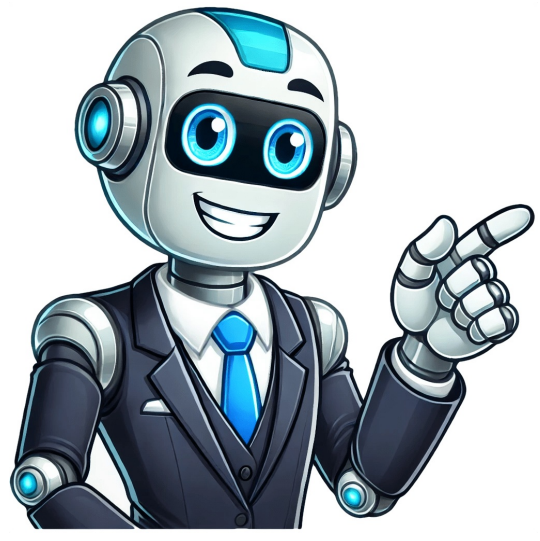


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Kalonji seeds benefits

Kalonji is flavorful and boasts numerous medicinal properties. Supplements may benefit your health, but more research is needed to determine its benefits and potential risks.Also known as black cumin, nigella (or by its scientific name, Nigella sativa), kalonji belongs to the buttercup family of flowering plants.It grows up to 12 inches (30 cm) tall and produces a fruit with seeds that are used as a flavorful spice in many cuisines.In addition to its culinary use, kalonji is known for its medicinal properties.Its use can be traced back several centuries as a natural remedy for everything from bronchitis to diarrhea.Let's go over nine of the most impressive science-backed benefits of kalonji, plus how you can add it to your diet.Antioxidants are substances that neutralize harmful free radicals and prevent oxidative damage to cells. Research shows that antioxidants can have a powerful effect on health and disease.Some studies indicate that antioxidants may protect against several types of chronic conditions, including cancer, diabetes, heart disease and obesity.Several compounds found in kalonji, such as thymoquinone, carvacrol, α -anethole and 4-terpineol, are responsible for its potent antioxidant properties.Lab research from 2024 also suggests that kalonji essential oil may also have antioxidant properties. However, further research is needed to determine how the antioxidants found in kalonji may impact health in people.Cholesterol is a fat-like substance found throughout your body. While you need some cholesterol, high amounts can build up in your blood and increase your risk of heart disease.Kalonji has been shown to be especially effective at lowering cholesterol.A 2021 review of available research found that kalonji was associated with significant decreases in both total and "bad" LDL cholesterol, as well as blood triglycerides.More new research is needed to include larger group sizes as well as standardized ways to prepare kalonji, researchers say.Kalonji is high in antioxidants, which help neutralize harmful free radicals, molecules that may contribute to the development of diseases like cancer.Studies have found some impressive results regarding the potential anti-cancer effects of kalonji and thymoquinone, its active compound.For instance, a 2021 study found that thymoquinone induced cell death in blood cancer cells.A 2018 study demonstrated that thymoquinone in kalonji may prevent breast cancer cells from metastasizing. In all, studies suggest kalonji and its components may be effective against several other types of cancer, including:pancreaticlungcervicalprostatecancercoloncancerliverrenalovarianMore research is needed to examine whether kalonji has any cancer-fighting benefits when used as a spice or taken as a supplement, as well as in people.Disease-causing bacteria are responsible for a long list of dangerous infections, ranging from ear infections to pneumonia.Some test-tube studies have found that kalonji may have antibacterial properties and be effective at fighting off certain strains of bacteria.Research from 2020 notes that it is effective at treating staphylococcus skin infections. Yet, human studies are limited, and more research is needed to look at how kalonji may affect different strains of bacteria in the body.In most cases, inflammation is a normal immune response that helps protect the body against injury and infection.On the other hand, chronic inflammation is believed to contribute to a variety of diseases, such as cancer, diabetes and heart disease.A 2019 study showed that taking 1,000 milligrams (mg) of kalonji oil as a supplement for 8 weeks could decrease markers of inflammation and oxidative stress in people with liver disease.Similarly, a 2023 meta-analysis showed that kalonji helped reduce inflammatory markers in people.Despite these promising results, most human studies are limited to people with specific conditions. More research is needed to understand how kalonji may affect inflammation among the general population.The liver is an incredibly important organ. It removes toxins, metabolizes drugs, processes nutrients and produces proteins and chemicals that are crucial to health.Several promising animal studies have found that kalonji may help protect the liver against injury and damage. Most of these have focused on results in animal groups and most are older.In a 2008 study, rats were injected with a toxic chemical, either with or without kalonji. Kalonji reduced the toxicity of the chemical and