

A close-up photograph of an olive branch. The branch has several green olives and one black olive. The leaves are small and silvery-green. The background is a soft, out-of-focus yellow.

השפעות מועילות של שמן זית ותמצית עלי זית

פרופ' ריאד אגבאריה
ביה"ס לרוקחות, אוני' בן-גוריון בנגב

14.5.2025



olive oil 1885



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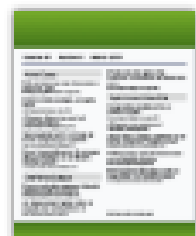
> [Halls J Health](#). 1885 Jul;32(7):5-6.

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The Olive and Its Oil: Cultivation of the Tree in Europe—How the Oil Is Made



No authors listed

PMID: 36491008 PMCID: [PMC9223992](#)



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Potential **Health** Benefits of **Olive Oil** and Plant Polyphenols.

Gorzynik-Debicka M, Przychodzen P, Cappello F, Kuban-Jankowska A, Marino Gammazza A, Knap N, Wozniak M, Gorska-Ponikowska M.

Int J Mol Sci. 2018 Feb 28;19(3):686. doi: 10.3390/ijms19030686.

PMID: 29495598



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[Review.](#)

They tend to reduce the pool of reactive oxygen species as well as to neutralize potentially carcinogenic metabolites. A broad spectrum of **health**-promoting properties of plant polyphenols comprises antioxidant, anti-inflammatory, anti-allergic, anti-atherogenic, anti-throm ...



Health Effects of Phenolic Compounds Found in Extra-Virgin **Olive Oil**, By-Products, and Leaf of *Olea europaea* L.

Romani A, Ieri F, Urciuoli S, Noce A, Marrone G, Nediani C, Bernini R.





Olive Oil health - Cancer



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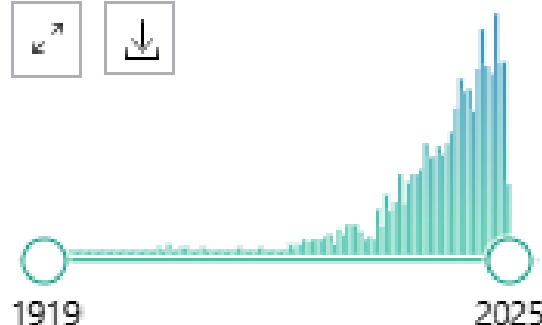


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Influence of **Olive Oil** and Its Components on Breast **Cancer**: Molecular Mechanisms.

Moral R, Escrich E.

Molecules. 2022 Jan 12;27(2):477. doi: 10.3390/molecules27020477.

PMID: 35056792



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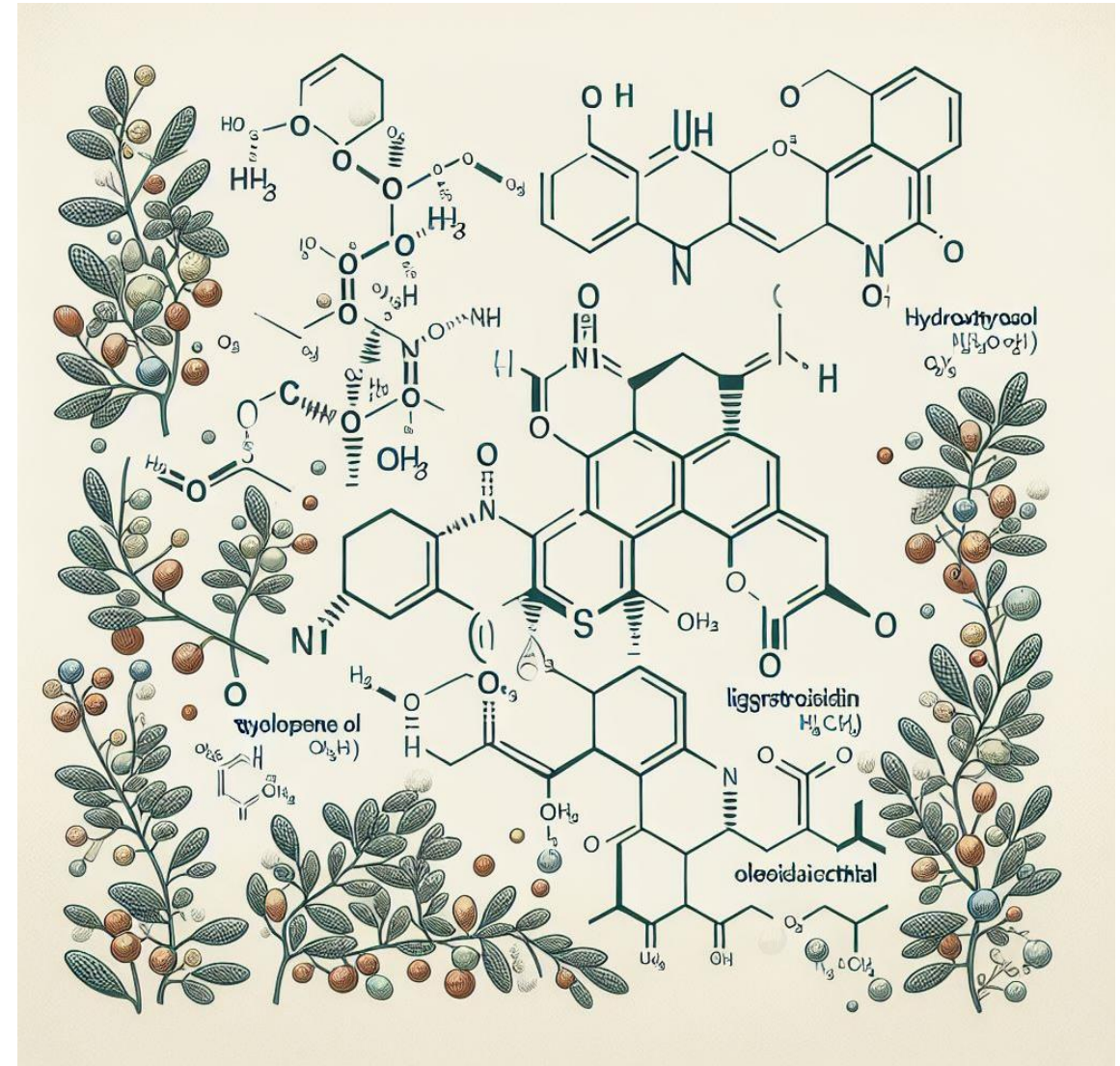
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Review.

