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## **Fenugreek The Genus Trigonella Medicinal**

Fenugreek: An Herb with Impressive Health Benefits. Appetite control. So far, 3 studies show a reduction in fat intake

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and appetite. One 14-day study found that participants spontaneously reduced total ... Cholesterol levels. Some evidence indicates that fenugreek can lower cholesterol and ...

## **Fenugreek: An Herb with Impressive Health Benefits**

The chemical constituents of the species

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of Trigonella, their pharmacological properties and the marketing of fenugreek seed are also discussed as are its medicinal applications. A detailed presentation of the usefulness of fenugreek seed as food (whole, flour, roasted), spice (in curry powder), perfume, dye and source of galactomannan and steroidal diosgenin,

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widely used in industry, is also included.

## **Fenugreek: The Genus Trigonella (Medicinal and Aromatic ...**

Fenugreek is an annual plant in the family Fabaceae, with leaves consisting of three small obovate to oblong leaflets. It is cultivated worldwide as a semiarid crop. Its seeds and leaves are common



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ingredients in dishes from the Indian subcontinent. Also used in traditional medicine, fenugreek can increase the risk for serious medical side effects, though its culinary use is usually believed to be safe. Fenugreek is not approved or recommended for clinical use by any governmental health agency.

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## **Fenugreek - Wikipedia**

The name of the genus, *Trigonella*, is derived from the old Greek name, denoting 'three-angled,' from the form of its corolla. The seeds of Fenugreek have been used medicinally all through the ages and were held in high repute among the Egyptians, Greeks and Romans for medicinal and culinary

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purposes.

## **A Modern Herbal | Fenugreek**

Fenugreek is an herb that is similar to clover. It is native to the Mediterranean region, southern Europe, and western Asia. The seeds are used in cooking, in medicine, and to hide the taste of...

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**Fenugreek: Uses, Side Effects,  
Interactions, Dosage, and ...**

Fenugreek is also called Methi in Hindi and its botanical name is Trigonella Foenum-Graecum. It is an essential part of Indian spices and used in food not only for enhancing the taste of the food, but it also provides some prevention health benefits.

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## **Fenugreek Seeds (Methi) - Trigonella Foenum-Graecum ...**

People have used fenugreek for hundreds of years to treat conditions ranging from unstable blood sugar to low testosterone. While it may have health benefits, fenugreek cannot cure any condition.

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## **Fenugreek: Benefits and effects - Medical and health ...**

Fenugreek is an annual herb with light green leaves and small white flowers. It's part of the pea family ( Fabaceae) and also known as Greek hay ( Trigonella foenum-graecum ). Fenugreek plants grow to about two to three feet

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tall, and the seed pods contain 10-20 small, flat, yellow-brown, pungent and aromatic seeds.

### **Fenugreek: Benefits, Uses and Side Effects of This Ancient ...**

Fenugreek belongs to the Trigonella genus, which has 36 recognized species. To date, no subspecies or varieties of

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Trigonella foenum graecum, or sicklefruit fenugreek, have been identified. This species is considered distinct from wild fenugreek, from which it was domesticated thousands of years ago.

## **Fenugreek | HerbaZest**

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## **Fenugreek The Genus Trigonella Medicinal And Aromatic ...**

Fenugreek is one of the oldest known medicinal plants, records of its use dating back to early Egypt and Greece. As such, an extensive herbal use has accumulated. However, much of it is descriptive, lacking rigorous

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demonstration of medical usefulness. Assessment: This book lives up to its promise of in-depth coverage of the genus Trigonella. The authors have assembled a review of current information on fenugreek and its relatives, offering a unique compilation of the commercial production ...

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**Fenugreek: The Genus Trigonella /  
Edition 1 by Georgios A ...**

Fenugreek is an amazing herb that is used for medicinal purpose as well as spice in various cuisines. It is commonly known as "Methi" in India. The Latin name of this herb is Trigonella foenum graecum. Not only the seeds of this herb are used but the leaves are also equally

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beneficial in various health issues.

## **What are the Uses and Health Benefits of Fenugreek ...**

generic name: fenugreek (trigonella foenum-graecum) - oral Medication Uses | How To Use | Side Effects | Precautions | Drug Interactions | Overdose | Notes | Missed Dose | Storage USES: Fenugreek

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has been used for controlling high blood sugar in people with diabetes .Some supplement products have been found to contain possibly harmful impurities/additives.

## **FENUGREEK (TRIGONELLA FOENUM- GRAECUM) - ORAL side effects ...**

Fenugreek seeds are tiny, bitter,

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dicotyledonous seeds of herb fenugreek.

Toasted gently, they exhibit strongly aromatic and pungent flavor.

Traditionally, fenugreeks have been found use to cure digestive problems and to improve breast milk secretion in the nursing mothers. In the botany, fenugreek is a small annual leguminous herb belonging in the Fabaceae family,

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genus: Trigonella .

## **Fenugreek seeds nutrition facts, health benefits and ...**

However, these uses have not been proven with research. It is not certain whether fenugreek is effective in treating any medical condition.

Medicinal use of this product has not



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been approved by the FDA. Fenugreek should not be used in place of medication prescribed for you by your doctor.

## **Fenugreek Uses, Side Effects & Warnings - Drugs.com**

The reason behind the rich medicinal properties of fenugreek is due to the

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presence of a wide diversity of important phytochemicals (diosgenin, trigonelline, fenugreekine, galactomannan and 4-hydroxy isoleucine [ 4 ]. Hence, the crop has huge international demand in the associated pharmaceutical, nutraceutical and functional food industries.

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**Fenugreek (Trigonella foenum-  
graecum L.): An Important ...**

Hopf and Zohary are unclear that which wild strain of Trigonella genus raises the domestication of fenugreek. The charred seeds of fenugreek renewed from Tell Halal, Iraq and Bronze Age levels of Lachish and devitalize seeds from tomb of Tutankhamen. Fenugreek was listed

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by vetch and clover as the crop which is grown in order to feed cattle.

### **Fenugreek Facts, Health Benefits and Nutritional value**

fenugreek ( trigonella foenum-graecum l.): an abstract. fenugreek (trigonella foenum-graecum l.) is an important forage, spice legume herb of fabaceae

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family is well known for its medicinal uses due to high nutraceutical and pharmaceutical properties for curing diseases or disorders in ayurvedic, chinese, and tibetan medication since ancient times.

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