protected against liver and kidney damage.A 2014 review attributed the protective effects of kalonji to its antioxidant content and ability to reduce inflammation and oxidative stress.hepatic steatosisliver enzymesinflammatory markersHowever, the authors noted that higher-quality trials are needed.However, more studies are needed to measure how kalonji may influence liver health in humans.High blood sugar can cause many negative symptoms, including increased thirst, unintentional weight loss, fatigue and difficulty concentrating.Left unchecked in the long term, high blood sugar can lead to even more serious consequences, such as nerve damage, vision changes and slow wound healing.A 2025 meta-analysis of 16 studies of people with type 2 diabetes found that kalonji supplementation significantly reduced fasting blood sugarglycated hemoglobin (HbA1c)total cholesterolLDL cholesterolStomach ulcers are painful sores that form when stomach acids eat away at the layer of protective mucus that lines the stomach.Some research, including a 2023 review notes that, based on animal research, kalonji could help protect against ulcers by preserving the lining of the stomach, reducing stomach acid secretion, and eradicating H. pylori, a bacteria that can damage stomach lining.In another 2020 study, people with H. pylori and functional dyspepsia received antibiotics, kalonji or antibiotics for 8 weeks. The group that received kalonji had higher rates of H. pylori eradication and improved quality of life compared to a placebo control group.Keep in mind that much of the current research is limited to animal studies. More research is needed to determine how kalonji may affect stomach ulcer development in humans.There are a variety of ways to add kalonji to your diet.With a bitter taste that's described as a mix between oregano and onions, it's often found in Middle Eastern and South Asian cuisines.It's usually lightly toasted and then ground or used whole to add flavor to bread or curry dishes.Some also eat the seeds raw or mix them with honey or water. They can also be added to oatmeal, smoothies or yogurt.Supplements are available in capsule or softgel form for a concentrated dose of kalonji.While kalonji has been associated with many health benefits and is generally safe when used as a spice or seasoning, taking a kalonji supplement or using kalonji oil may have risks.For example, there have been reports of contact dermatitis after applying kalonji to the skin. If you plan on using it topically, be sure to do a patch test by applying a small amount first to make sure it does not cause an adverse reaction.Furthermore, some test-tube studies have found that kalonji and its components may slow blood clotting, leading to thrombocytopenia, a potential serious condition. If you take medication for blood clotting, be sure to speak with your doctor before taking kalonji supplements.Additionally, consuming it in greater amounts than that found in food is likely unsafe during pregnancy, and its use is thus not recommended at this time.If you are pregnant, be sure to use it in moderation and consult your doctor if you have any concerns.The seeds of the kalonji plant are known for their diverse culinary uses and medicinal properties.Traditionally used to treat a variety of ailments, kalonji has been associated with a wide range of health benefits.However, many of them have only been examined only in test-tube or animal studies.Although more research is needed, adding kalonji to your diet or using it as a supplement could have a beneficial effect on several aspects of your health.Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our content is accurate and current by reading our editorial policy.Ahmad MF, et al. (2020). An updated knowledge of black seed (Nigella sativa Linn.): Review of phytochemical constituents and pharmacological properties. A. et al. (2008). Study of protective effect of date and Nigella Sativa on aflatoxin B1 toxicity. S, et al. (2022). The potential role of Nigella sativa seed oil as epigenetic therapy of cancer. J, et al. (2021). Nutritional value and preventive role of Nigella sativa L. and its main component thymoquinone in cancer: An evidenced-based review of preclinical and clinical studies. N, et al. (2021). The effects of Nigella sativa supplementation on liver enzymes levels: A systematic review and meta-analysis of randomized controlled trials. M, et al. (2021). 