


Universitas Ahmad Dahlan Yogyakarta 48

Hasil Cek Antioxidants

 CEK 1

 Nanik Instructor

 Universitas Ahmad Dahlan Yogyakarta

Document Details

Submission ID

trn:oid::1:2999573837

Submission Date

Sep 6, 2024, 9:44 AM GMT+7

Download Date

Sep 6, 2024, 10:10 AM GMT+7

File Name

Antioxidants and immunomodulatory effect of black cumin seed oil in at-risk metabolic syndrom....pdf

File Size

388.2 KB

6 Pages

4,360 Words

22,940 Characters

21% Overall Similarity

The combined total of all matches, including overlapping sources, for each database.





Filtered from the Report

- ▶ Bibliography
- ▶ Quoted Text
- ▶ Small Matches (less than 10 words)




Exclusions

- ▶ 13 Excluded Sources

Match Groups

-  **31** Not Cited or Quoted 19%
Matches with neither in-text citation nor quotation marks
-  **6** Missing Quotations 2%
Matches that are still very similar to source material
-  **0** Missing Citation 0%
Matches that have quotation marks, but no in-text citation
-  **0** Cited and Quoted 0%
Matches with in-text citation present, but no quotation marks

Top Sources

- 18%  Internet sources
- 7%  Publications
- 10%  Submitted works (Student Papers)

Integrity Flags

0 Integrity Flags for Review

No suspicious text manipulations found.

Our system's algorithms look deeply at a document for any inconsistencies that would set it apart from a normal submission. If we notice something strange, we flag it for you to review.

A Flag is not necessarily an indicator of a problem. However, we'd recommend you focus your attention there for further review.

Match Groups

- **31 Not Cited or Quoted 19%**
Matches with neither in-text citation nor quotation marks
- **6 Missing Quotations 2%**
Matches that are still very similar to source material
- **0 Missing Citation 0%**
Matches that have quotation marks, but no in-text citation
- **0 Cited and Quoted 0%**
Matches with in-text citation present, but no quotation marks

Top Sources

- 18% Internet sources
- 7% Publications
- 10% Submitted works (Student Papers)

Top Sources

The sources with the highest number of matches within the submission. Overlapping sources will not be displayed.

1	Internet		
	discovery.researcher.life		10%
2	Student papers		
	SDM Universitas Gadjah Mada		3%
3	Student papers		
	Sriwijaya University		2%
4	Internet		
	jofem.org		1%
5	Internet		
	brieflands.com		0%
6	Publication		
	Titiek Hidayati, Indrayanti Indrayanti, Endang Darmawan, Akrom Akrom. "Herbal...		0%
7	Internet		
	journal.unnes.ac.id		0%
8	Internet		
	staff.uad.ac.id		0%
9	Student papers		
	Universitas Muhammadiyah Surakarta		0%
10	Student papers		
	Chester College of Higher Education		0%

11	Internet	era.ed.ac.uk	0%
12	Internet	worldwidescience.org	0%
13	Publication	Akrom Akrom, Tri Julia Purnamasari, Zaky Nurfaiz, Adnan Adnan, Endang Darma...	0%
14	Publication	P N R Rachman, Akrom, E Darmawan. " The efficacy of black cummin seed () oil an...	0%
15	Internet	repository.unmuhjember.ac.id	0%
16	Internet	www.frontiersin.org	0%
17	Internet	www.lib.okayama-u.ac.jp	0%
18	Internet	hygeiadesenv.fsp.usp.br	0%

Antioxidants and immunomodulatory effect of black cumin seed oil in at-risk metabolic syndrome