The Mediterranean diet has been proposed as a healthy dietary pattern with protective effects in several chronic diseases, including breast **cancer**. This diet is characterized by the consumption of abundant plant foods and **olive oil** as the principal source of ...

סוגי תרכובות פנוליות

- תרכובות פנוליות ייחודיות בשמן זית:
 - אלוהולים פנוליים כמו הידרוקסיטירוזול (DHPEA-3,4) וטירוזול (p-HPEA)
 - נגזרות Secoiridoid
 - DHPEA-EA-3,4 (אולאורופין אגליקון)
 - p-HPEA-EA (ליגסטרזיד אגליקון)
 - DHPEA-EDA-3,4
 - p-HPEA-EDA (אולאוקנטל)
 - אולאורופין



Polyphenols

↑Apoptosis

↑Caspase-3,-7
↑p53
↑Bak
↑Bax
↓cell viability

↓Proliferation

↑cytotoxicity
↓clonogenic survival
↓tumor growth
↓cell growth

↓Inflammation

↓TNF- α
↓arachidonic acid
↓IL-6
↓NF- κ B
↓PEG-2

↓Angiogenesis

↓migration
↓VEGF
↓metastasis

↑Cell cycle arrest

↑DNA damage
↑p21
↓pCDK1

↓ decreased ↑ increased

- Oleuropein as Anticancer Agent

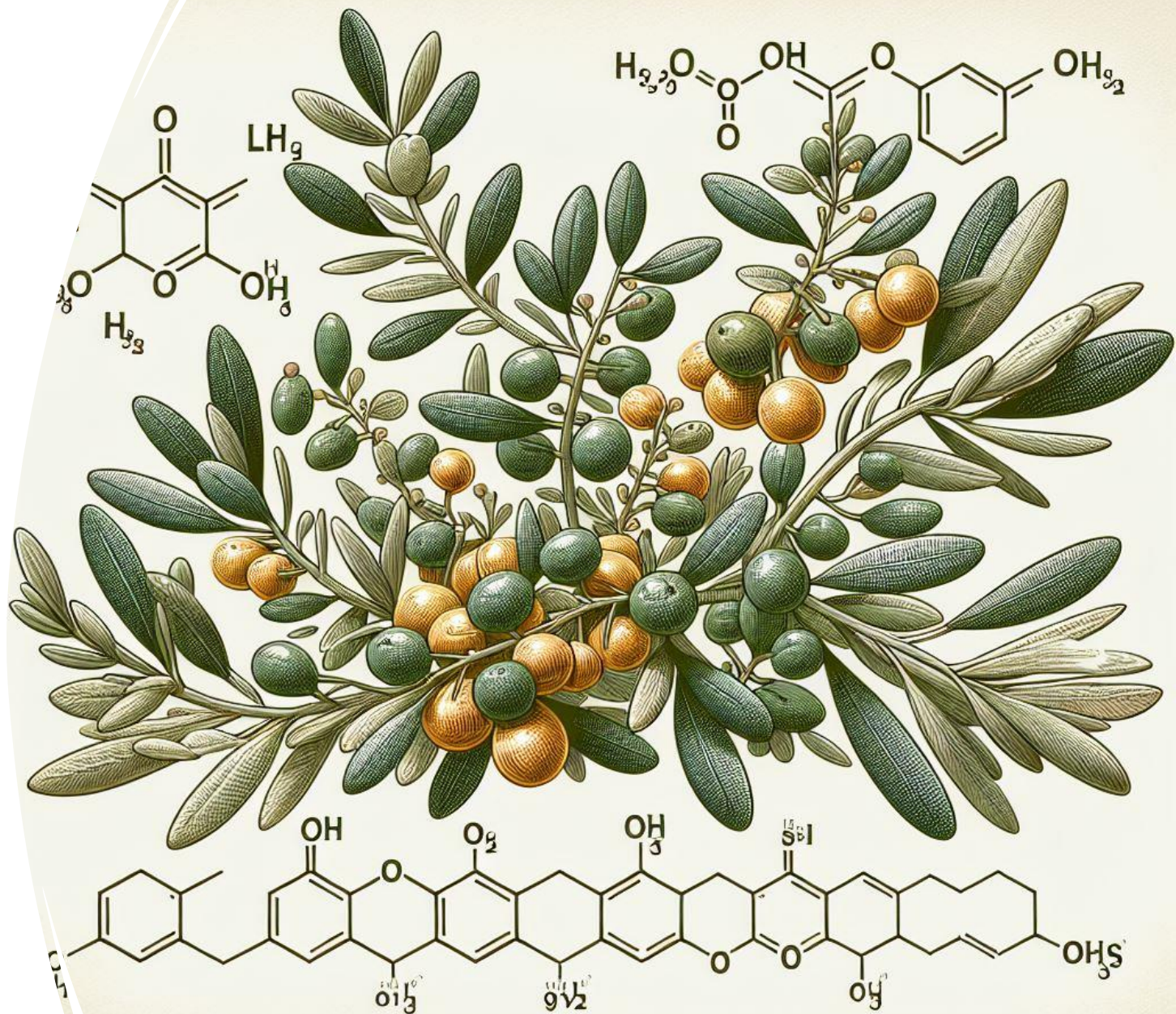
Olive oil polyphenols

- Apoptosis induction
- Reduced cell proliferation and viability
 - Reduced angiogenesis
 - Cell cycle delay
- Activation of cellular stress-like genes
 - Metastasis prevention
- Inhibition of epithelial-to-mesenchymal transition
 - Recovered sensitivity to chemotherapeutics
 - Cytoskeleton disassembly

Figure 3. Anticancer effects of olive oil polyphenols [115].

סגולות נוגדות סרטן ופעילות נוגדת חמצון

- פעילות נוגדת חמצון של שמן זית
- תרכובות פנוליות ופוליפנוליות
- סילוק רדיקלים חופשיים
- מיני חמצן תגובתיים
- תרכובות עיקריות בשמן זית
- אולאורופין
- טירוסול
- הידרוקסיטירוזול
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olive oil cardiovascular