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Severe thrombocytopenia associated with black seed oil and evening primrose oil. ♦Ska M, et al. (2021). The role of bioactive compounds of Nigella sativa in rheumatoid arthritis therapy—current, potential, and future. ME, et al. (2023). Dietary antioxidants and chronic diseases. Enrique Diaz / Getty ImagesFirst up — Nigella seeds (pronounced the spoon-licking celi chaf) go by a whole load of different aliases. Kalonji, black seeds, black onion seed, black sesame seed, fennel flower, nigella, nutmeg flower, Roman coriander, charnushka. Confusing, right? What makes it even more confusing is it's actually not related to any of these. Nigella seeds come from the pods of the Nigella sativa, an annual flowering plant and member of the Ranunculaceae family, which includes buttercups and delphiniums, grown for its aromatic seeds that are used in spices and herbal medicine.Used most in Indian, North African and Middle Eastern cuisines, but found in kitchens worldwide, the seeds are used in curries, on flatbreads, and sprinkled over vegetables, soups and dips.mikromam6/Getty ImagesThese are the benefits of nigella seeds...1. Packed with vitaminsNigella seeds are a good source of lots of vitamins and minerals, including calcium, iron, zinc, copper, thiamin, niacin, phosphorus and folic acid. *adds to online basket*2. Boost antioxidantsBy neutralising harmful free radicals and preventing oxidative damage to cells, antioxidants have a powerful effect on our health, combatting chronic disease such as cancer and diabetes — and nigella seeds are packed with them.3. Lower cholesterolStudies have shown nigella seeds to decrease total and 'bad' LDL (low-density lipoprotein, which raise your risk of heart disease and stroke) cholesterol, as well as blood triglycerides (a type of fat, a lipid, that come from extra calories from food, especially butters, oils and other fats, your body does not need right away and circulate in your blood). Even increasing 'good' HDL (high-density lipoprotein, which absorbs cholesterol in the blood and transports it back to the liver) cholesterol, when consumed as a seed powder. These effects were particularly beneficial for people with diabetes, who reported decreases total and LDL cholesterol and increased HDL cholesterol.4. Supports weight lossNigella seeds could help people tackle obesity and metabolic disorders, when taken as a supplements, with studies showing reduced weight and BMI.5. Anti-CancerSome studies have seen impressive cancer-fighting effects of thymoquinone, the active compound of nigella seeds, particularly for pancreatic, lung, cervical, prostate, skin, colon, blood and breast cancer. More human research is needed as these have been in vitro.WHOLE FOOD EARTH Organic Nigella Seeds 250g6. Anti-bacterialAgain, only test tube studies but nigella seeds have been shown to have antibacterial properties — even some that have become resistant to antibiotics.7. Lowers blood pressureResearch has shown nigella seed oil to lower blood pressure in healthy individuals.8. Anti-inflammatoryNigella seeds have been shown to reduce inflammation and relax muscles, benefiting people with asthma and gastrointestinal disorders. It may even impact neuroinflammation — of brain tissue — which contributes to Alzheimer's and Parkinson's, but as of yet these studies have only been on animals so human research is needed.9. Regulate blood sugarNigella seed extract impacts blood glucose levels by increasing insulin production, studies have shown — particularly useful for those with diabetes.10. Protect liver against damage and injuryStudies have seen promising results linking nigella seeds to liver protection, improving liver steatosis (a build-up of fat in the liver cells), liver injury, lipid profile and fatty liver transformation, particularly when taken as an oil.11. Easy to consumeNigella seeds are super-easy to use up your intake of. Affordable, widely available and, though they can be eaten raw, dry roasting them will enhance their herby, onion-like taste and aroma before sprinkling them over or adding them into your food. Priya ChakrabortyUpdated: September 20, 2023 17:02 ISTKalonji Benefits: There are myriad ways in which they can benefit your health.Summary is AI-generated, newsroom-reviewedThe kalonji, or Nigella seeds, is an interesting spiceThe tiny black seed comes with a whole lot of health benefits known to have anti-carcinogenic properties and keeps heart healthyLet us know.The kalonji, or Nigella seeds, is an interesting spice — when used for tempering, it adds a beautiful aroma to the dishes, and a hint of flavour that you can't quite nail. In India, dry roasted kalonji is used for flavouring curries, dal, stir-fried vegetables, and even savories such as samosa, papdis and kachori.among