

A comprehensive study of the benefits of fenugreek from the perspectives of Islam and Contemporary Medical Science

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Abstract:

Fenugreek is well known as a spice, vegetable, and medicine. Islamic literature emphasizes its remarkable value Fenugreek (Trigonella foenum-graecum L.) is an annual dicotyledonous plant belonging to the family Fabaceae or Leguminosae. It is cultivated worldwide in the present research work we are presenting Fenugreek's curative role described by Islamic literature. Its ingredients according to modern medical science and their role as antidiabetic, antioxidant, antiinflammation, anti-hypocholesterolemia, cardiovascular, hyperglycemia, syndrome, cancer, liver ailment, and sexual disorders. And has been used in food flavoring, essential oil applications, and traditional medicine for thousands of years. fenugreek contains choline, linoleic acid, linolenic acid, and stearic acid. The extent of each of these chemical components depends on the type of species or variety and growing conditions such as soil type, weather, irrigation, pruning, and other horticultural practices. Fenugreek is an essential ingredient in many industrial applications including food, cosmetics, and pharmaceutical products. Neoterically Properties will be managed in diagrams

Keywords: Hadith, Fenugreek, Medicinal science, Medicinal properties, Diseases,

introduction

Fenugreek, scientifically known as *Trigonella foenum-graecum*, is a plant that has been used for centuries for its culinary and medicinal properties. It is native to the Mediterranean region and is widely cultivated in India, North Africa, and the Middle East

Fenugreek seeds are small, brownish-yellow seeds with a bitter taste and a strong aroma. They are commonly used in Indian and Middle Eastern cuisine to add flavor to dishes such as curries, pickles, and bread. Fenugreek leaves, also known as Mathi, are used as an herb in cooking and are particularly popular in Indian cuisine

In addition to its culinary uses, fenugreek has also been used in traditional medicine for its various health benefits. It is believed to have anti-inflammatory, antioxidant, and anti-diabetic properties. Fenugreek is also known to help improve digestion, reduce cholesterol levels, and boost milk production in breastfeeding women

Fenugreek is a leguminous herb cultivated in the whole subcontinent but the most well-known *Trigonella* is from Pakistani from the Kasur. Height of its plant is 1.0 to 1.5 feet. Leaves are lengthy and in circle wise size of leaves is from 1–2-inch flowers are yellow. Fruit length is 2-14 inches seeds are used as spice and medicine in Wordwise. The taste of seeds is bitter but well-known due to their medicinal qualities.

Fenugreek (*Trigonella foenum-graecum* Linn) is a legume belonging to the Fabaceae family. About 175 compounds have been identified in fenugreek seeds.¹ Fenugreek contains active ingredients such as steroid saponin compounds, fibers, phenolic acid compounds, protodiosin, flavonoids, hydrocarbons, alkaloids, terpenes, fatty acid glycosides, carbohydrates, amino acids, and their derivatives.²

Overview of literature

Fenugreek (*Trigonella foenum-graecum* L) is an ancient medicinal plant with a long history of 2500 years in Islamic literature many Hadith books have mentioned it likewise, Sahih Bukhari - Muhammad bin Ismail Bukhari (died 256 AH) Muhammad bin Abi Bakr bin Ayyub bin Saad Shams al-Din Ibn Qayyim al-Jawziya. *Tib E Nabivi* Abu Na'im Ahmad bin Abdullah bin Ahmad bin Ishaq bin Musa bin Mehran al-Asbahani (d. 430 AH) Al-Tib Nabvi .and other Islamic literature Here arise some questions

RQ.1 There is a lot of work on Fenugreek already what is the new need for further work?

RQ.2 What was the status of all ready research? and what was the deficiency in it that is being made up now?

RQ.3 What is new in this research work what improvement is in this research paper?

How can fenugreek help control cholesterol levels?

All those books that mention Fenugreek have mentioned it partially some of them mention it according to Islamic literature and others have mentioned it according to medical science no one has mentioned its use according to the temperament

In this research paper, we are presenting a study of when fenugreek is beneficial and when it is harmful instead of beneficial, in which temperament fenugreek is medicinally beneficial in which temperament it is harmful, and which medicinal ingredients are found in it. And what is the quantity of them that has not been worked on it? This research paper manages a table and diagram to show the quantitative medicinal value of its ingredients with their properties.