Akrom Akrom^{1,3*}, Endang Darmawan¹, Nuril Maulida², Syuhada²

ABSTRACT

Introduction: Black Cumin Seed Oil (BCSO) is a traditional medicine widely used as an antioxidant and immunomodulator. Objective: The purpose of this study is to investigate the effect of dose variation of BCSO (1.5 ml/day versus 3 ml/day) on IL-10 activity and MDA levels in patients at risk of MS at Jetis 1 Public Health Center (J1PHC), Bantul Regency, Yogyakarta, Indonesia. **Methods:** We conducted an analytical cross-sectional study. 66 patients at risk of metabolic syndrome (MS) were divided into two groups. In stage 1, group 1 received a 1.5 ml/day dose, and group 2 received 3 ml/day for 20 days. The clinical parameters of MS, IL-10 activity, and MDA levels were measured at the end of the study stages. **Results:** The mean activity of IL-10 in the 1.5 ml/day dose group was 4.83 and in the 3 ml/day dose group was 5.49, which showed an increase of around 13.66% ($p = 0.300$). The mean MDA level in the 1.5 ml/day group was 3.92 $\mu\text{mol/L}$, which increased to 4.31 $\mu\text{mol/L}$ in the 3 ml/day group or approximately 9.95% ($p = 0.802$). Statistically, IL-10 activity and MDA levels in the two-dose groups did not differ significantly. **Conclusion:** The results of this study indicate that the administration of BCSO at doses of 1.5 ml/day and 3 ml/day for 20 days has the same effect on IL-10 activity and MDA levels in patients at risk of MS.

Keywords: Antioxidant, Black Cumin Seed Oil, Immunomodulator.

Cite This Article: Akrom, A., Darmawan, E., Maulida, N., Syuhada. 2021. Antioxidants and immunomodulatory effect of black cumin seed oil in at-risk metabolic syndrome. *Bali Medical Journal* 10(3) Special Issue ICONURS: 1042-1047. DOI: 10.15562/bmj.v10i3.2822

¹Department of Clinical Pharmacy, Faculty of Pharmacy, Universitas Ahmad Dahlan, Yogyakarta, Indonesia;

²Graduate Student, Faculty of Pharmacy, Universitas Ahmad Dahlan, Yogyakarta, Indonesia;

³Ahmad Dahlan Drug Information and Research Center, Universitas Ahmad Dahlan, Yogyakarta, Indonesia;

*Corresponding author:

Akrom Akrom;
Department of Clinical Pharmacy, Faculty of Pharmacy, Universitas Ahmad Dahlan, Yogyakarta, Indonesia;
akrom@pharm.uad.ac.id

Received: 2021-10-22

Accepted: 2021-12-03

Published: 2021-12-28

INTRODUCTION

Metabolic syndromes (MS) are the risk factor of many degenerative diseases and aggravating factors in the era of the covid pandemic.¹ The imbalance of metabolic processes can lead to various clinical problems, including central obesity, hypertension, dyslipidemia, insulin sensitivity disorders, and diabetes.² A set of irregular metabolic process symptoms is known as metabolic syndrome (MS).³ Several factors can affect MS, including the active radicals caused by oxidative stress.⁴ Active radicals can cause cell death because they damage cellular fat and protein and lead to various diseases such as autoimmune.⁵ Some major immuno-regulators play an essential role in maintaining balance and suppressing autoimmune occurrence, e.g., interleukin-10 cytokine (IL-10). IL-10 has a role in the inflammatory response as an anti-inflammatory cytokine.⁶ Meanwhile, radical oxidative biomarkers have been extensively evaluated to identify the

relationship between oxidative damage to macromolecules (lipids, deoxyribonucleic acid [DNA], and proteins) and disease progression.^{7,8}

Malondialdehyde (MDA), as a fatty peroxidation biomarker, has increased in patients with inflammation caused by rheumatoid arthritis and MS patients.⁹⁻¹¹ Administration BCSO for eight weeks in arthritis patients increased IL-10 cytokine and decreased MDA.¹² The BCSO was adequate for use as adjunctive therapy in managing diabetic medicine by lowering serum creatinine and urea levels and blood sugar and HbA1c levels.^{13,14,15} Meanwhile, the administration of BCSO with a dose of 5 ml/day in healthy patients for eight weeks proved to reduce blood pressure without side effects. Until now, there has been no clear evidence of BCSO effects on IL-10 and MDA as a therapeutic supplement in patients at risk of MS. BCSO is one of the natural ingredients drugs widely used in various countries, including Indonesia, so research needs to be done to find evidence.⁸ The study

aimed to determine the effect of BCSO on malondialdehyde levels (oxidative stress parameter) and IL-10 expression (anti-inflammatory parameter).