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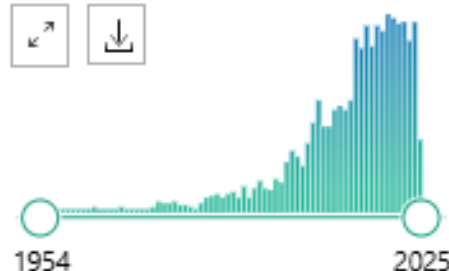
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Effects of **Olive Oil** and Its Minor Components on **Cardiovascular Diseases, Inflammation, and Gut Microbiota**.

Marcelino G, Hiane PA, Freitas KC, Santana LF, Pott A, Donadon JR, Guimarães RCA.

Nutrients. 2019 Aug 7;11(8):1826. doi: 10.3390/nu11081826.

PMID: 31394805



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Review.

Olive oil is one of the main ingredients in the Mediterranean diet, being an important ally in disease prevention. ...The objective of this review is to present recent data on investigated effects of **olive oil** and its components on the metabolism, focu ...



מחקרים קליניים על לחץ דם

- מחקרים קליניים בחולי יתר לחץ דם מדרגה ראשונה
- מטופלים שטופלו בתמצית עלי זית.
- נטייה נצפית להורדת לחץ דם.
- מינון ויעילות
- מינון פעמיים ביום של 500 מ"ג (1 גרם ליום)
- יעיל כמו תרופות מרשם אלטרנטיביות





טיפול ביתר לחץ דם ולב

- שימושים ברפואה הקונבנציונלית
- מטפל ביתר לחץ דם עורקי
- משמש כמשתנים וחיטוי
- השפעות על בעלי חיים
- מוריד לחץ דם
- מגביר את זרימת הדם דרך העורקים הכליליים
- מאט את קצב הלב
- מנרמל את התכווצויות שרירי המעי



olive oil diabetes



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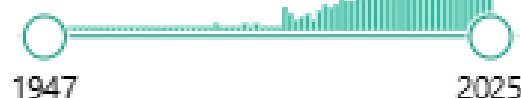
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Effect of **olive oil** consumption on cardiovascular disease, cancer, type 2 **diabetes**, and all-cause mortality: A systematic review and meta-analysis.

Martínez-González MA, Sayón-Orea C, Bullón-Vela V, Bes-Rastrollo M, Rodríguez-Artalejo F, Yusta-Boyo MJ, García-Solano M.