others. Flavour and aroma aside, the tiny black seed comes with a whole lot of health benefits. It's loaded with trace elements, vitamins, crystalline nigellone, amino acids, saponin, crude fiber, proteins and fatty acids like linolenic and oleic acids, volatile oils, alkaloids, iron, sodium, potassium and calcium. It keeps your heart healthy, addresses breathing problem, lubricates your joints, and is known to have anti-carcinogenic properties. That's quite a lot for a seed that size, isn't it? In fact, if you keep a bottle of kalonji oil at home, you can use them for plenty of things to boost your health and take care of nagging problems. Let's take a look at some benefits of kalonji. Health Benefits of Kalonji (Nigella Seeds)1. Fights AcneSweet lime juice and kalonji oil together can fix many skin problems. For every cup of sweet lime juice, you'll need about half a teaspoon of kalonji oil. Apply the oil twice a day on your face and watch your blemishes and acne disappear. If you keep pure kalonji oil handy, you can use it to treat cracked heels as well.(Also Read: Ayurveda For Acne: 5 Easy Home Remedies To Get Rid Of Acne)Health benefits of kalonji seeds: If you keep pure kalonji oil handy, you can use it to treat cracked heels as well 2. Keeps a Check on DiabetesThis is probably one of the most known benefits of kalonji. If you already have diabetes, kalonji oil can also help to manage it. Take half a teaspoon of the oil in a cup of black tea every morning, and see the difference in a few weeks.(Also Read: 5 Vegetables You Must Include In Your Diabetes Diet)Health benefits of kalonji seeds: This is probably one of the most known benefits of kalonji.3. Increases Memory and Alleviates AsthmaGround kalonji seeds with a little bit of honey is known to boost memory. And if you mix this in warm water and drink, it also helps in alleviating breathing trouble (asthma included) in children and adults alike. But you need to do this is for at least 45 days, and avoid cold beverages and food during the period.(Also Read: Foods To Boost Your Memory. Remember To Eat These!)Health benefits of kalonji: Ground kalonji seeds with a little bit of honey is known to boost memory.4. Gets Rid of HeadachesOne of the most common urban problems in today's time is headaches. Instead of popping a pill, rub kalonji oil on your forehead, relax, and wait for your headache to disappear. Nothing like natural home remedies!(Also Read: 10 Natural Home Remedies For Headaches That Actually Work)Health benefits of kalonji: One of the most common urban problems in today's time is headaches.5. Aids Weight LossThe warm water, honey, and lemon combination is often recommended for those who are on a diet. Now add a pinch of powdered kalonji seeds to this mix and see how it works. Many health enthusiasts have claimed that kalonji seeds is a miracle ingredient which helps in shedding those extra kilos. Health benefits of kalonji: Many health enthusiasts have claimed that kalonji seeds is a miracle ingredient.6. Eases Joint PainIt's an old-school treatment; take a handful of kalonji seeds, and heat it well with mustard oil. Once the oil is smoking, take it off the flame and cool it down for a bit. The oil is ready when you can dip the tip of a finger into the oil without feeling uncomfortable. Now use this oil to massage the inflamed joint. Health benefits of kalonji: The oil is ready when you can dip the tip of a finger into the oil without feeling uncomfortable.7. Controls Blood PressureFor those who suffer from or have the tendency of high blood pressure can drink half a teaspoon of kalonji oil with warm water to keep hypertension under control. It is of course advised to follow a proper diet along with it. Health benefits of kalonji: drink half a teaspoon of kalonji oil with warm water to keep hypertension under control.8. Protects the KidneyKidney stones are a common urban problem. It is said that half a teaspoon of kalonji oil had with two teaspoons of honey and warm water can aid in getting rid of kidney pain, stones and infections. But you also need to consult a doctor to get a proper diet. Health benefits of kalonji: Kidney stones are a common urban problem.9. Makes Teeth StrongerDid you know that kalonji has been used traditionally to take care of dental trouble such as swelling or bleeding of gums, and weak teeth? Of course you need to see a dentist, but you can also massage your teeth with curd and some kalonji oil twice a day to strengthen your gums.