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Chemical Composition and *In vitro* Antibacterial and Cytotoxic Effect of *Nigella sativa* L. Seed Extract

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Abstract

Nigella sativa L. is a plant with high medicinal profile in the treatment of diseases. This study aimed to assess the chemical composition and *in vitro* antibacterial and cytotoxic effect of *Nigella sativa* L. seed extract. Seeds were purchased from supermarket and blended into powder using electric blender. The powder was macerated with 96% methanol. The extracts were then qualitatively screened to test the presence of secondary metabolites and agar well diffusion method was employed to study the antibacterial activity of extracts. In this evaluation, 3-(4,5-dimethylthiazol-2-yl)-2,5-diphenyl tetrazolium bromide (MTT) assay was used to examine the cytotoxic effect of extract on peripheral blood mononuclear cells (PBMCs). MTT assay was done on different extract concentrations for 3 days and the results were recorded daily. The findings revealed the presence of tannins, terpenoids, steroids, saponins, alkaloids, phenolic compounds and flavonoids. The antibacterial activity was observed with the inhibition zones ranging from 11.3 \pm 1.1 to 16.3 \pm 1.5mm while the minimum inhibitory concentration (MIC) values of extract ranged between 0.5 and 1.25 μ g/mL. The black seed extracts contain bioactive substances with germicidal activity and *in vitro* administration of black seed extract up to the dose of 100 μ g/mL resulted no cytotoxic effect on PBMCs.

Introduction

The unreasonable utilization of antibiotics, long-term consumption and inappropriate treatment and prevention measures are the culprits that accelerate the resistance of different pathogenic microorganisms to commercial antibiotics (Soni & Sosa, 2013). Moreover, the ineffectiveness of the antibiotics, they are either unavailable, expensive or the main inducers of various side effects on human body (Gracelin et al., 2012; Kaleena et al., 2011). The increased ability of pathogenic microbes to develop a resistance to the effects of antimicrobial medications is considered as a global health threat that requires extensive and collaborative researches to find an alternative source of antimicrobial products to synthetic chemical treatments (Ugur et al., 2016). Medicinal

plants have many bioactive compounds with great pharmacological importance. It has been documented a long time ago that different herbs and the extracts from their diverse parts have varying degrees of antimicrobials with therapeutic potential (Islam et al., 2012). From that standpoint, World Health Organization (WHO) has permitted countries to integrate herbal medicine in their health care systems (WHO, 2013).

Nigella sativa L. is a yearly flowering dicotyledon medicinal plant which belongs to the genus *Nigella* L. of the family Ranunculaceae (Hamza & Al-Harbi, 2015). It is also known as black seed or black cumin in different parts of the world (Paarakh, 2010), and a seed of blessing in the bible (Masood Alam Khan, 2019). *Nigella sativa* L. seeds were scientifically documented



Assessing the Quality of Life Among Commuting Workers and Uncomfortable Travel

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Abstract

Many studies conclude commuting that has an impact on the quality of life of the commuter both in the physical, psychological, health, and environmental aspects of the commuter. Increased risk of musculoskeletal disorder (MSD), obesity, increased blood pressure, and low physical health conditions are found in prolonged commuting activities as the existing problem in public health. This study using cross sectional design with WHO QOL BREF questionnaire. The total sample 155 respondents of commuting working using KRL Commuter Line Bogor to Jakarta in 2018. The initial model for assessing the relationship directly and indirectly between quality of life among commuting workers and travel uncomfortable, health complaint, psychological condition, bad experience, and income was constructed on the basis of severe hypotheses Based on the results of the path analysis it was found that income has a direct effect on quality of life. Psychological conditions have a direct effect on quality of life. Psychological condition is intervening variable for travel uncomfortable and health complaints as indirect effect. These results may help to identify the direct factor to improve the quality of life among commuting workers and as a basis for developing policies to improve the quality of public transportation services for commuting workers, and as a basis for formulating policies related to housing development locations that are integrated with public transportation facilities.

Introduction

Indonesia faces an increase in the number of commuter workers. It was around 6 million commuters in 2011 up 17% to 7 million in 2014. Basically, commuting has a positive impact on the economy of the destination and area of origin. But it has a negative impact on the quality of life. In addition to the impact of time wasted, transportation costs, and the risk of accidents (Nuvolati G, 2007). Increased risk of musculoskeletal disorder (MSD), obesity, increased blood pressure, and low physical health conditions are found in prolonged commuting activities (Hoehner 2012). Many

studies also conclude that commuting has an impact on the quality of life of the commuter both in the physical, mental / psychological, health, and social / environmental aspects of the commuter (Hoehner CM, Barlow CE, & Allen P, 2016 & Mattisson K 2015).

The study found that levels of life satisfaction and happiness were lower for commuters who used public transportation than those who did not include commuters (Stutzer & Frey, 2008) (Gottholmseder, Nowotny, Pruckner, & Theurl, 2009). Commuter workers are also potentially exposed to Particulate Matter (PM) and Ultrafine Particles (UFPs)

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Is there a Relationship Between Pregnant Women's Characteristics and Stunting Incidence In Indonesia?

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Abstract

Teenage pregnancy has an impact on the outcomes. Teenage pregnancy is at risk of adverse health, an increased risk of domestic violence, poor nutrition, and sexual and reproductive health problems, lower levels of education, and higher levels of poverty compared to women who postpone marriage age. The study aims to determine the relationship between marriage and Adolescent pregnancy with the incidence of stunting in children under five years in Indonesia. The study used a cross-sectional approach from 2014 IFLS (Indonesian Family Life Survey) data. The bivariate analysis used the Chi-Square Test when the multivariate analysis used logistic regression. The results found the prevalence of stunting in Indonesia in 2014 was 36.6%. The stunting prevalence is higher in toddlers of married mothers of adolescents (42.4%) compared to mothers of married mature (35%). The stunting prevalence was also higher in children under five years from adolescent pregnant women (44.4%) compared to mothers who were of sufficient age (35.6%). Teenage pregnancy is associated with the incidence of stunting. A married teenage woman is 1.2 times at risk, and a woman who is less than 20 years pregnant is 1.3 times at risk of having a stunting toddler. Teenage pregnancy increases the prevalence of stunting. Cross-sectoral integrated interventions are needed to prevent adolescent pregnancy. It is required to decrease the prevalence of stunting. The various risks that occur in teenage pregnancy are the basis for the importance of pregnancy prevention efforts in this age group by involving the related sectors.

Introduction

Adolescence is a transitional period marked by physical, emotional, and psychological changes. Teenagers are prone to various problems. Reproductive health problems that are often faced by adolescents are problems of sexuality, sexually transmitted infections (STIs), HIV / AIDS, abortion, a pregnancy outside of marriage, unwanted pregnancies, and early marriage. Teenage pregnancy is associated with an increase in early marriage. The incidence of early marriage in Indonesia is still high. In the 2017 Susenas report, the percentage of married women aged ten years and over in rural areas reached

37.79% in 2012 and 37.71% in 2013 (BKKBN et al., 2018). The high rate of early marriage in Indonesia causes the first pregnancy to also occur at an early age or when the mother is still a teenager and is often called teenage pregnancy

Teenage pregnancy causes very complex problems regarding physical, psychological, economic, and social. Physical problems that are often experienced by pregnant adolescents are anemia, impaired fetal growth in the womb, risk of premature labor, risk of abortion, and the occurrence of preeclampsia. Psychological problems due to young age result in emotional instability that will affect fetal growth and development. Children born to adolescent

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