Fenugreek Seed

Fevers, Sore throats, Wounds, Swollen Glands, Skin Irritations, Ulcers, Muscle Aches, Gout pain, Diabetes, Allergies, appetite/loss of, Bronchitis, Cholesterol/high, Diabetic, Retinopathy, Gas, Gastric Disorders, Lung Infections, Mucus Excessive, Throat/sore

Information: Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one if not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at www.VibrantHealthCommunity.com (or call 1-866-378-8253) *before* starting/changing your program.

Fenugreek (Trigonella Foenum-Graecum),Trigonella Foenum Graecu
Botanical:Foenum-graecum (LINN.)
Family:Leguminosae
Synonyms:Bird's Foot. Greek Hay-seed.
Part Used:Dried Seeds. Fenugreek Seeds

Calculated on a zero moisture basis per 100 gm

Aluminum 35 mg Cobalt 0.182 mg Magnesium 121 mg
Ash(total) 3.9 % Crude Fiber 8.7 % Manganese 0.21 mg
Calcium 73 mg Dietary Fiber 48.0 % Niacin 1.60 mg
Calories 0.68 /gm Fat 6.4 % Phosphorus 288 mg
Carbohydrates 59.1 % Iron 5.6 mg Potassium 102 mg
Chromium 0.04 mg Protein 30.6 % Tin 0.42 mg
Thiamine 1.35 mg Selenium 0.16 mg Silicon 0.47mg
Riboflavin 0.32 mg Sodium 58.0 mg Vitamin A 38.5 IU
Vitamin C 60.0 mg Zinc [trace mg]
Nutrients of note:
Sugars 13 % (glucose, arabinose, galactose)
Starch 15 %

Fenugreek is used worldwide as a culinary spice as well as a medicinal herb to soothe the stomach and help maintain blood sugar levels. The seeds are rich in protein and contain about 50% fiber and 25% soothing mucilage.

Fenugreek is one of the primary supplements used to support type II diabetics or noninsulin-dependent diabetes mellitus (NIDDM). Most NIDDM patients typically have enough insulin but it is not used effectively. Research as to the cause seems to indicate high levels of body fat, too many calorie consumed from refined foods, lack of polyunsaturated fats and chromium deficiencies. Fenugreek Seed helps by not only reducing blood sugar levels with its high concentrations of phytochemicals, but it has also helped reduce low density cholesterol's and triacylglycerols.

Primary Nutrients: Choline, Iron, Lecithin, Minerals, Protein, Biotin, Choline, inositol, iron, lecithin, mucilage, volatile oils, PABA, phosphates, trigoneline, trimethylamine, and vitamins A, vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B6, vitamin B9, vitamin B12, and vitamin D. Rich in phosphates, lecithin, nucleo-albumin, iron, vitamins A and D (similar in composition to cod liver oil).

Medicinal Properties: The seed is a source of the steroidal saponin diosgenin, which can be used to manufacture many pharmaceuticals, such as progesterone. The chemical trigonelline is converted into niacin when the seed is roasted. The seeds also provide a mucilaginous fiber content that may benefit the bowel. Of more current interest is the evidence that fenugreek has a minor hypoglycemic effect, thus suggesting it may, in fact, help with diabetes. There is also some evidence that it can reduce hypercholesterolemia in animals.

Medicinal Action and Uses of Fenugreek:

Primary Uses: Allergies, Appetite/loss of, Catarrh/bronchial, Cholesterol/high, Diabetic Retinopathy, Gas, Gastric Disorders, Lung Infections, Mucus Excessive, Throat/sore

Secondary Uses: Abscesses, Anemia, Asthma, Boils, Body Odor, Bronchitis, cancer, Eyes/swollen, Fevers, Gallbladder Problems, Heartburn, Inflammation, Sinus Problems, Ulcers, Uterine Problems, Water Retention

Fenugreek is often used in herbal medicine in North Africa, the Middle East, and India, being esteemed as a remedy for a wide variety of conditions. The nourishing seeds are given during convalescence and to encourage weight gain, especially in anorexia. They are also helpful in lowering fever, with some authorities comparing their ability to that of quinine. The seeds' soothing effect makes them of value in treating gastritis and gastric ulcers. They are used to induce childbirth and to increase breast-milk production. Fenugreek is also thought to be antidiabetic and to lower blood cholesterol levels. Externally, the seeds may be applied as a paste to treat abscesses, boils, ulcers, and burns, or used as a douche for excessive vaginal discharge. The seeds also freshen bad breath and help restore a dulled sense of taste. In China, fenugreek is used as a to treat cervical cancer.

Breast enhancement and health, increasing breast milk, sexual desire, PMS, blood sugar, anti-oxidants, menopause. Fevers, sore throats, wounds, swollen glands, skin irritations, ulcers, muscle aches and gout pain are indicated uses of Fenugreek.

Common Uses: Helps soothe the stomach. Helps support healthy blood sugar levels in cases of diabetes. Can reduce triglyceride and cholesterol levels in the blood. Promotes lactation for mothers breast feeding their babies. Used for allergies, coughs, colds, flu, inflammations, fevers, dyspepsia, tonic, emphysema, flatulence, headaches, toothache, migraines, menstrual cramps, intestinal inflammation, cystitis, hydrocele of the testicle, pellegra, stomach ulcers, lungs, bronchitis, dropsy, mucous membranes, and tea for sore throat gargle.

Fenugreek Acts as a bulk laxative: Reduces fever, lowers cholesterol, and lubricates the intestines. Good for the eyes. Fenugreek Seeds of this annual herb are used in pickling brines and marinades, as well as folk cures ranging from regulating insulin in diabetes to rickets. It was an ingredient in tonic medicines (including Lydia Pinkham's) in the nineteenth century. Large amounts of the decoction are given to strengthen those suffering from tuberculosis or recovering from an illness. Sometimes thought of as an aphrodisiac. Makes poultice of pulverized seeds for gouty pains, neuralgia, scrofula, rickets, anemia, debility, sciatica, swollen glands, wounds, furuncles, abscesses, (grind the seed, mix it with charcoal, and make it into a thick paste for boils, abscesses, wounds, sores), tumors, dandruff, sores, and skin irritation.

The pulverized Fenugreek seeds may be taken as a tonic for osteomyelitis or scrofula (tubercular adenitis; secondary involvement of the cervical lymph nodes).

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