METHODS

Research design and subjects

We conducted an analytical cross-sectional study. We examined biological materials and analyzed data from based-data from open-label clinical trials of providing additional therapy for preparations containing black cumin seed oil in patients at risk for metabolic syndrome (MS) at the Jetis 1 Community Health Center (J1PHC). The study complied with the Helsinki Declaration in involving humans as the subjects. The protocols and informed consent of the study have been reviewed and approved by the research ethics committee of the Faculty of Medicine and Health Sciences of Muhammadiyah University of Yogyakarta (UMY) in 2016 with the number of certificates of ethical research eligibility:

279/EP- FKIK-UMY/V/ 2016.¹⁵

A total of 66 patients at Jetis 1 PHC, Bantul District, Yogyakarta Province, at risk of MS who had met the study requirements, expressed their willingness to be the subject of the study, and filled informed consent, were divided into two groups (groups 1 and 2) of 33 subjects each. We signed the issue by simple manual randomization technique.

The inclusion criteria are patients at risk of MS who demonstrated one or more of the following MS-related clinical problems (1) increased fasting glucose (fasting glucose ≥ 100 mg/dL), (2) increased blood pressure (blood pressure $\geq 130/85$ mmHg), (3) elevated blood triglyceride levels (≥ 150 mg/dL) or received specific therapy for abnormal lipids, (4) decreased HDL cholesterol (<40 mg/dL in males and <50 mg/dL in females). The exclusion criteria in this study are (1) dropping outs during the study, (2) pregnant women, (3) patients taking corticosteroids, undergoing anti-tuberculosis therapy, clinically diagnosed with cancer, severe kidney disease, and consuming immunomodulatory agents, and (4) allergic to BCSO.

In groups 1 and 2, each subject received BCSO capsules at a dose of 1.5 ml/day and 3 ml/day in the first 20 days, followed by a wash-out period for seven days. Subsequently, the doses were exchanged (group 1 with 3 ml/day and group 2 with 1.5 ml/day) on the second 20 days. Blood sampling for the IL-10 activity and MDA level tests was performed on the day after the intervention.

Blood Sampling

The peripheral blood was taken from the cubital vein by a trained analyst. Blood sampling was done three times: day 0 (before treatment), day 21, and day 49 (after treatment). Blood collected on day 0 was used to examine essential clinical characteristics (baseline). The blood taken was centrifuged for approximately 15 minutes with a relative centrifuge force (RCF) of about 1,500 g so that the serum sample was obtained for analysis. Unused serum samples were stored at temperatures less than 60°C until analysis was performed. All the samples obtained were secretly coded only known by the researcher to be blind to reduce the bias

of the research results. Blood samples were divided into parts 1 for blood chemistry (glucose, LDL cholesterol, HDL, and triglyceride levels), part 2 for MDA level examination, and section 3 for IL-10 expression examination.

Measuring subjects' essential clinical characteristics

Baseline examination of glucose level, LDL cholesterol, HDL cholesterol, and triglyceride was done at Jetis I PHC with spectrophotometric equipment by trained personnel. Trained doctors performed blood pressure checks.

Measuring IL-10 activity

The collected and secretly coded sera were analyzed to determine IL-10 activity using flow cytometry (flow cytometer B.D. Facsclibur) performed by trained analysts. The principle of this method is the illumination of cells or other particles as they flow separately through a narrow slit of exposed light, and the character of light-absorbing fractionation will be detected by the detector and processed by the computer. IL-10 activity measurements were performed on the 21st and 49th blood samples by trained analysts in the Clinical Pathology Laboratory of UGM Faculty of Medicine, Yogyakarta.

Measuring antioxidant parameter: MDA level

Measurement of MDA levels was performed by visible spectrophotometric method (spectrophotometer 5010-V5+^{*}). The principle of action is to use an MDA reaction with thiobarbituric acid (TBA) absorption, which is read with a maximum wavelength of 532 nm. MDA levels were measured on blood samples on the 21st and 49th days by trained analysts in the Clinical Pathology laboratory of UGM Faculty of Medicine, Yogyakarta.