(Also Read: Beware! These 5 Foods Are Known to Stain Your Teeth)Health benefits of kalonji: Did you know that kalonji has been used traditionally to take care of dental problem.10. Strengthens ImmunityKalonji oil, honey and warm water have more than one benefit. Apart from the ones already mentioned, it can also help to strengthen your immunity if consumed daily. If you add kalonji oil in boiling water and inhale the fumes, it can also reduce nasal congestion, and help those who suffer from sinusitis problems. Health benefits of kalonji: Kalonji oil, honey and warm water have more than one benefit.Quick FactsWhen you're buying nigella seeds, remember to check the pack carefully; the seeds are jet black and shouldn't look stale.Storing nigella is important. Always store it in a dry place and make sure it doesn't come in contact with moisture. Don't buy large quantities of kalonji. 100 grams can take you a long way, so buy in smaller portions. This will prevent the seed from losing its aroma and benefits by sitting on the shelf for too long.Disclaimer:The opinions expressed within this article are the personal opinions of the author. NDTV is not responsible for the accuracy, completeness, suitability, or validity of any information on this article. All information is provided on an as-is basis. The information, facts or opinions appearing in the article do not reflect the views of NDTV and NDTV does not assume any responsibility or liability for the same.Show full article 3. Boosts Memory Source: Unsplash Embrace the potential of Nigella Seeds as a memory-enhancing food by integrating them into your diet. Research suggests that these seeds may offer cognitive benefits, including improved memory function. Incorporating Nigella Seeds into your meals can provide a natural and delicious way to support and boost your memory. Studies on animals have shown that Nigella sativa (NS) can protect the brain, kidneys, lungs, heart, and liver.[3] Source: Unsplash A healthy heart and healthy mind make the world a better place to be. When our hearts are healthy, we experience vitality, energy, and a sense of well-being that enables us to engage fully in our lives and communities. A sound heart and a clear mind create a better world. Research indicates that Nigella Sativa seeds and extracts offer positive effects on conditions like diabetes, insulin resistance, lipid levels, and cardiovascular health, including antiplatelet actions.[4] 5. Controls Blood Pressure Source: Unsplash Incorporating Nigella seeds into the diet can particularly benefit individuals with blood pressure issues, as they have been shown to help regulate blood pressure levels. Nigella seeds offer a natural and holistic approach to overall well-being by supporting heart health and potentially lowering blood pressure. Giving healthy volunteers 5 mL of N. sativa oil (Nigella Seed Oil) every day for 8 weeks lowers their blood pressure without causing any harm.[5] 6. Helps Relieve Asthma Source: Unsplash Asthma, a chronic respiratory condition, can lead to significant discomfort and distress for those affected by it. The symptoms of asthma include wheezing, coughing, chest tightness, and shortness of breath. Black seed, scientifically known as Nigella sativa L. (NS), is both a spice and a traditional herbal remedy employed to treat various conditions, including bronchial asthma.[6] 7. Makes Teeth Stronger Source: Unsplash Want to make your teeth stronger? Opt for Nigella seeds. Nigella seeds may contribute to stronger teeth due to their potential antimicrobial and anti-inflammatory properties. The ethanolic extract of N. sativa proves effective in treating moderate to severe gingivitis.[7] 8. Aids Weight Loss Source: Unsplash Want to use a holistic approach to your weight loss journey? Incorporating Nigella seeds, Kalonji benefits for females may include assistance in managing weight for PCOS. Nigella sativa not only decreases appetite and hunger pangs significantly but also boosts feelings of satiety and fullness.[8] There are many kalonji benefits for weight loss. Firstly, it may aid in boosting metabolism, which can help the body burn calories more efficiently. Additionally, kalonji seeds are rich in fibre, which can promote feelings of fullness and reduce appetite, leading to lower calorie intake. 9. Protects The Kidney Source: Unsplash Kidneys are very important to flush out any toxic elements in our body. Additionally, the kidneys help regulate blood pressure and produce hormones that influence red blood cell production and bone health. Black cumin, scientifically known as Nigella sativa, has demonstrated effectiveness in the treatment of diverse kidney ailments.