Methodology

In this research paper, we are adopting both qualitative and quantitative methods. Basic sources from Hadith Literature and other Islamic literature Medicinal properties from the internet and personal experience are mentioned in diagrams and a table of medicinal properties with

¹ Mazza G., Di Tommaso D., Foti S. Volatile constituents of Sicilian fenugreek (*Trigonella foenum-graecum* L.) seeds. (Asti, Italy, Sciences des Aliments, 2002), Vol. 22, No. 3, 249-264 ref. 24 (*Trigonella foenum-graecum* L.) seeds. *Sci. Aliment.* 2002; 22:249–264. doi: 10.3166/sda.22.249-264. [[CrossRef](#)] [[Google Scholar](#)]

² Shashikumar J.N., Champawat P.S., Mudgal V.D., Jain S.K., Deepak S., Mahesh K. A review: Food, medicinal, and nutraceutical properties of fenugreek (*Trigonella foenum-graecum* L.) *Int. J. Chem. Stud.* 2018; 6:1239–1245. [[Google Scholar](#)]

qualitative result analysis the light of Hadith literature and medical science. personal experiences will also be mentioned that have been improved on different patients during practice. Ingredients analysis will be presented by diagrams to distinguish its qualitative and quantitative value.

TRIGONELLA GRACECUS FOENUM

English name:	Fenugreek
Local name:	Mathiand other Islamic
Arabic name:	Hulba
Kingdom	Plantae
Division	Tracheophyte
Class	Magnoliopsida
Order	Fables
Family Name:	Fabaceae
Genus	Trigonella L-fenugreek
Species	Tefoenum
Scientific Name	Trigonella foe Num-graecum
Habit and Habitat:	Annual cultivated leafy vegetable.
Distribution:	Pakistan, Kashmir, India, S. Europe, Orient, Arabia, Ethiopia Part used: Seeds and leaves.
Parts used:	Seeds and leaves
Medicinal uses:	Throat infection, swelling, body pain, cough, stomach pain, piles, dandruff, baldness, breast pain, lung infection, diabetes, ulcer, diarrhea, and gas trouble. Powerful tonic, back pain, seeds in powder form used for diabetes, galactagogue i.e. to stimulate milk production in mammary glands. Corminative, Tonic, Aphrodisiac. ³

There are many other names in different languages

Gourde	French	Fenugreek	<u>English</u>
<i>Lagenaire</i>	Latin	Kurbis	Germin
<i>Kolok fenth</i>	Greek	Zucca	Italiar
<i>Kikiyan</i>	Hebrew	Teekva	Russian
Calabash, tall, pumpkin	Persian	Calabaza	Spanish

³ Handbook of herbs and spices, K.V Peter, Woodhead Publishing Limited, Abington Hall, Abington, Cambridge CB1 6AH, England) ii, V,3. P,27

Loki	Hindi, Urdu	Tambi	Sanskrit
Bhupla	Marathi	Miilk	Gujrati
Sary Kaay	Tamil	Lauo	Bangali
On pakaay	Telugu	Zenithal	Kashmiri

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Fenugreek is cultivated in almost all regions of the Subcontinent but in Pakistan in Kasur fenugreek is more famous. Its plant height is one to one and a half feet, the leaves are somewhat long rounded serrates 1/2 to one and a half inches long, the flowers are yellow, and the pods two to fourteen inches long contain yellow and green seeds called fenugreek seeds. Fenugreek curry is especially enjoyed in almost all regions of India and Pakistan. It is a popular multipurpose vegetable whose leaves and seeds are also used as medicine.

In Hindi, Urdu, Bengali, Gujarati, and Rajasthani languages it is called fenugreek, while in Arabic it is Halba, in Persian Shamlit, in Pashto Malhuze, and in English Fenugreek. In Latin its name is *Trigonella Foe Num Graceum* Linn. Fenugreek is used to add flavor and aroma to various foods. Fenugreek seeds are added to pickles. It is also used in Greek and Ayurvedic medicine. Its curry is a diuretic. Fenugreek is useful in winter diseases, back pain, swelling of the spleen and goiter, etc. Fenugreek seeds are useful in wind diseases. It is also often used in acne to remove blemishes on the face.

