

FENUGREEK

(*Trigonella foenum-graecum*)

Clinical Summary

Actions

- Hypoglycaemic
- Anti-inflammatory
- Hypocholesterolaemic
- Demulcent
- Galactagogue
- Emollient
- Antioxidant
- Laxative

Indications

- Type 1 and 2 diabetes, metabolic syndrome, obesity
- High cholesterol
- To increase milk supply during lactation
- To improve digestion, loss of appetite, dyspepsia, leaky gut, debility, convalescence
- Rheumatoid arthritis

Traditional Use

Fenugreek seeds are used in cooking, in medicine, and to hide the taste of other medicine. They resemble the odd combination of bitter celery and maple syrup.

Energetics

Pungent, warm.

Constituents

Fibre, tannic acid, fixed and volatile oils, steroidal saponins, flavonoids, polysaccharides, alkaloids (trigonelline), coumarin, mucilage, lipids, proteins, essential amino acids and vitamins A, C, D, B1, B2 and B3.

Use in Pregnancy

Likely to be safe when taken in the usual dietary amounts.

Contraindications and Cautions

None known.

Drug Interactions

Caution with theophylline (used to manage the symptoms of asthma and other lung conditions caused by reversible airflow obstruction), anticoagulant/antiplatelet (such as warfarin) and antidiabetic drugs.

Administration and Dosage

Liquid extract 1:1 in 30% alcohol
10 to 20mL weekly