Statistical analysis

Data on IL-10 activity measurements and MDA levels were analyzed by paired-sample t-test with SPSS software. A p-value less than 0.05 is considered significant. Statistical test results are presented with mean values in tables or graphs as research data.¹⁶

RESULTS

Subjects

At the beginning of the study, there were 66 subjects, but not all of them completed the procedure of research intervention. In group 1, the total subjects who were able to complete the study intervention procedure at stage 1 (BCSO 1.5 ml/day) and stage 2 (BCSO 3 ml/day) were 31 of 33 subjects (94%). Two issues (6 %) were unable to continue the study procedure because of the side effects. One point (3%) had elevated blood pressure, and another (3%) experienced nausea and vomiting. Similarly, in group 2, the total subjects who completed the research intervention were 31 subjects (94%), two subjects (6%) were unable to continue the study. One issue (3%) felt the side effects of gastric pain, and one other (3%) resigned because the subjects performed kidney stone surgery. Thus, the total subjects who completed the study were 62 patients.

Baseline characteristics

Baseline data indicate the clinical condition of the study subjects: elevated LDL levels 91.9%, hyperglycemia 70.97%, hypertension 59.7%, hypertriglyceridemia levels 54.8%, and low serum HDL levels 37.1% involved in this research. Most subjects had a BMI <25 (58.06%). The summary of baseline descriptions of subject characteristics is presented in Table 1.

As shown in Table 1, it is known that there is no difference in clinical characteristics between the two subject groups.

IL-10 activity data

The dot plot graph of IL-10 activity/expression examination results by flow cytometry method is presented in Figure 1. The results of flow cytometry examination of IL-10 expression after BCSO intervention with doses of 1.5 ml/day and 3 ml/day are presented in Fig. 1.

It can be seen that a group with a 3 ml/day dose treatment had a lower expression than the 1.5 ml/day group. The results of the statistical analysis of the IL-10 examination are shown in Table 2.

Table II shows that the mean expression of IL-10 was 4.83% in the group receiving 1.5 ml/day and 5.49% in the 3 ml/day

Table 1. Demographic (sex, age) and clinical characteristics (BMI, hyperglycemia status, hypertension status, dyslipidemia status) of the patients at risk of MS baseline.

Characteristic	Groups		p
	1.5 ml/day BCSO group (n=31)	3 ml/day BCSO Group (n=31)	
Sex			
Male (%)	7/31 (22.6)	6/31 (19.35)	13/62 (21)
Age group			
≤60 years (%)	24/31(77.4)	22/31(70.97)	46/62 (74)
BMI			
≤25 kg/m ² (%)	18/31(58.06)	18/31(58.06)	36/62(58.06)
Hyperglycemia			
(RBS ≥ 200 mg/dl)	22/31(70.97)	22/31(70.97)	44/62(70.97)
Hypertension			
BP systole ≥140 mmHg	17/31(54.83)	20/31(64.52)	37/62 (59.7)
BP diastole ≥90 mmHg	4/31(12.90)	6/31(19.35)	10/62 (16.12)
dyslipidemia			
Triglycerides ≥150 mg/dl	17/31(54.83)	17/31(54.83)	34/62(54.83)
LDL ≥100 mg/dl	30/31(96.7)	27/31(87.1)	57/62(91.93)
HDL ≤ 40 mg/dl	11/31(35.48)	12/31(38.71)	23/61(37.1)

Note BMI, Body Mass Index; BP, Blood Pressure; RBS, Random Blood Sugar; LDL, Low-Density Lipoproteins; HDL, High-Density Lipoprotein.

Table 2. IL-10 expression in patients at risk of MS after receiving BCSO at a dose of 1.5 or 3 ml/day for 20 days.

BCSO Dosage	IL-10 activity (%)		% change	P
	Mean	SD		
1,5 ml/day BCSO group	4,83	3,49	13,66	0,300
3 ml/day BCSO group	5,49	3,58		

Paired T-test; SD, Standard Deviation

Table 3. MDA levels of patients at risk of MS after receiving BCSO at a dose of 1.5 or 3 ml/day for 20 days.