Clin Nutr. 2022 Dec;41(12):2659-2682. doi: 10.1016/j.clnu.2022.10.001. Epub 2022 Oct 10. PMID: 36343558



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BACKGROUND: Some large prospective studies on olive oil consumption and risk of



olive oil hyperlipidemia



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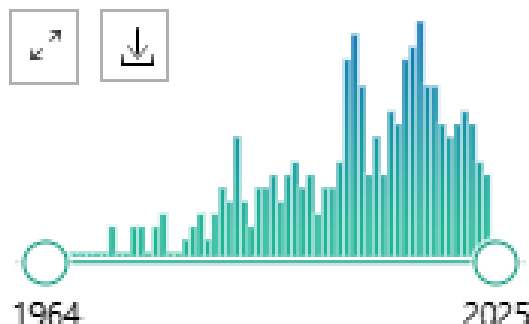
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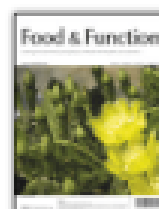
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Olive oil and postprandial hyperlipidemia: implications for atherosclerosis and metabolic syndrome.

Montserrat-de la Paz S, Bermudez B, Cardelo MP, Lopez S, Abia R, Muriana FJ.

Food Funct. 2016 Dec 7;7(12):4734-4744. doi: 10.1039/c6fo01422d.

PMID: 27885367



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Review.

Olive oil is the primary source of fat in the Mediterranean diet, which is associated with a significant improvement in health status, as measured by reduced mortality from several chronic diseases. ...However, postprandial (non-fasting) TGs (postprandial hyperli ...



olive oil antibacterial



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Impetigo: diagnosis and treatment.

Hartman-Adams H, Banvard C, Juckett G.

Am Fam Physician. 2014 Aug 15;90(4):229-35.

PMID: 25250996



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Review.

Amoxicillin/clavulanate, dicloxacillin, cephalexin, clindamycin, doxycycline, minocycline, trimethoprim/sulfamethoxazole, and macrolides are options, but penicillin is not. Natural therapies such as tea tree oil; olive, garlic, and coconut oils; and Manuka honey hav ...



2

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Antibacterial Activity of Olive Oil Polyphenol Extract Against Salmonella Typhimurium and Staphylococcus aureus: Possible Mechanisms.

Guo L, Gong S, Wang Y, Sun Q, Duo K, Fei P.

Foodborne Pathog Dis. 2020 Jun;17(6):396-403. doi: 10.1089/fpd.2019.2713. Epub 2019 Nov 22.



olive oil antiviral



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In Silico Approach for the Evaluation of the Potential **Antiviral** Activity of Extra Virgin **Olive Oil** (EVOO) Bioactive Constituents Oleuropein and Oleocanthal on Spike Therapeutic Drug Target of SARS-CoV-2.

Geromichalou EG, Geromichalos GD.

Molecules. 2022 Nov 4;27(21):7572. doi: 10.3390/molecules27217572.

PMID: 36364398



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Since there is an urgent need for novel treatments to combat the current coronavirus disease 2019 (COVID-19) pandemic, in silico molecular docking studies were implemented as an attempt to explore the ability of selected bioactive constituents of extra virgin **olive oil** ...



2



Polyphenols: From Theory to Practice.

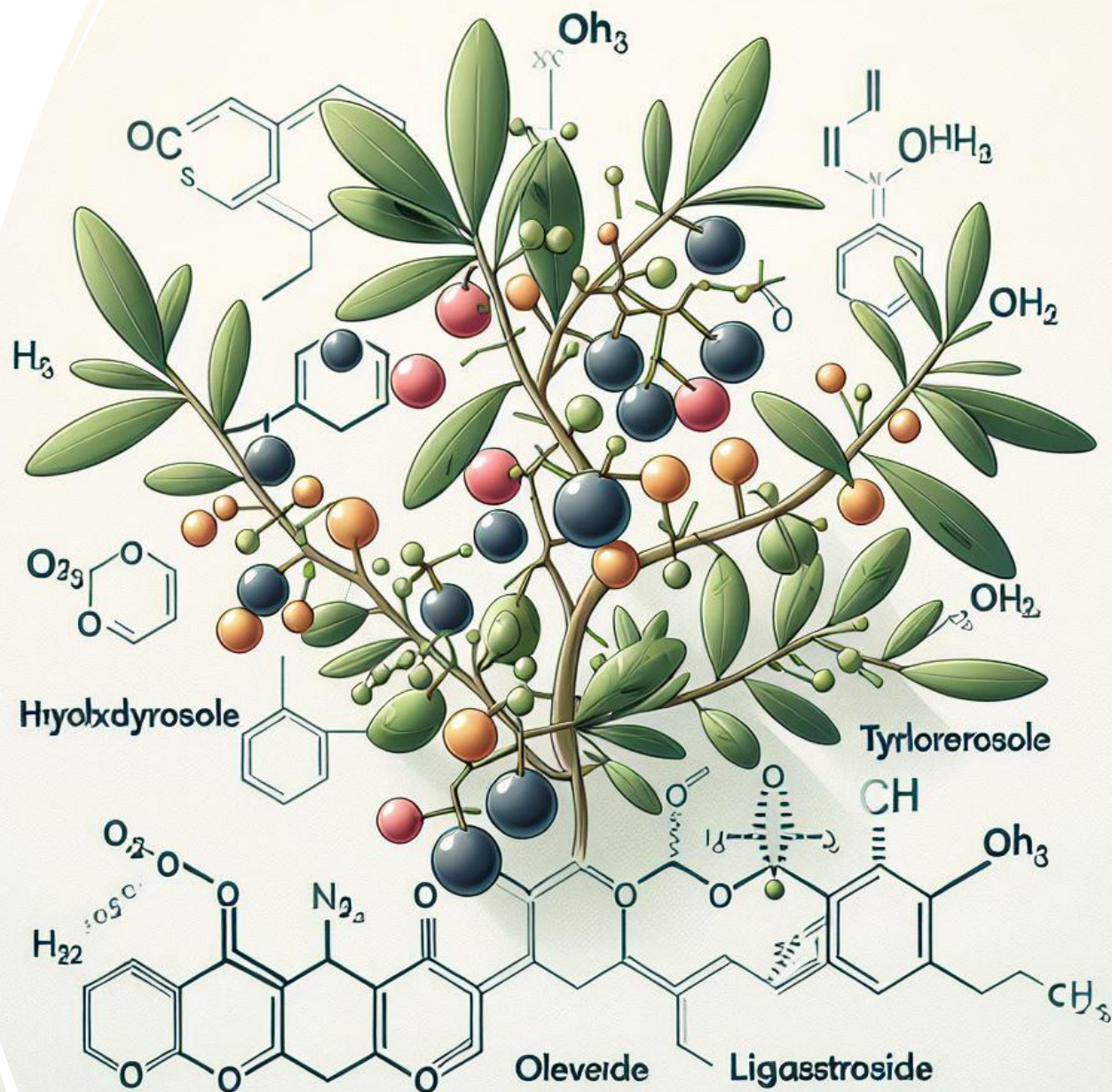
Bertelli A, Biagi M, Corsini M, Baini G, Cappellucci G, Miraldi E.



