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Therapeutic effects of *Nigella sativa* (Black seed) on menopause-associated metabolic syndrome: A crossover study

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Background: Midlife women are facing fundamental physiological changes during this time of life. Providing options to ease the impact of these changes and try to prevent or manage disease consequences is a key part of working with this population of women. Hormone replacement therapy has become a controversial treatment for symptoms of menopause, leading many women and their physicians to search for safer, effective alternatives. Certain botanicals are known to contain phytoestrogenic activity, which may be helpful in alleviating menopausal symptoms as well as metabolic burden caused by menopause.

Objectives: The aim of this crossover placebo control trial was to investigate the effects of *Nigella sativa* on glucose and lipid profile in perimenopausal women.

Methods: Sixty nine primenopausal women were enrolled into the study comparing the effects of *Nigella sativa* capsule and placebo on biochemical parameters. Participants were enrolled for the order of *Nigella sativa* treatment (12 weeks) followed by 2 weeks washout period and finally 12 weeks placebo treatment.

Results: The result demonstrated significant improvement with reference to BMI, total cholesterol, HDL, creatinine, total bilirubin and blood pressure compare to baseline ($P < 0.05$). While there were no significant mean changes from baseline except systolic and diastolic blood pressure among placebo group.

Conclusions: These results suggested that treatment with *Nigella sativa* exert a therapeutic and protective effect by modifying weight gain, improving lipid profile and blood glucose which is believed to play an important role in ameliorating undesired consequences of metabolic syndrome during menopause.

Keywords: Menopause, Metabolic syndrome, *Nigella sativa*.