

Black cumin seed oil has shown benefits in managing rheumatoid arthritis, a highly inflammatory condition. In addition to the joints, rheumatoid disease can afflict the heart, liver, nerves, and blood-forming cells.

A human study of black cumin seed oil has produced encouraging results. Forty women with rheumatoid arthritis had a one month washout period, during which they took a placebo capsule twice daily, followed by one month of taking **500 mg** of black cumin seed oil **twice daily**.<sup>17</sup> Subjects experienced a significant improvement on a standard 28-point scale used to assess how rheumatoid arthritis is affecting the body as a whole. Additionally, there was a reduction in the number of swollen joints and in the duration of morning stiffness. Remarkably, there was an overall reduction of symptoms in **42.5%** of the patients.<sup>17</sup>

Black cumin seed oil has been shown to be effective in experimental models of osteoarthritis, the most common form of arthritis in humans.<sup>18</sup> Treatment with thymoquinone, a component of black cumin seed oil, reduced levels of a protein-melting enzyme, known as **MMP** (matrix metalloproteinase), that destroys bone and joint tissue in osteoarthritis.<sup>15</sup>

Arthritis is a condition, which affects the joints and weakens them. It is often accompanied with severe joint pain, swelling and inflammation.

The most common forms are the two chronic forms- osteoarthritis and rheumatoid arthritis. Other forms of this disease include septic arthritis, gout and reactive arthritis. Certain connective tissue disorders are also categorised under arthritis related problems.

Rheumatoid arthritis has a painful and progressive onset. It is an inflammatory form of the disease. Nodule and lump formation takes place as it spreads. These formations pose a threat to the lungs and eyes.

The disease is mostly passed down through members of the same family, which is why scientists believe that it is a genetic problem. This disorder can be triggered on exposure of a genetically predisposed individual to certain damaging environmental catalysts like smoking.

On the other hand, osteoarthritis is bought about by 'wear and tear' of joints.

A feeling of malaise and flare-ups at the joint sites are common. The proper diagnosis is conducted by X ray analysis or magnetic resonance imaging (MRI). This is followed by a blood test to eliminate other disease and determine the specific problem.

The aim of rheumatoid arthritis treatment is to heal through reducing pain, inflammation and improving the functionality of the joint.