✓ **הידרוקסיטירוזול** יתרונות
מאושרים
בספרות



יתרונות
מאשרים
בספרות



שימושים רפואיים בתמצית עלי זית



שימושים ברפואה
הקונבנציונלית
ובפיטותרפיה

מטפל ומונע יתר
לחץ דם עורקי
משמש כמשתנים
וחיטוי



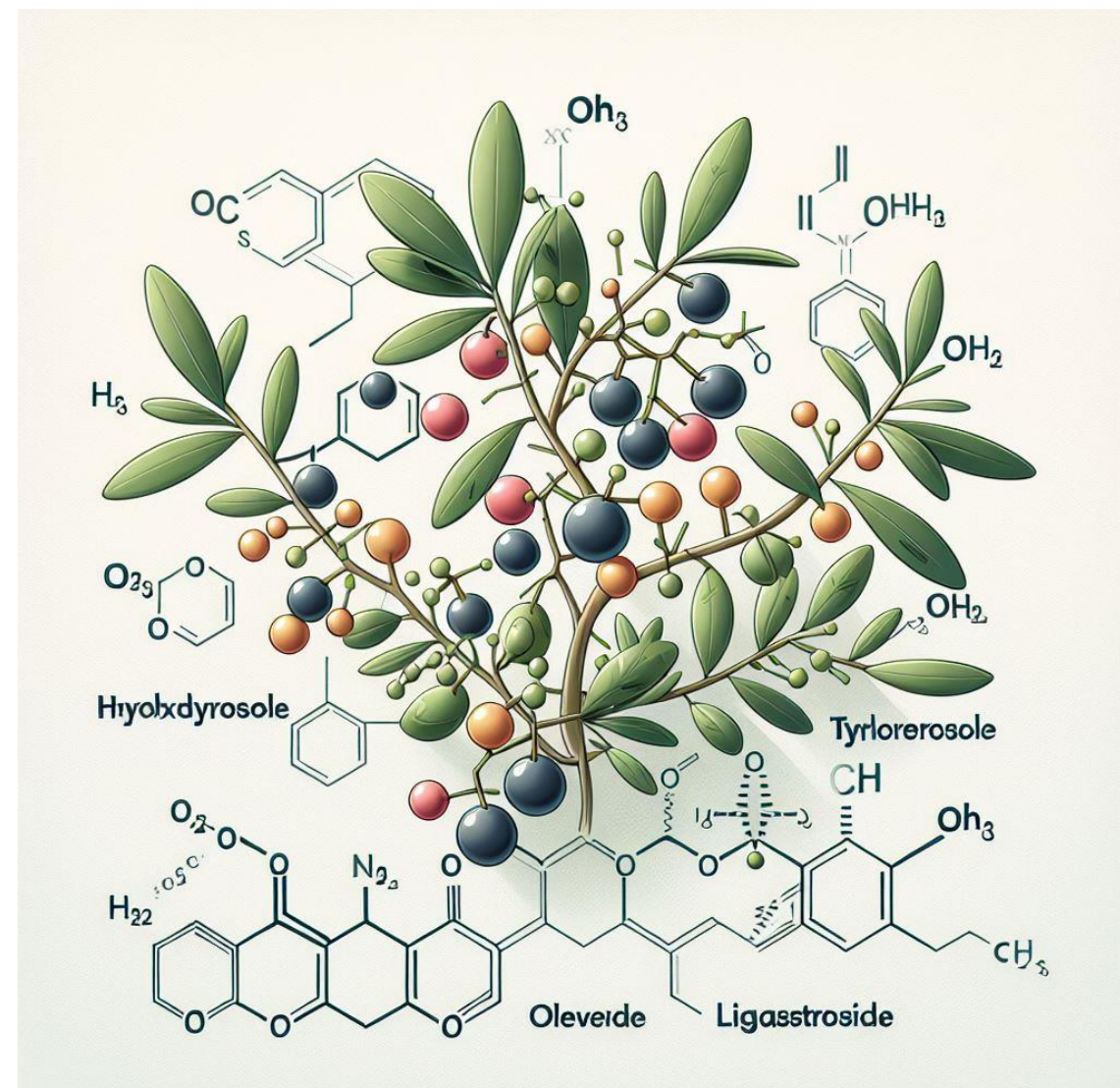
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עלי זית