BCSO Dosage	MDA level (µmol/L)		% change	P
	Mean	SD		
1,5 ml/day BCSO group	3,92	5,00	9,95	0,802
3 ml/day BCSO group	4,31	11,10		

Note: As shown in Table 3, the mean MDA levels in the dose group of 1.5 ml/day were 3.92 µmol / L and increased to 4.31 µmol / L or 9.95%. Statistically, the increase in this activity did not differ significantly (p = 0.802).

dose group, or an increase of 13.66%. Statistically, this increase in activity did not differ significantly (p = 0.300).

MDA level data

Results of MDA examination after the intervention in subjects with doses 1.5ml/day and 3 ml/day can be seen in Table 3. The results of statistical analysis on MDA levels are shown in Table 3.

DISCUSSION

Effects of BCSO dose variation on IL-10 activity

Mild inflammation is induced by immune system disruption in MS settings, where

pro- and anti-inflammatory conditions are imbalanced, with increased activity of pro-inflammatory cytokines (IL-6, IL-18, and TNF-) and decreased activity of anti-inflammatory cytokines (IL-10).¹⁷ Increased pro-inflammatory cytokines are linked to several pathologic conditions associated with MS, including insulin resistance, diabetes, impaired cardiovascular function, and impaired lipid metabolism.¹⁸ IL-10, as an anti-inflammatory cytokine by inhibiting macrophages and dendritic cells that play a role in controlling nonspecific immune and cellular immune reactions, maybe one of the pathways inhibiting

the development of MS disease and its complications by inhibiting the formation of pro-inflammatory cytokines.¹⁹

Many studies and literature mention the benefits of BCSO supplementation in MS-related conditions, especially in controlling blood glucose levels. The ability of BCSO as a complement to hyperglycemia therapy may affect the pro-inflammatory and anti-inflammatory status, including IL-10.²⁰ However, dosing of 1.5 ml/day and 3 ml/day did not significantly affect the increase in IL-10 in MS patients. The supplementation of BCS powder with doses of 2 g / day and 3 g / day for three months as adjunctive therapy

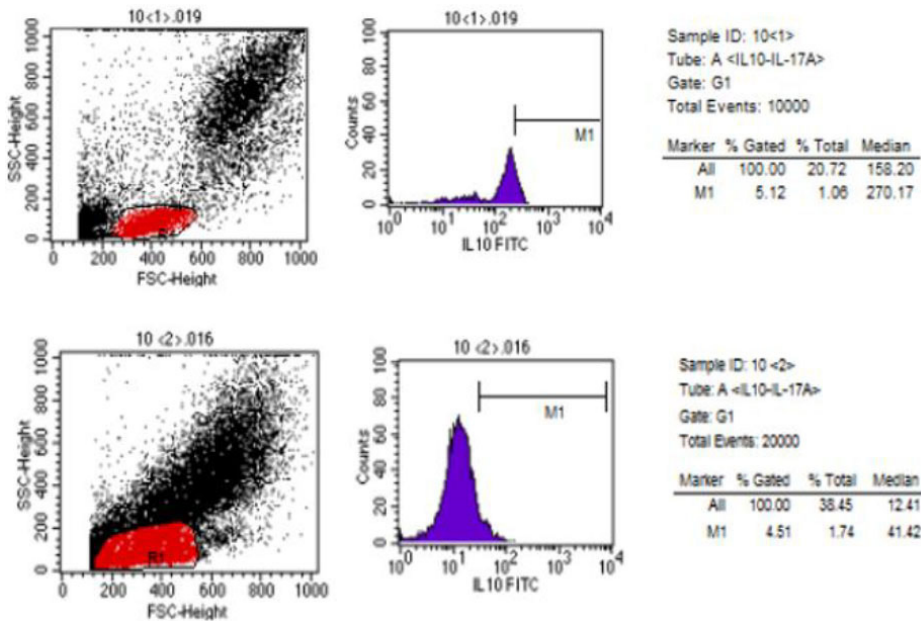


Figure 1. The examination results of IL-10 expression by flow cytometry method in patients at risk of MS after receiving BCSO at a dose of 1.5 or 3 ml/day for 20 days.