[9] Source: Unsplash Headaches can rob one away from living happy moments. These nagging pains, whether fleeting or persistent, have a knack for disrupting our plans, clouding our thoughts, and casting a shadow over what should be vibrant, fulfilling experiences. Black Seed is also advised for treating a variety of conditions, such as fever, cough, bronchitis, asthma, persistent headaches, migraines, dizziness, chest congestion, menstrual pain, obesity, diabetes, paralysis, hemiplegia, back pain, infections, inflammation, rheumatism, hypertension, and gastrointestinal issues like indigestion, flatulence, dysentery, and diarrhoea.[10] 11. Helps With Skin And Hair Problems Source: Unsplash Looking for a food option to incorporate into your diet for your skin and hair? Incorporate black seeds! In a world inundated with skincare fads and haircare trends, Nigella sativa stands as timeless. The seeds of Nigella sativa boast antimicrobial, antioxidant, anti-ageing, hair growth promotion, sun protection, and anti-cancer properties, making them a unique ingredient for numerous cosmetic formulations.[11] Kalonji seeds benefits for hair are many. 12. Has Anticancer Properties Source: Unsplash Nigella sativa stands as a beacon of resilience and possibility in the fight against cancer. Nigella sativa demonstrates promising potential as a complementary therapy alongside routine treatments. Nigella sativa and its components contribute to cancer prevention by triggering the activation of tumour suppressor genes.[12] 13. May Help Fight Allergies Source: Unsplash Are you prone to getting seasonal allergies? A stuffed nose and sneezing can be a cause of discomfort. As you navigate seasonal changes, let nigella sativa become a part of your anti-allergy arsenal. Nigella sativa oil is recognized for its anti-allergic and immunomodulatory effects.[13] 14. May Fight Bacteria And Infections Source: Unsplash Nigella seeds have antibacterial properties and help with fighting infections. Sprinkle the Nigella seeds on your favourite recipe and enjoy a boost in immunity. 15. May Help Protect The Liver Source: Unsplash Have you been hungover lately? Or just want to look after your liver health. The liver deposits lots of toxic elements and eating Nigella seeds can help. A healthy liver gets rid of all the toxins, and old red blood cells and creates a substance that helps metabolise proteins. 16. May Prevent Stomach Ulcers Source: Shutterstock Due to the increase in acid in the stomach ulcers can happen. Stomach ulcers need proper care and nutrition. Nigella seeds offer just that. The potential anti-ulcer impact of NS may be mediated through prostaglandins and/or its antioxidant and anti-secretory properties.[14] 17. May Help With Constipation Source: Shutterstock Have trouble with passing the stools? A healthy gut is very important to maintain good health overall. Not having a strong and clean gut can be worrisome and many diseases can emerge because of that. Have some Nigella seeds with yoghurt. Frequently Asked Questions (FAQs) Q. What is kalonji seed good for? A. They are good for boosting immunity, aiding digestion, promoting healthy skin, and potentially even combating certain chronic conditions like diabetes and hypertension. Q. Who should not eat kalonji? A. Individuals with certain medical conditions should consider talking with their physicians. Also, pregnant women should consult their doctor before consuming Nigella seeds. Q. How do you use kalonji nigella seeds? A. One can consume Nigella seeds by sprinkling them on salads or having them with honey. Q. Can we drink kalonji water daily? A. Yes. You can moderately drink Kalonji water daily. Q. How much kalonji should I eat daily? A. Many wonder how to eat kalonji seeds daily. Consuming 1 to 2 teaspoons of Kalonji seeds in moderation is recommended. Q. What is the best way to consume kalonji? A. The best way to consume Kalonji is by introducing it into your daily diet. There aren't kalonji seeds side effects if one consumes them moderately. Q. How to eat kalonji seeds for weight loss? A. Kalonji seeds can be consumed by mixing them with yoghurt, salads, or smoothies. Key Takeaways Kalonji seeds have myriad benefits and it is easy to introduce into your diet. Boosts immunity with its potent properties. Plays a role in the prevention of cancer via the activation of the tumor suppressor gene. Consumption of Nigella seeds is good for cardiovascular health. The beneficial properties help skin and hair remain healthy. Consuming nigella seeds helps with diabetes and overall health. Sources Also Read - Top Uses and Benefits of Ajwain (Carom Seeds)Next Story :7 New Covid-19 Symptoms You Should Know About The JN.1 Variant