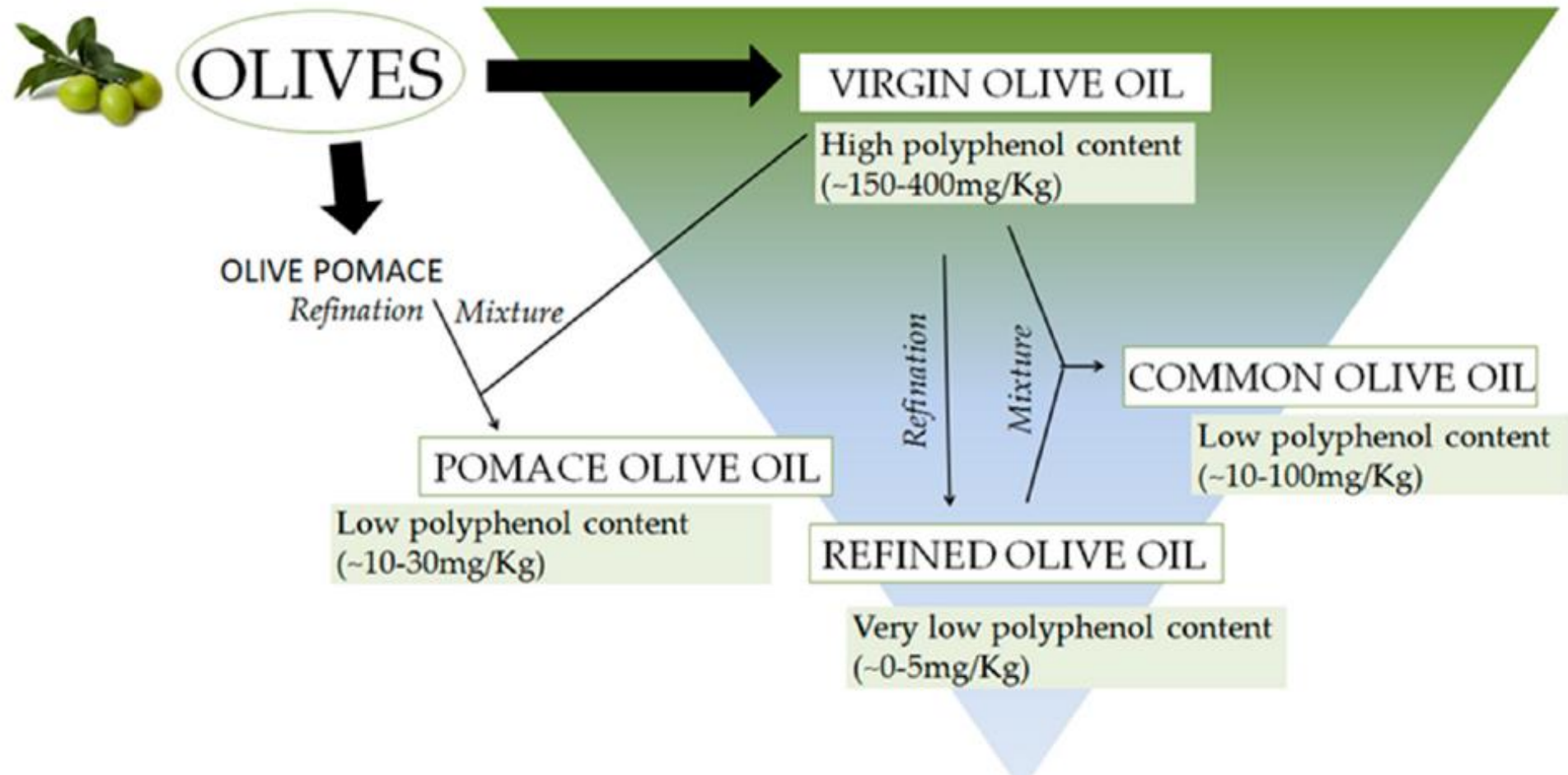
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בבעלי חיים
מגביר את זרימת
הדם דרך הכליליים



