

QUICK REFERENCE SHEET

FENUGREEK

Trigonella graecum



Plant Family:
Fabaceae



Extraction Method:
Steam Distilled



Part Utilized:
Seeds



**Region of
Origin:**
India

AFFINITY FOR:

digestion, respiratory system, endocrine system

THERAPEUTIC PROPERTIES:

emollient, expectorant, anti-inflammatory,
antiseptic, sudorific

AROMATIC CONSIDERATIONS:

The aroma of Fenugreek is reminiscent of Indian curry, of which it is a key ingredient. There is just a hint of balsam and the earthy aroma of Angelica.

APPLICATION:

Fenugreek should be diluted well for topical application.

! CAUTIONS:

There are no known cautions for Fenugreek oil, but I have seen overdoses of the herb with infants. Please use reasonable caution, as always, with babies and small children.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

There is not enough known yet about Fenugreek essential oil to comment on its emotional aspects.

PHYSICAL ASPECTS:

Fenugreek is used as an aid to digestion and as an expectorant for the lungs and bronchials. The herb is often used as a poultice for boils, cysts, and inflamed tissues. The oil should be even more powerful in those applications. Fenugreek stimulates perspiration, lowering fever while helping the body to rid itself of bacteria and toxins. Fenugreek is an excellent source of natural iron, silicon, sodium, and thiamine. You do not need to ingest the oil to reap the nutritional benefits. Fenugreek seeds have an excellent reputation for use with diabetes. In the studies conducted, Fenugreek was used in conjunction with insulin administered either by mouth or by injection.

GENERAL INFORMATION:

Fenugreek seeds have been used for many years as an herbal remedy, but it is fairly new in the essential oil market.