in type 2 diabetes mellitus patients showed similar benefits compared to baseline.¹⁰

BCSO contains antioxidants, especially thymoquinone and other substances that have anti-inflammatory effects.²¹ It may be that the optimal ability of the anti-inflammatory effect has been achieved at a dose of 1.5 ml/day so that the increased amount of BCSO has not significantly affected the activity of IL-10.¹⁵ The thymoquinone content in BCSO has an essential role in the immune system by inhibiting the synthesis of pro-inflammatory cytokines, MCP-1, TNF- α , IL-1 β , and COX-2, but with a lower inhibitory effect on COX-1 expression and PGE2 production. In addition, the thymoquinone may also increase the expression of p21 WAF1, inhibit histone deacetylase activity, and induce histone hyperacetylation.²² The anti-inflammatory capabilities in BCSO are expected to inhibit pro-inflammatory pathways through a combination of anti-inflammatory action and proapoptosis that can be applied to the management of inflammatory therapies in cancer. This will affect the pro-and anti-inflammatory balance in MS patients by shifting the increase of anti-inflammatory cytokines, including IL-10. Based on the study results, there was no significant difference

between the use of BCSO at doses of 1.5 ml/day and 3 ml/day of IL-10 activity in patients at risk of MS.²³

Effects of BCSO dose variation on MDA levels

MDA comprises double-bond carbons of polyunsaturated fatty acids and is easily oxidized but can produce lipid radicals, especially lipid hyper-peroxides, triggering a chain-oxidative reaction.²⁴ The adverse effect of increased MDA level includes cell membrane damage due to altered structural integrity of the membrane, inactivation of membrane enzyme bonds, inactivation of surface receptor molecules leading to cell functional regulatory errors, and oxidized LDL involvement foam cell formation leading to atherosclerosis.²⁵ Previous research shows that the effect of BCSO on the response of oxidative stress substances to rheumatoid arthritis patients showed decreased MDA levels.²⁶ Increased MDA levels at higher BCSO dose concentrations may be associated with the activity of thymoquinone and alpha-hederin, which can induce apoptosis of cancer cells by increasing ROS in cancer cells to produce residual MDA due to cell lipid metabolism.²⁷

MS plays a role in the formation of

MDA by increasing oxidative radicals due to metabolic failure. Hyperglycemia plays a role in increasing lipid catabolism due to the body's compensation in generating energy through the gluconeogenesis pathway and resulting in increased metabolism of fat that produces many oxidative lipid radicals.^{4,29} BCSOs with antioxidant activity counteract the oxidative lipid radicals formed and reduce fat catabolism by inhibiting hyperglycemia and lipid profile dysfunction with potential mechanisms such as insulin secretion and glucose absorption, gluconeogenesis, and gene expression.³⁰ Based on the study results, it was found that there was no significant difference in the use of BCSO between the doses of 1.5 ml/day and 3 ml/day in MDA activity status in patients at risk of MS.³¹ This study has limitations related to uncontrolled variables, such as diet, physical activity/exercise, and medication compliance, affecting the controlled variables observed.

CONCLUSION

Provision of BCSO at doses of 1.5 ml/day and 3 ml/day for 20 days had the same effect on IL-10 activity and MDA levels in patients at risk of MS ($p > 0.05$). A 1.5 ml/day dose has the same benefit as a 3 ml/day dose on the anti-inflammatory cytokine activity (IL-10) and the radical oxidant (MDA) level. Future studies related to BCSO dose effects in patients at risk for MS with more diverse time and doses are needed to obtain more decisive conclusions.

CONFLICT OF INTEREST

There is no potential conflict of interest in this research.

FUNDING

The research received funding from the Ministry of Research Cultural Education and Technology of the Republic of Indonesia through the College Leading Applied Research scheme grant (number003/SK.PJT/LPPM/VII/2021).

ETHICS APPROVAL

The research ethics committee approved this study of the Faculty of Medicine

and Health Sciences of Muhammadiyah University of Yogyakarta (UMY) in 2016 with approval number 279/EP- FKIK-UMY/V/ 2016.