Fenugreek is often used as a vegetable, it is used more in cold countries than in hot countries and it is cultivated as needed in agricultural areas, both its seeds

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and leaves are used. It is useful for pain and indigestion. Its use dissolves swelling and gives strength to the body.

cultivated. Methi of Kasur is more famous." The original homeland of Fenugreek is Ethiopia and Europe. It is found in the northern regions of India and Pakistan in the subcontinent, it is cultivated in the winter season. They are using it as medicine and diet⁵

Hadith and Fenugreek

The Prophet Hazrat Muhammad ﷺ praised Fenugreek very much and compared its value with gold so that if people knew its importance, people would buy it instead of gold

" عَنْ مُعَاذِ بْنِ جَبَلٍ، قَالَ: قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: «لَوْ تَعَلَّمَ أُمَّتِي مَا لَهَا فِي الْحَلِيبَةِ، لَأَسْتَرَدُّوْهَا وَلَوْ بِوِزْنِهَا ذَهَبًا»⁶

Hazrat Mu! adh bin Jabal Reported that Hazrat Muhammad ﷺ said If my Ummah know the importance of fenugreek they will buy it in exchange for gold while another Hadith is reported by Hazrat Ayesha (RZ) in the same context.

"أَخْبَرَنَا أَحْمَدُ فِي كِتَابِهِ، حَدَّثَنَا عَلِيُّ بْنُ إِسْحَاقَ، حَدَّثَنَا مُحَمَّدُ بْنُ يَزِيدَ الْمُسْتَمَلِيُّ، حَدَّثَنَا الْحُسَيْنُ بْنُ عَلْوَانَ، عَنْ هِشَامِ بْنِ عُرْوَةَ، عَنْ أَبِيهِ، عَنْ عَائِشَةَ قَالَتْ: قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: لَوْ عَلِمَتْ أُمَّتِي مَا لَهَا فِي الْحَلِيبَةِ لَأَسْتَرَدُّوْهَا وَلَوْ بِوِزْنِهَا ذَهَبًا."⁷

Ahmad told us in his book, Ali bin Ishaq told us, Muhammad bin Yazid Al-Mustamli told us, Al-Hussein bin Alwan told us, on the authority of Hisham bin Urwa, on the authority of his father, on the authority of Aisha, who said: The Messenger of God, may God bless him and grant him peace, said: If my nation knew what they had in the ring, they would have bought it even if it is worth its weight in gold.

Kreem, Malik Abu ul Asid, Vegetable, Fruit as diet and medicine, Maktabah

Temprament of Funegreek

⁵ Malik Abul Asad Karim, Vegetables and Fruits as Food and Medicine, Daniyal Urdu Bazaar, Lahore, p. 76.

⁶ Al-Mu'jam al-Kabir, Sulaiman bin Ahmad bin Ayyub bin Mutair al-Lakhmi al-Shami, Abu al-Qasim al-Tabarani (died: 360 AH), Bab Khalid bin Ma'dan, on the authority of Mu'adh bin Jabal, Number of Hadith, 20/187

⁷ Asbahani, Abu Na'im Ahmad ibn Abdullah ibn Ahmad ibn Ishaq ibn Musa ibn Mehran Tib- E-Nabawi, Dar ibn Hazm, p. 2/611

"وَقُوَّةُ الْحُلْبَةِ مِنَ الْحَرَارَةِ فِي الدَّرَجَةِ الثَّانِيَةِ، وَمِنَ الْيُبُوسَةِ فِي الْأُولَى، وَإِذَا طَبِخَتْ بِالْمَاءِ، لَيَّنَّتِ الْحَلْقَ وَالصَّدْرَ وَالْبَطْنَ، وَتُسَكِّنُ السُّعَالَ وَالْخُشُونََةَ وَالرَّبْوَ، وَعُسْرَ النَّفْسِ، وَتَزِيدُ فِي الْبَاهِ. وَهِيَ جَيِّدَةٌ لِلرِّيحِ وَالْبَلْغَمِ وَالْبَوَاسِيرِ، مُخْرِدَةٌ الْكَيْمُوسَاتِ الْمُرْتَبِكَةِ فِي الْأَمْعَاءِ، وَتُحَلِّلُ الْبَلْغَمَ اللَّزِجَ مِنَ الصَّدْرِ، وَتَنْفَعُ مِنَ الدِّيَابِلَاتِ وَأَمْرَاضِ الرِّئَةِ، وَتُسْتَعْمَلُ لِهَيْدِهِ الْأَدْوَاءُ فِي الْأَحْشَاءِ مَعَالِ سَمْنٍ وَالْقَانِيدِ"⁸

The strength of fenugreek is from the heat in the second degree, and from dryness in the first degree, and if it is cooked with water, it softens the throat, chest, and abdomen, and soothes It relieves cough, hoarseness, asthma, and shortness of breath, and increases fainting. It is good for flatulence, phlegm, and hemorrhoids, and removes disturbed cysts. in the intestines, and dissolves sticky phlegm from the chest, and it is useful for empyema and lung diseases, and it is used for these medicines in the viscera, along with ghee and vanilla".

