



## *Nigella damascena* L.

**Family:** Ranunculaceae

**Common name:** Love-in-a-mist

**Importance:**

- It is used as an ingredient in food, such as a flavoring agent in cheese and bread.
- It is used in treatment of high temperatures, regulation of menstruation or catarrhal affections.
- Is used as a diuretic and sternutatory; as an analgesic, anti-oedematous, and antipyretic; and for vermifuge and its disinfectant effects.