בקטריאליות-השפעות אנטי ויראליות-ואנטי

- נתמך על ידי מחקרים שונים
- בקטריאליות ואנטי-השפעות אנטי ויראליות
 - יעיל נגד חיידקים ווירוסים





Part B

- שמן קצח – Sativa Nigella Oil



History Behind Nigella Sativa (Black Seed) Oil

- **Been used as a culinary spice worldwide as well as being used traditionally to treat numerous conditions for more than 3000 yrs** [Nefertiti (1370-1330BC) + Cleopatra (70-30BC) +); the beautiful queens of Egypt, plus being found in King Tut's tomb (1323BC)]
- **Referred to in the Bible as the 'black cumin'** (Isaiah 28; ~700BC)
- **In Islam, there is a belief that this spice can prevent/cure any malady except death**
- **Traditionally it has been used to treat a variety of disorders including respiratory problems** (eg, asthma, bronchitis), **pain** (eg, headaches, muscular + joint pain), **GI issues** (eg, vomiting, ulcers, diarrhea) **and hypertension**, to name just a few.
- **Scientific review articles have even referred to it as “*Panacea seed ‘Nigella’...*”** (Khan et al, 2014) + **“*...Nigella sativa: a miracle herb*”** (Ahmad et al, 2013)
- **>2000 scientific articles since 1965, with significant advances in just the last 20yrs** (>10-fold ↑ in publications since 2000)



Nigella Sativa



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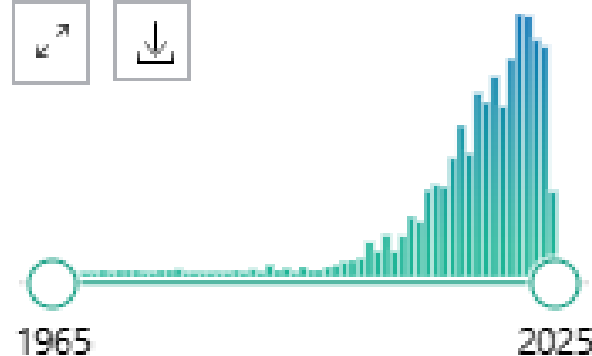


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A review on therapeutic potential of **Nigella sativa**: A miracle herb.

Ahmad A, Husain A, Mujeeb M, Khan SA, Najmi AK, Siddique NA, Damanhour Z, Anwar F. Asian Pac J Trop Biomed. 2013 May;3(5):337-52. doi: 10.1016/S2221-1691(13)60075-1. PMID: 23646296



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Review.

Nigella sativa (*N. sativa*) (Family Ranunculaceae) is a widely used medicinal plant throughout the world. ...Seeds and oil have a long history of folklore usage in various systems of medicines and food. The seeds of *N. sativa* have been widely used in th ...



Nigella Sativa mental illness



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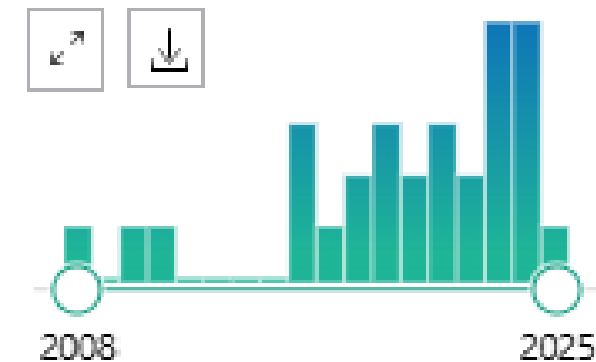
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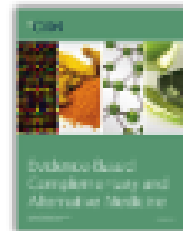
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Nigella sativa L. (Black Cumin): A Promising Natural Remedy for Wide Range of Illnesses.

Yimer EM, Tuem KB, Karim A, Ur-Rehman N, Anwar F.

Evid Based Complement Alternat Med. 2019 May 12;2019:1528635. doi: 10.1155/2019/1528635. eCollection 2019.

