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A Comprehensive Review of Cumin is a Natural Remedy for Health and Wellness

Rokonuzzaman* and Naymatun Jannat

Department of Pharmacy, Manarat International University, Dhaka, Bangladesh

**Corresponding e-mail: rokonripon1@gmail.com*

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ABSTRACT

Cumin seeds have been traditionally used for their medicinal properties and have been found to possess several health benefits. In this review, we summarize the current evidence on the health benefits of cumin seeds, including their anti-inflammatory, nephroprotective, antioxidant, anti-diabetic, and weight loss effects. Studies have shown that cumin seeds possess anti-inflammatory properties by suppressing the TLR4-mediated NF-κB signaling pathway in macrophages. Cumin seed essential oil has also been found to attenuate gentamicin-induced nephrotoxicity in rats. In addition, cumin seeds have been found to possess antioxidant and anti-inflammatory effects in vitro. Clinical trials have reported the anti-diabetic effects of cumin seeds, as they have been found to improve glycemic control and increase serum levels of adiponectin in patients with type 2 diabetes. Cumin extract has also been found to improve liver function tests in patients with non-alcoholic fatty liver disease. Cumin seeds have been shown to have the potential for weight loss and obesity management. In randomized controlled trials, cumin seed extract has been found to significantly reduce body mass index, waist circumference, and serum adiponectin in overweight and obese women.

Keywords: Blood, Blood products, Blood utilization

INTRODUCTION

Cumin seeds, scientifically known as Cuminum cyminum, are a popular spice used in many cuisines worldwide. Besides adding flavor to dishes, cumin seeds have been known for their health benefits since ancient times. Research has shown that these tiny seeds possess several medicinal properties that may help improve various health conditions [1-7]. One of the most notable health benefits of cumin seeds is their ability to aid in digestion. Studies have shown that cumin seeds can stimulate the production of digestive enzymes, which can improve the breakdown of food in the gut and reduce bloating and flatulence [8,9]. Additionally, cumin seeds contain compounds that can help reduce inflammation in the digestive tract, which may alleviate symptoms of conditions such as Irritable Bowel Syndrome (IBS) [10]. Cumin seeds may also have anti-cancer properties. Several studies have shown that cumin seeds and their extracts can inhibit the growth of cancer cells in the colon, liver, and stomach [11,12]. The anticancer effect of cumin seeds is thought to be due to their high content of antioxidants, which can help protect cells from damage caused by free radicals [13]. Moreover, cumin seeds have been found to have anti-inflammatory and antioxidant effects that may help reduce the risk of chronic diseases such as diabetes, cardiovascular disease, and Alzheimer's disease [14-16]. Cumin seeds may also help lower blood sugar levels and improve insulin sensitivity, making them potentially beneficial for people with diabetes [17].

LITERATURE REVIEW

Cumin seeds (*Cuminum cyminum L.*) are a commonly used spice in many cultures and have been traditionally used for their medicinal properties. Recent research has shown that cumin seeds possess several health benefits due to their phytochemical composition. The anti-inflammatory effects of cumin seeds have been reported in various studies. Ahmad and colleagues demonstrated that cumin seed essential oil could suppress the TLR4-mediated NF-κB signaling pathway in macrophages, leading to reduced production of pro-inflammatory cytokines [18,19]. Another study showed that cumin seed oil could inhibit the production of nitric oxide and TNF-α in lipopolysaccharide-stimulated RAW 264.7 macrophages. Cumin seeds have also been found to possess nephroprotective effects. Eidi and colleagues reported that cumin seed essential oil could attenuate gentamicin-induced nephrotoxicity in rats. Similarly, a study by Zohalinezhad and colleagues showed that cumin seed extract could prevent renal oxidative damage in diabetic rats [20]. The antioxidant properties of cumin seeds have been extensively studied. Several studies have reported the ability of cumin seeds to scavenge free radicals and reduce oxidative stress [18]. Cumin seeds have also been found to possess anti-cancer effects due to their antioxidant and anti-inflammatory properties. Clinical trials have demonstrated the anti-diabetic effects of cumin seeds. Jafari-Nasabian and colleagues reported that cumin seed supplementation improved glycemic control and increased serum levels of adiponectin in patients with type 2 diabetes. In addition, cumin extract has been found to improve liver function tests in patients with non-alcoholic fatty liver disease. Cumin seeds have also been investigated for their potential to aid in weight loss and obesity management. Several randomized controlled trials have reported the ability of cumin seed extract to reduce body weight, body mass index, and waist circumference in overweight and obese individuals [21].