Hot grade II, dry grade I. When it is cooked in water, it soothes the throat, chest, and stomach and relieves cough. It relieves shortness of breath. she does. Relieves constriction of breath. Useful in gastralgia, piles. dissolve phlegm and excrete it.

"Imam Dhabbi described its temperament as hot and dry. And it is used as purgative and coctive things ⁹"

" It is full of protein and its temperament is hot and dried ¹⁰-.Hakeem Muhammad Anwar Lodhi also described it hot and dried in temperament¹¹"

Imam Dhabbi described its temperament as hot and dry in the second degree. And it is cocked used in the right and maturing things

Trigonella is warm in the second degree and dry in the first degree. After boiling it in water, it softens the expectorant, throat, chest, and abdomen, increases the power of breath, and is an extremely effective medicine for rheumatic fever, phlegm, and piles in the intestines. Brings down the secretions fixed in the intestine dissolves the mucus in the chest and expels it. It is useful in stomach ulcers and lung diseases ¹²

" Fenugreek relieves gastritis, reduces the severity of hemorrhoids, and not only reduces the inflammation of the lungs but also in the future preserves from these symptoms. If you wash

⁸ Tib e Nabavi, Iban e Qayyim, p. 1/226

⁹ Dhabbi, Imam, Prophetic Medicine, (Maktabha Shaheed Islam Markzi Jamah Lal Masjid Islamabad). 80

¹⁰ Hakeem Rahat Naseem Sohdarvi, (Healing with Natural Treasures, Kitab Sarai, Al-Hamd Market, Urdu Bazaar, Lahore), p. 43

¹¹ Hakeem Muhammad Anwar Khan Lodhi, Hakeem Kabir Uddin, Makhzan al-Mufardat al-Ma'roof Khawas al-Adawiya.,p. 386

¹² Tib e Nabavi, Iban e Qayyim.,401

your head with boiling water, it will reduce the dryness of the scalp. Grind fenugreek mixed with wax. If applied on the chest, it is useful in breast pain.¹³

Functions:

Cleanser, detergent, resolvent, nerve tonic, Gastric tonic, body tonic, Expectorant phlegm-coactive, carminatives, Demulcent, Emmenagogue, Sedative.

As an emmenagogue, it is used in prescriptions for menstruation. Applying the paste on the face removes its blemishes due to its mesh. It is used in cough and asthma as it is an expectorant. It is used to strengthen the arms and body due to its strength. As it is good for the stomach and stomach, it is eaten mixed with green vegetables. It is used in various ways in phlegmatic and neurological diseases due to its tonic and nerve tonic properties. Because it is Cleanser Detergent and due to Cleanser, Detergent, and Resolvent, its saliva is used for eye pain.

The following components are found in fenugreek: found in fenugreek

"Vegetable ghee, 40 percent, mineral salt, 3 percent, starch components, 15 percent, fiber, 3 percent, steel, 8 percent. The steel found in fenugreek is capable of being absorbed by the body without harming it. In addition, calcium is 40 percent and phosphorus is 5.11 percent. In its seeds, fenugreek contains vitamins A, B, C, lecithin, and albumin.¹⁴"

It is beneficial to mucus, asthma, swelling cases, and all those diseases caused by phlegm likewise disturbance in the respiration system Hakeem Rahat Naseem Sohdarvi has explained about fenugreek as follows:

"Fenugreek expels phlegm. It benefits the mucous membranes. The saliva of fenugreek seeds is shaved on the infected passages and removes their irritation and dryness. Thus, cough is relieved." Breathing comes easily. Phlegm becomes thin and comes out. Amazing results of fenugreek seeds have been seen in colds. A cold in which there is a runny nose and frequent sneezing in the morning, one spoonful of fenugreek seeds. After boiling it in half a glass of water, it will disappear in a few days¹⁵"

It should be noted here that those whose inflammation is due to cold and dryness are benefited, but the Inflammation caused by a hot, dry temper in which the pus has developed has no cure. It cures all Cold, dry, and diseases caused by phlegm.

