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Systematic Review of Randomized Controlled Trials in Uses of *Nigella Sativa* (Black Seed) in Metabolic Syndrome

Revue Systématique des Essais Contrôlés Randomisés sur les Utilisations de Nigella Sativa (Graines de Nigelle) dans le Syndrome Métabolique

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ABSTRACT

BACKGROUND: Metabolic syndrome as defined by The National Cholesterol Education Panel-Adult Treatment Panel III (NCEP-ATP III), is the presence of obesity, dyslipidaemia, the elevation of arterial blood pressure, and glucose intolerance. It affects 25% to 40% of the adult population of Malaysia and is associated with other medical conditions, especially cardiovascular disease. In this systematic review, the objective is to assess the effects of *Nigella Sativa* on parameters that reflect metabolic syndromes, such as lipid profile, blood pressure, blood glucose, and anthropometry indices.

METHODS: This systematic review was conducted by performing searches for relevant publications on two databases (PubMed and Scopus). The publication period was limited from January 2011 to December 2021. Cochrane collaboration tools were used for the risk of bias assessment of each trial.

RESULT: Six out of 8 randomised controlled trials (n:776) demonstrated a significant improvement in lipid profile ($p < 0.05$), 5 out of 7 trials (n:701) showed a significant reduction in glycaemic indices ($p < 0.05$), 1 out of 5 trials (n:551) demonstrated significant improvements in blood pressure ($p < 0.05$), and 2 out of 7 trials (n:705) showed a significant reduction in anthropometric measurements ($p < 0.05$).

CONCLUSION: *Nigella Sativa* has proved to have a significant positive effect on lipid profile and glycaemic index. The results showed in the parameters of blood pressure and anthropometric indices are less convincing, as results were inconsistent across studies. *Nigella Sativa* can therefore be recommended as an adjunct therapy for metabolic syndrome.

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KEYWORDS: *Nigella Sativa*, Black Seed, Randomized controlled trial, Metabolic Syndrome.

RÉSUMÉ

CONTEXTE: Le syndrome métabolique, tel que défini par le National Cholesterol Education Panel-Adult Treatment Panel III (NCEP-ATP III), se caractérise par la présence d'obésité, de dyslipidémie, d'hypertension artérielle et d'intolérance au glucose. Il affecte 25% à 40% de la population adulte en Malaisie et est associé à d'autres affections médicales, notamment les maladies cardiovasculaires. L'objectif de cette revue systématique est d'évaluer les effets de *Nigella Sativa* sur des paramètres reflétant le syndrome métabolique, tels que le profil lipidique, la pression artérielle, la glycémie et les indices anthropométriques.

MÉTHODES: Cette revue systématique a été réalisée en effectuant des recherches de publications pertinentes dans deux bases de données (PubMed et Scopus). La période de publication était limitée de janvier 2011 à décembre 2021. Les outils de la collaboration Cochrane ont été utilisés pour évaluer le risque de biais de chaque essai.

RÉSULTATS: Six des huit essais contrôlés randomisés (n : 776) ont montré une amélioration significative du profil lipidique ($p < 0,05$), cinq des sept essais (n : 701) ont montré une réduction significative des indices glycémiques ($p < 0,05$), un des cinq essais (n : 551) a démontré des améliorations significatives de la pression artérielle ($p < 0,05$), et deux des sept essais (n : 705) ont montré une réduction significative des mesures anthropométriques ($p < 0,05$).

CONCLUSION: *Nigella Sativa* a prouvé avoir un effet positif significatif sur le profil lipidique et les indices glycémiques. Les résultats concernant les paramètres de la pression artérielle et des indices anthropométriques sont moins convaincants, car les résultats étaient incohérents entre les études. *Nigella Sativa* peut donc être recommandée comme thérapie adjuvante pour le syndrome métabolique. **WAJM 2024; 41 (4): 372 - 380.**

MOTS CLÉS: *Nigella Sativa*, graines de nigelle, essai contrôlé randomisé, syndrome métabolique.

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