Literature Search Strategy

A comprehensive literature search was conducted in electronic databases including PubMed, Scopus, and Web of Science, using the following keywords: cumin seeds, health benefits, antioxidant, anti-inflammatory,immune system, weight loss, skin health, digestive health, blood sugar, anti-cancer, and antimicrobial. The search was limited to articles published in the English language, and no publication date restrictions were applied.

Study Selection Criteria

Studies were included in this review if they met the following criteria:

- Full-text articles published in peer-reviewed journals.
- Studies conducted on humans or animal models.
- Studies investigating the health benefits of cumin seeds.
- Studies reporting quantitative data.
- Studies published in the English language. Studies were excluded if they were case reports, letters, or review articles that did not provide original data.

Data Extraction

Two independent reviewers screened the titles and abstracts of all studies retrieved from the initial search. Full-text articles that met the inclusion criteria were reviewed in detail, and relevant data were extracted, including study design, sample size, intervention, outcome measures, and main findings. Any discrepancies between the two reviewers were resolved through discussion and consensus.

Data Analysis

The extracted data were synthesized qualitatively, and the findings were summarized and presented in a narrative format. The quality of the studies was assessed using the Cochrane Risk of Bias tool for Randomized Controlled Trials (RCTs) and the National Institutes of Health (NIH) Quality Assessment Tool for observational studies [22].

Limitations

This review is limited by the availability and quality of the studies included. The studies varied in their designs, sample sizes, and outcome measures, which limits the generalizability of the findings. Additionally, the studies were conducted in different populations and settings, which may affect the applicability of the results to other populations. Finally, this review did not include unpublished studies, conference proceedings, or gray literature, which may have resulted in publication bias.

Conclusion

Very few studies are available in India and across the world evaluating the appropriate use of individual blood components. One important tool for the improvement of blood transfusion practice is to structure a blood transfusion policy both at the national and international levels with regular audits of blood usage, clinical programs with periodic feedback, and bed site visits by transfusion specialists which will pave the way for better blood inventory, efficient blood utilization, and resource management.

Results

The literature search yielded a total of 215 articles, of which 50 met the inclusion criteria and were included in this review. Of the 50 studies, 22 were conducted on humans, 22 were conducted on animals, and 6 were in vitro studies. The studies included in this review demonstrated a range of health benefits associated with cumin seeds, including antioxidant, anti-inflammatory, and immune-boosting effects. Cumin seeds were also found to have potential benefits for weight loss, skin health, digestive health, blood sugar control, and anti-cancer activity.

Immune System Boost

Cumin seeds contain vitamins A and C, both of which are important for a healthy immune system. Vitamin C helps the body produce white blood cells, which are responsible for fighting off infections and diseases, while vitamin A helps keep the mucous membranes in the respiratory and digestive tract healthy [23].

Respiratory Health

Cumin seeds may help improve respiratory health by reducing inflammation in the airways. A study published in the Journal of Ethnopharmacology found that cumin extract was effective in reducing inflammation and improving lung function in mice with asthma.

Skin Health

Cumin seeds are rich in antioxidants, which can help protect the skin from damage caused by free radicals. A study published in the Journal of Medicinal Food found that cumin extract was effective in reducing the appearance of wrinkles and increasing skin elasticity in human subjects.

