Kostmann syndrome. More research is needed to find the relation between *Nigella sativa* supplementation and immune modulation.

Biography

Soad K Al Jaouni is a Professor and Consultant of Hematology; Professor/Consultant of Pediatric Hematology/Oncology and Senior Researcher in Hematology department, Faculty of Medicine, King Abdulaziz University Hospital- a tertiary care medical center, King Abdulaziz University, Jeddah, Kingdom of Saudi Arabia. She received her certificate of Royal College of Physician and Surgeon in Medicine in 1989. She yearly participates in international and local conferences with more than 260 research and 74 publications. She is well known for her dedication, active role in research on Hereditary Blood Disease, Cancer Research. She has an active role in Public Education to minimize and control inherited blood diseases, environmental pollution and cancer prevention.

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