AUTHOR CONTRIBUTION

AA and ED prepared the research design, data collection, processing and analysis, and drafting. NM and S were involved in data collection and processing, as well as drafting articles. All authors reviewed draft articles.

ACKNOWLEDGMENT

The researchers show their most tremendous gratitude to all patients who have participated as test subjects and the directors and staff of Jetis 1 Public Health Center who have granted permission and provided a place and research facilities. The research team also acknowledges the Ministry of education, culture, research, and technology for providing financial support through the College Leading Applied Research scheme grant number 003/SK.PJT/LPPM/VII/2021.

REFERENCES

- Almerie MQ, Kerrigan DD. The association between obesity and poor outcome after COVID-19 indicates a potential therapeutic role for montelukast. *Med Hypotheses*. 2020;143(May):109883.
- van Koppen A, Verschuren L, van den Hoek AM, Verheij J, Morrison MC, Li K, et al. Uncovering a Predictive Molecular Signature for the Onset of NASH-Related Fibrosis in a Translational NASH Mouse Model. *Cmgh*. 2018;5(1):83-98.e10.
- Huang I, Lim MA, Pranata R. Diabetes mellitus is associated with increased mortality and severity of disease in COVID-19 pneumonia – A systematic review, meta-analysis, and meta-regression: Diabetes and COVID-19. *Diabetes Metab Syndr Clin Res Rev*. 2020;14(4):395–403.
- Shabalala SC, Dlodla P V., Mabasa L, Kappo AP, Basson AK, Pheiffer C, et al. The effect of adiponectin in the pathogenesis of non-alcoholic fatty liver disease (NAFLD) and the potential role of polyphenols in the modulation of adiponectin signaling. *Biomed Pharmacother*. 2020;131(September):110785.
- Strzelak A, Ratajczak A, Adamiec A, Feleszko W. Tobacco smoke induces and alters immune responses in the lung triggering inflammation, allergy, asthma and other lung diseases: A mechanistic review. *Int J Environ Res Public Health*. 2018;15(5).
- Kelley N, Jeltema D, Duan Y, He Y. The NLRP3 inflammasome: An overview of mechanisms of activation and regulation. *Int J Mol Sci*. 2019;20(13):1–24.
- Celik I, Temur A, Isik I. Hepatoprotective role and antioxidant capacity of pomegranate (*Punica granatum*) flowers infusion against trichloroacetic acid-exposed in rats. *Food Chem Toxicol*. 2009;47(1):145–9.
- Moorthy B, Chu C, Carlin DJ. Polycyclic aromatic hydrocarbons: From metabolism to lung cancer. Vol. 145, *Toxicological Sciences*. Oxford University Press; 2015. p. 5–15.
- Wang S-H, Wang Y-Z, Zhang K-Y, Shen J-H, Zhou H-Q, Qiu ELSEVIER X-Y, et al. effect of superoxide dismutase and malondialdehyde metabolic changes on carcinogenesis of gastric carcinoma. *World J Gastroenterol*. 2005;11(28):4305–10.
- Hamdan A, Idrus RH, Mokhtar MH. Effects of nigella sativa on type-2 diabetes mellitus: A systematic review. Vol. 16, *International Journal of Environmental Research and Public Health*. 2019.
- Hidayati T, Akrom, Indrayanti, Sagiran. Chemopreventive effect of black cumin seed oil (BCSO) by increasing p53 expression in dimethylbenzanthracene (DMBA)-induced Sprague Dawley rats. *Res J Chem Environ*. 2019;23(8).
- Arjumand S, Shahzad M, Shabbir A, Yousaf MZ. Thymoquinone attenuates rheumatoid arthritis by downregulating TLR2, TLR4, TNF- α IL-1, and NF κ B expression levels. *Biomed Pharmacother*. 2019;111(October 2018):958–63.