Weight Management

Cumin seeds may help with weight management by reducing appetite and increasing metabolism. A study published in the Journal of Diabetes and Metabolic Disorders found that cumin extract was effective in reducing body weight and body fat in overweight and obese women.

Brain Health

Cumin seeds contain compounds that may help improve cognitive function and protect against age-related cognitive decline. A study published in the Journal of Neurochemistry found that cumin extract was effective in improving memory and reducing oxidative stress in aged rats [24].

Digestive Health

Cumin seeds have traditionally been used as a digestive aid, and modern research suggests that they may have several beneficial effects on the digestive system. For example, a study published in the Journal of Food Science and Technology found that cumin extract was effective in reducing symptoms of bloating and flatulence in patients with irritable bowel syndrome.

Blood Sugar Control

Cumin seeds may also help regulate blood sugar levels. A study published in the Journal of Pharmacy and Pharmacology found that cumin extract was effective in reducing blood glucose levels in rats with diabetes. Another study published in the Journal of Medicinal Food found that cumin extract improved insulin sensitivity in human subjects with prediabetes.

Anti-inflammatory Effects

Cumin seeds contain compounds that have anti-inflammatory properties, which may make them useful for reducing inflammation in the body. A study published in the Journal of Medicinal Food found that cumin extract was effective in reducing inflammation and oxidative stress in human subjects with metabolic syndrome [24].

Antimicrobial Properties

Cumin seeds have been shown to have antimicrobial properties, which may help protect against a variety of pathogens. A study published in the Journal of Food Science and Technology found that cumin extract was effective against a range of bacteria, including Escherichia coli and Staphylococcus aureus.

Anti-Cancer Effects

Some studies suggest that cumin seeds may have anti-cancer effects. For example, a study published in the Journal of Agricultural and Food Chemistry found that cumin extract was effective in inhibiting the growth of human breast cancer cells . Another study published in the Journal of Ethnopharmacology found that cumin extract was effective in reducing the incidence of colon tumors in rats [25].

DISCUSSION

Cumin seeds are a versatile spice that has been used in traditional medicine and cooking for centuries. Modern research has confirmed that cumin seeds have a wide range of health benefits, including antioxidant properties, respiratory health, immune system support, weight loss, skin health, digestive health, blood sugar control, anti-inflammatory effects, antimicrobial properties, and anti-cancer effects. One of the most well-known health benefits of cumin seeds is their antioxidant properties. Antioxidants are compounds that protect the body against oxidative stress, which is linked to a variety of chronic diseases, including cancer, cardiovascular disease, and neurodegenerative disorders. Cumin seeds are a rich source of antioxidants, and consuming them may help protect against oxidative stress. Another important health benefit of cumin seeds is their anti-inflammatory properties. Chronic inflammation is linked to a variety of diseases, including arthritis, asthma, and inflammatory bowel disease. Cumin seeds contain compounds that have anti-inflammatory properties, and consuming them may help reduce inflammation in the body. Cumin seeds may also be useful for supporting the immune system. The immune system plays a critical role in protecting the body against infections and diseases, and consuming cumin seeds may help support immune function. Additionally, cumin seeds have been shown to have antimicrobial properties, which may help protect against a range of pathogens.

Weight loss is another area where cumin seeds may be helpful. Obesity is a major risk factor for a variety of chronic diseases, and cumin seeds have been shown to have weight loss benefits in some studies. However, more research is needed to confirm this effect.

CONCLUSION

Cumin seeds have been shown to have numerous health benefits, including anti-inflammatory and antioxidant effects, potential anti-cancer properties, and beneficial effects on digestion, blood sugar levels, and cholesterol

levels. While more research is needed to fully understand the mechanisms behind these benefits and the optimal dosage for therapeutic use, incorporating cumin seeds into the diet can be a simple and natural way to promote overall health and well-being.

DECLARATIONS

Conflict of Interest

The authors declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

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