



Women 'can sense attraction in men's sweat'

**W**omen can sense if men are attracted to them by the smell of his sweat, a new study has revealed.

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Versatile like you are

**S**tyle is not sacrificed when it comes to bags for mothers, as far as a new American brand is concerned.

Motherhood does not mean a woman stops being trendy. Today's modern mum is career-minded yet dedicated to her family, and believes in practical and stylish fashion.

by Dr. Lalith Gunasekera  
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Nearly all names of kalu-duru contain an element meaning black in reference to the unusually dark colour of the seeds. There are a lot of confusion about the names of this species. In some English sources, it is called "black cummin" but it is different species from Central Asia and North India. There are two other similar species named black caraway and black onion seed confused with kalu-duru. But there is no botanical relationship between kalu-duru and any of these plants.

**Origin and Distribution**

For centuries the black seed herb (kalu-duru) and oil has been used by millions of people in Asia, the Middle East and Africa to support their health. Kalu-duru seeds have been found in several sites from ancient Egypt, including Tutankhamun's tomb, although it's exact role in Egyptian culture is unknown. The plant originated in Egypt, Syria, Turkey and the Eastern Mediterranean region. It is now grown in South Eastern Europe, North Africa, India and China.

**Botanical characters**

Kalu-duru is an annual flowering plant. The main stem grows up to 30-60 cm tall with many branches with bear long, finely divided, deep green linear leaves. The flowers are delicate, and usually white, coloured with blue veins. They have 5-10 petals. The fruit is a large and inflated capsule composed of 3-7 compartments open when dried to disperse the seeds. The seed is used as a spice. Seeds are small, deep black grains with a rough surface, sharp cornered and an oily white interior. They are roughly triangulate, 1.5 - 3 mm long.

**Culinary uses**

Kalu-duru is used in India, Sri Lanka and the Middle East as a spice and condiment and occasionally in Europe as both a pepper substitute and a spice. It is widely used in Indian cuisines particularly in mildly braised lamb dishes such as korma. It is also added to vegetable and dhal dishes as well as in chutneys. The seeds are sprinkled on to naan bread before baking. In the Middle East, kalu-duru seeds are added to bread dough. The seed is extensively used in mixed spices and for flavouring curries, soups and sausages. It is an ingredient of curry powder, pickles and chutneys.

**Medicinal properties**

History of the kalu-duru plant as a herb, seed and oil for over two thousand years, has been traditionally used by various cultures throughout the world as a natural remedy for several diseases and ailments and to improve health in general. It has been traditionally used for a variety of conditions and treatments related

Chemical composition	
Moisture	- 6.2%
Protein	- 17.7%
Fat	- 23.8%
Crude fibre	- 9.1%
Carbohydrates	- 35.5%
Minerals	- 7.7%



Kalu duru plant

# Magical benefits of Kalu-Duru



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Kalu duru seeds

1959. Other components with health benefits include 15 amino acids, proteins, crude fibre, vitamins A, B1, B2, C and niacin as well as the minerals calcium, potassium, iron, magnesium, selenium and zinc. Kalu-duru typically contains over 58% of omega 6 (polyunsaturated fats) and 24% of omega 9 (monounsaturated fats) essential fatty acids.

You may find kalu-duru seeds marketed as Kalonji in Asian/Indian/Sri Lankan grocery shops. Because of their high oil content and possible medicinal value, you will find numerous kalonji mixtures and preparations on the market.

Since 1959, over 200 studies have been carried out and hun-

dreds and thousands of research articles published in well known international medical journals in relation to medicinal properties of the kalu-duru seed, its oil and active principles. There are many web sites for the promotion of the natural products from kalu-duru. Once the awareness of the beneficial effects of kalu-duru increases that would draw the attention of the agriculturists to grow kalu-duru, pharmaceutical industry to prepare compound and dispense its products and the basic and clinical researchers to investigate more and more of its pharmacological effects and therapeutic efficacy.

**History of the kalu-duru plant as a herb, seed and oil for over two thousand years, has been traditionally used by various cultures throughout the world as a natural remedy for several diseases and ailments and to improve health in general. It has been traditionally used for a variety of conditions and treatments related to respiratory health, stomach and intestinal health, kidney and liver function. In Islam, it is regarded as one of the greatest forms of healing medicine available. Prophet Muhammad (founder of the religion of Islam) once stated that the kalu duru seed can heal every disease, except death.**

## Fast facts - Kalu Duru

Botanical name: *Nigella sativa*  
Plant Family: Ranunculaceae  
Other names: black cummin, onion seed, black sesame, funnel flower, kalonji (Urdu, Hindi), karunjilakarra (Tamil), niguilla (spanish) chernushka (Russia), charnushka (USA), nigella (Italian), kalo jira (Bengali)

## 10-minute confidence boost

**D**r Rob Yeung is a psychologist and coach who helps people make positive changes to their lives. In his latest column, he reveals tips and techniques to lift your confidence and help you get what you want in life. This week: train your voice to sound more confident.

The way we speak often conveys more about our state of mind than the words we choose. People who speak too quietly get labelled 'quiet as a mouse'. Speak in a high-pitched voice and you are 'squeaky like a mouse'. You don't want to be like either, do you?

To help you convey the confidence of a lion, rather than that of a mouse, the trick is simple: speak slow,

low and loud. Let's start with the slow bit. Make a conscious effort to slow down what you say. You can not only speak each sentence more slowly but also try to take a slightly longer pause between the end of one sentence and the beginning of the next. Allow a pause of several heartbeats, take a breath, choose your words with care, then speak. Think about the pitch of your voice too. Confident people don't squeal or screech or giggle. They speak in low, deep tones. Of course your voice has a natural range, and rather than force your voice artificially lower than it should go, I suggest you speak in the lower part of your

register. Finally, think about your volume. Confident people speak loudly - and you probably need to as well. If you don't believe me, ask the opinion of your closest friends. Beg them to tell you the truth. Could you do with speaking up more loudly at times? To help you speak more loudly and clearly, use this fun technique to warm up your lips, throat and tongue for whatever your main event might be. Find a place where you won't be overheard and practise sounding out the following syllables in a loud, clear fashion. 1 'Puh buh' - the 'p' and 'b' sounds warm up the front of your mouth and lips.



Speaking more loudly can help you sound confident

2 'Kuh guh' - these two hard consonant sounds warm up the back of the throat and tongue. 3 'Tuh duh' - these two sounds warm up the middle bit of your mouth including the tip of your

tongue. 4 Exaggerate the movement of your lips and face so you can feel the muscles working. Ideally, do it in front of a mirror so you can see your lips and face moving. Start softly on one of the pair of syllables and repeat it at least a dozen times, getting slightly louder each time until you are almost spitting the sounds out. 5 Remember to breathe diaphragmatically as well; if you need advice on this, refer to my earlier columns, which are available online at [telegraph.co.uk/health](http://telegraph.co.uk/health) Taking deep breaths into your belly will help you to speak with more volume and for longer without having to draw breath.