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## Comparative clinical studies of the effectiveness of black cumin oil (Seidan) in herpetic corneal ulcer

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Herpes ulcers one of the main causes of blindness and visually impaired and their treatment presents significant difficulties. In recent decades, there has been a tendency to return to natural methods of treatment, which is primarily due to the lack of side effects, the frequency of allergic reactions to drugs; an increase in the number of combined and concomitant diseases, etc..

**Purpose:** Comparative clinical studies of the effectiveness of black cumin oil in the treatment of patients with herpetic keratitis with ulceration. Materials and methods: the work involved 80 patients (80 eyes) with a herpetic ulcer, 57 men and 43 women, age ranged from 27 to 59 years ( $40,3\pm 11,5$ ) years. The number of patients included in the main group is 40 (40 eyes), in the comparison group there are also 40 patients (40 eyes). Patients of the main group, along with the traditional treatment, received additional Black Cumin oil, patients of the control group of the Wobenzym tablet.

**Results:** the timing of the resorption of infiltration of the cornea was ( $19,4\pm 0,64$  per day in the main group and  $24,7\pm 0,4$  days in the control group;  $p<0,05$ ) and complete epithelialization of the cornea ( $22,5\pm 0,4$  days and  $26,4\pm 0,6$  days, respectively;  $p<0,05$ ). Visual acuity increased in all patients on average from  $0,05\pm 0,02$  to  $0,34\pm 0,09$  and from  $0,05\pm 0,04$  to  $0,28\pm 0,08$ , respectively ( $p>0,05$ ). The total duration of treatment was  $24,3\pm 0,3$  and  $27,6\pm 0,2$  days, respectively ( $p<0,05$ ). The effectiveness of treatment was estimated as follows: in the main group: recovery – 37 patients (92.5%); improvement – 3 (7.5%) patients. In the control group: recovery-19 patients (47.5%); improvement – 15 patients (37.5%), lack of effect was observed in 6 cases (15%). It was also noted that with twice-daily intake of Black seed oil in any case has not been noted side effects, three patients noted an unpleasant sense of taste from the oil, unlike the control group where there was discomfort, severe bouts of bloating, pain in the epigastric region, one patient showed improved blood sugar.

**Conclusions:** in order to achieve an optimal result of treatment of patients with herpetic ulcer, it is shown simultaneously with the beginning of a standard antiherpetic treatment to start courses with Black Cumin oil.

**Key words:** herpes ulcer, treatment, Black Cumin oil.

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