PMID: 31214267

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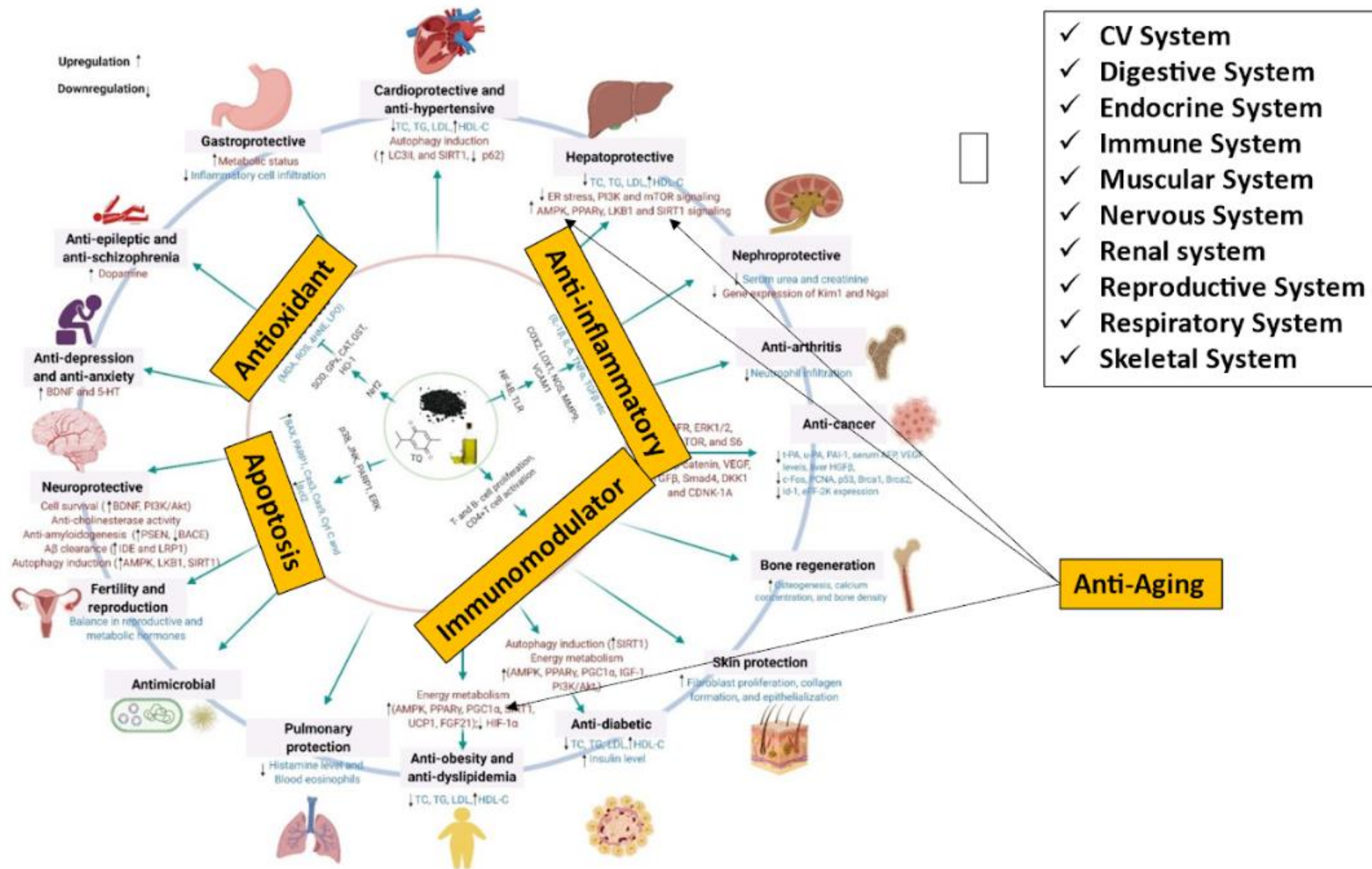
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Review.

The seed of **Nigella sativa** (*N. sativa*) has been used in different civilization around the world for centuries to treat various animal and human ailments. So far, numerous studies demonstrated the seed of **Nigella sativa** and its main active consti ...

Nigella Sativa (Black Seed) Oil Potential Health Benefits:



Anticancer activity of *Nigella sativa* (black seed) and its relationship with the thermal processing and quinone composition of the seed

This article was published in the following Dove Press journal:
Drug Design, Development and Therapy
18 June 2015
[Number of times this article has been viewed](#)

Riad Agbaria
Adi Gabarin
Arik Dahan
Shimon Ben-Shabat

Department of Clinical Pharmacology,
School of Pharmacy, Faculty of Health
Sciences, Ben-Gurion University
of the Negev, Beer-Sheva, Israel

Abstract: The traditional preparation process of *Nigella sativa* (NS) oil starts with roasting the seeds, an allegedly unnecessary step that was never skipped. The aims of this study were to investigate the role and boundaries of thermal processing of NS seeds in the preparation of therapeutic extracts and to elucidate the underlying mechanism. NS extracts obtained by various seed thermal processing methods were investigated in vitro for their antiproliferative activity in mouse colon carcinoma (MC38) cells and for their thymoquinone content. The effect of the different methods of thermal processing on the ability of the obtained NS oil to inhibit the nuclear factor kappa B (NF- κ B) pathway was then investigated in Hodekin's lymphoma





International Journal of
Molecular Sciences



Article

Chronic Treatment with *Nigella sativa* Oil Exerts Antimanic Properties and Reduces Brain Inflammation in Rats

Sarit Uzzan ¹ , Ira-Sivan Rostevanov ¹, Elina Rubin ¹, Olivia Benguigui ², Said Marazka ³, Jacob Kaplanski ¹, Riad Agbaria ^{1,†} and Abed N. Azab ^{1,4,*,†}

Int. J. Mol. Sci. **2024**, *25*, 1823.

<https://doi.org/10.3390/ijms25031823>

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