- Heshmati J, Namazi N. Effects of black seed (*Nigella sativa*) on metabolic parameters in diabetes mellitus: A systematic review. Vol. 23, *Complementary Therapies in Medicine*. 2015.
- Agustiarini V, Darmawan E. The effects of dosage variation in black cumin seed oil (*Nigella sativa* L.) use on HbA1c levels and interleukin-17A expression in patients at risks of metabolic syndrome. *Pharmaciana*. 2019;9(2):261–70.
- Fajar DR, Akrom, Darmawan E. The influence of black cumin seed oil therapy with dosage of 1.5 mL/day and 3 mL/day to interleukin-21 (IL-21) expression of the patients with metabolic syndrome risk. In: *IOP Conference Series: Materials Science and Engineering*. 2017.
- Ray S, Fitzpatrick S, Golubic R, Fisher S. *Oxford Handbook of Clinical and Healthcare Research*. Sources bias. 2016;608.
- Aulia Rahim A and ED. HbA1c and interleukin-17a level inpatient at risk for metabolic syndrome in Yogyakarta. *Res J Chem Environ*. 2019;23(9):38–42.
- McCracken E, Monaghan M, Sreenivasan S. Pathophysiology of the metabolic syndrome. *Clin Dermatol*. 2018;36(1):14–20.
- Llamas-Velasco M, Ovejero-Merino E, Salgado-Boquete L. Obesity — A Risk Factor for Psoriasis and COVID-19. *Actas Dermo-Sifiligráficas (English Ed)*. 2021;(xxxx).
- Becerra-Díaz M, Wills-Karp M, Heller NM. New perspectives on the regulation of type II inflammation in asthma. Vol. 6, *F1000Research*. Faculty of 1000 Ltd; 2017.
- Akrom, Mustofa. Black cumin seed oil increases phagocytic activity and secretion of IL-12 by macrophages. *Biomed Res*. 2017;28(12).
- Salem ML. Immunomodulatory and therapeutic properties of the *Nigella sativa* L. seed. *International Immunopharmacology*. 2005.
- Hidayati T, Gugun AM. Exercise Habits, Hematogram and Blood Chemistry of Diabetes Mellitus Patients at Risk For Metabolic Syndrome, Bantul Public Health Center. *Int J Psychosoc Rehabil*. 2020;24(02):475–87.
- Herlina, Aziz SA, Kurniawati A, Faridah DN. Changes of Thymoquinone, Thymol, and Malondialdehyde Content of Black Cumin (*Nigella sativa* L.) in Response to Indonesia Tropical Altitude Variation. *HAYATI J Biosci*. 2017;24(3):156–61.
- Jin P, Cong S. LOX-1 and atherosclerotic-related diseases. Vol. 491, *Clinica Chimica Acta*. Elsevier B.V.; 2019. p. 24–9.
- Hidayati T, Pramono A, Jenie IM, Soesaty MH. Evaluation of black cumin seeds hexane extract as reactive oxygen intermediates (ROI) and phagocytic activity modulator in DMBA induced rats. *Biomed Res*. 2017;28(4):1755–60.
- Kulyar MF e. A, Li R, Mehmood K, Waqas M, Li K, Li J. Potential influence of *Nigella sativa* (Black cumin) in reinforcing immune system: A hope to decelerate the COVID-19 pandemic. *Phytomedicine*. 2020;(April):153277.
- Hadi S, Mirmiran P, Daryabeygi-Khotbesara R, Hadi V. Effect of *Nigella sativa* oil extract on inflammatory cytokine response and oxidative stress among people with type 2 diabetes mellitus: A randomized, double-blind,

- placebo controlled trial. *Prog Nutr.* 2018;20(9):127–33.
29. Hasanpour M, Iranshahy M, Iranshahi M. The application of metabolomics in investigating anti-diabetic activity of medicinal plants. *Biomed Pharmacother.* 2020;128(March):110263.
30. Akrom A, Nurfadjrin R, Darmawan E, Hidayati T. Black Cumin Seed Oil Antidiabetogenic by Increasing Pancreatic P53 Expression. *Int J Public Heal Sci.* 2018;7(3):207.
31. Sarwar R, Pierce N, Koppe S. Obesity and nonalcoholic fatty liver disease: Current perspectives. *Diabetes, Metab Syndr Obes Targets Ther.* 2018;11:533–42.



This work is licensed under a Creative Commons Attribution