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### EFFECT OF *NIGELLA SATIVA* SEEDS ON THE GLYCEMIC CONTROL OF PATIENTS WITH TYPE 1 DIABETES MELLITUS IN NILE RIVER STATE

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*Nigella sativa* (NS) is widely used medicinal plant throughout the world. Seeds and oil have a long history of usage in various aspects of medicines and food. It has is used to treat a wide range of diseases including diabetes mellitus (DM). DM is a chronic incurable disease with high mortality and morbidity and increasing prevalence. The aim of this study was to investigate hypoglycemic effect (NS) in type 1 diabetic patients. Nine patients with type I diabetes were included in the study. They were given NS (2 gm per day) beside their regular treatment (insulin) for 30 days. At the end of the study fasting blood glucose (FBG) was checked and data was analyzed using t-test and paired t-test in statistical package for the social sciences (SPSS) 22 software. The mean levels of FBS before and one month after the intervention were  $227\pm65$ ,  $128\pm57.6$  respectively. There was significant reduction in FBS before and after treatment ( $P=0.003$ ). Results showed a significant improvement in FBG in type 1 diabetic patient used NS for 30 days. More studies are recommended in the future to determine the optimal dose, duration and frequency of NS as an antidiabetic drug as well as to study effect of NS in prevention of diabetic complication.

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