

QUICK REFERENCE SHEET

FENUGREEK

Trigonella foenum graecum



Part Utilized:
Seed



PROPERTIES:

Antiseptic, Adaptogenic, Galactagogue
(increases the supply of milk)

SYSTEMS AFFECTED:

Lymphatic, Cardiovascular, Convalescent

POSSIBLE USES:

diabetes (for organ damage), convalescence,
increase breast milk supply

INGREDIENT IN:

BHM Plus Salve, LCON, LT

GENERAL INFORMATION:

Fenugreek, native to India, is among the oldest of medicinal remedies. Fenugreek is useful in controlling blood sugar, and protects against kidney and heart damage caused by diabetes-induced stress on organs and tissues. The soothing effects of the seeds make them useful for treating gastritis and gastric ulcers. These nourishing seeds can be useful during convalescence from serious illnesses and to encourage weight gain in conditions such as anorexia.

Fenugreek is also used to increase breast milk production. Externally, the seeds may be used in a poultice or as a paste to treat ulcers, boils, abscesses, and burns. In China Fenugreek is used as a suppository in the treatment of cervical cancers.

Fenugreek is rich in minerals such as iron, potassium, calcium, selenium, copper, zinc, manganese, and magnesium. In the vitamin department, it contains thiamin, folic acid, riboflavin, pyridoxine (vitamin B6), niacin, and vitamins A and C.

Fenugreek is not to be taken during pregnancy nor is it safe for extended use with children.