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### Importance of *Nigella sativa* as nutraceutical

Human being has always sought a better way of living, of having excellent health and living conditions. Dr. DeFelice defined Nutraceuticals as food or part of a food that provides medical or health benefits, besides acts as prevention or treatment of diseases. *Nigella sativa* has been recognized for its effectiveness in the treatment of diseases such as cancer, diabetes, asthma, arthritis, hypertension, insomnia, immune system activation; on the other hand, the close relationship between the health care of the *Nigella sativa* and its precise correspondence as nutraceutical with the epigenetic is the main aim of this study. The study involves to determine different paradigms in the imprint of the therapeutic work for the curative effect with *Nigella sativa*, a nutraceutical. This nutraceuticals occupy large space that exists between food and medicine and strongly claim a legal space of their own that takes into account for their characteristics and idiosyncrasy and allows them to develop their therapeutic potential ability. This results for prediction of a better quality and life expectancy.

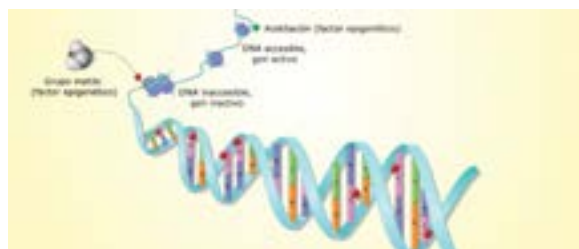


Fig : Gene therapy

### Biography

Milagros Cejas Tarafa received License in physics, University of the City of Havana. She has published numerous research papers and articles in reputed journals and has various other achievements in the related studies. She has extended her valuable service towards the scientific community with her extensive research work. She is Diet and nutrition Specialist in Natural Medicine and Acupuncture in the Center of Natural Medicine and Dental Clinic Nurlenes Imparte.

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