

BLACK SEED AS A FUNCTIONAL SPICE

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Having a large number of species, black seeds with their own special and strong smell and with their bitterish taste have important functional components. The black seed is commonly used in our country in kitchens, food production, especially in bakery products, and in some kinds of cheese as an ornament. Additionally, it has been used in modern and alternative medicine due to its functional components such as p-simen, timokinon and α -pinen. In the previous studies, it has been determined that it is effective as a diuretic, blood pressure-lowering, a milk facilitator in nursing mothers, an appetizer, a flow expectorant and a glucose tolerance alterative in diabetes. Also, owing to the vital seed oils it contains, it is effective against hair loss and scuff; and it was reported that its extract and seed oil have antimicrobial effect. Moreover, it has been notified that black seed has cytotoxic effects on some cancer cells and that it increases the production of anticor for specific tumors. It is reported that the proteins in black seed have a big potentiality as an antioxidant in most of foods and as a functional agent in regulating the immune response.

Keywords: Black seed, functional ingredient, antimicrobial and antioxidant effect.

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