



BLACK SEED NOSE DROPS

It was narrated that Khalid bin Sa'd said:

“We went out and with us was Ghalib bin Abjar. He fell sick along the way, and when we came to Al-Madinah he was sick. Ibn Abu 'Atiq came to visit him and said to us: 'You should use this black seed. Take five or seven (seeds) and grind them to a powder, then drop them into his nose with drops of olive oil, on this side and on this side. For 'Aishah narrated to them that she heard the Messenger of Allah (ﷺ) say: “This black seed is a healing for every disease, except the Sam.” I said: “What is the Sam?” He said: “Death.”

(Sunan Ibn Majah, 3449)

Uses: This method can be used to treat inflammation in the head, nose, ears, and throat (as needed)

How to Administer This Medicine:

Route of Administration: Lay client on back with shoulders slightly raised and head in a declined position. Gently insert dropper into the nose aiming for the back of the nose. When the dropper is in position begin to administer proper dosage. Clients should remain in this position for 5 min or until he/she sneezes.

Duration: Varies depending upon the condition, however, continue treatment until symptoms decrease.

Dosage: Adults-6 drops per nostril equals 2.6 drops per nostril or a bit over 5 black seeds per dose. To increase dosage to 7 seeds use 8 drops per nose. This dosage can be given all at once or spread throughout the day, in shaa Allah. This dosage can be reduced to ½ - ⅓ for children under the age of 12, though it is Sunnah to treat children with Indian Aloeswood (Qist Al Hindi or Qist Al Bahri).

Black Seed Nose Drops Formulation (Adults & Children over 12 years):

(Makes 1 oz.)

1 grams of Powdered Black Seed

1 oz. Virgin Olive Oil

Directions: Grind the seeds to a powder, mix with slightly warmed olive oil (optional). Mix well. Close container and keep in a cool, dry place, away from light. Can be stored safely for up to 2 years (possibly beyond if stored properly).

www.DivineAyat.com