

Potential influence of *Nigella sativa* (Black cumin) in reinforcing immune system: A hope to decelerate the COVID-19 pandemic

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The race to find a suitable treatment of COVID-19 has been paramount. The components of *nigella sativa*, a medicinal plant, have intense anti-inflammatory, immune-regulatory, and antioxidant benefits in obstructive respiratory disorders. These components, especially thymoquinone, can be a potential candidate in strengthening the immune-regulatory effects on COVID-19. The thymoquinone suppresses mRNA expression which down regulates interferon genes or a family of naturally occurring proteins and other inflammatory responses. Further in vitro and in vivo studies are needed to fully understand the extent of this compound's therapeutic effects.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7347483/>