"Hafiz Ibn al-Qayyim writes in his book *Zad al-Mu'ad*, "When it is drunk in the amount of five dirhams, it is also emmenagogue. When it is cooked and the hair washed with cooked material, it makes the hair wavy, and when it is consumed." If it is mixed with

¹³ Gaznvi Dr Khalid, Prophetic medicine ﷺ and modern science, (Al Faisal Nasharan Wa Tajran Gazni Street Urdu Bazar Lahore 1992). 343-1

¹⁴ Hakeem Rahat Naseem Sohdarvi, Healing with Natural Treasures, Kitab Sarai, Al-Hamd Market, Urdu Bazaar, Lahore, p. 43

¹⁵ Hakeem Rahat Naseem Sohdarvi, Healing with Natural Treasures, Kitab Sarai, Al-Hamd Market, Urdu Bazaar, Lahore, p. 44

vinegar and applied to the inflamated spleen, it dissolves it and if its pigment is mixed with wax, it removes the condition which causes the body to burst due to cold. ¹⁶

Trigonella foenum L and Medical Science

The medical values of fenugreek and the ingredients found in it have been analyzed from the medical website with the help of the internet. The ingredients found in it reveal the importance mentioned in the hadith.

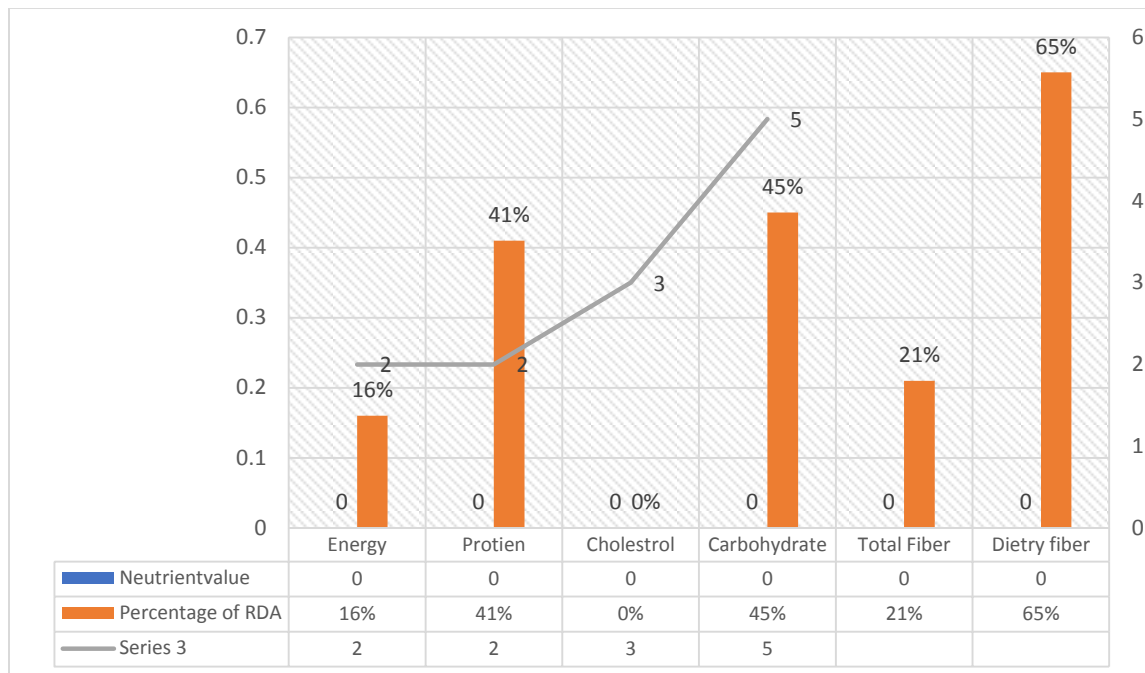
Nutritional value per100g (source USDA National Database Nutrient)

Principle	Nutrient value	Percentage of RDA	Principle	Nutrients value	Percentage of RDA
Energy	323Kcal	16%	Carbohydrate	58.35g	45%
Protein	23g	41%	Total fat	6.41g	21%
Cholesterol	0mg	0%	Dietary fiber	24.6g	65%

Fenugreek slows the absorption of sugar in the stomach and Stimulates insulin. Both of these effects lower blood sugar in diabetics Fenugreek also improves estrogen and testosterone levels- “Dietary fiber from fenugreek lowers glucose after eating. The mechanisms of these effects have not been fully elucidated. Fenugreek seeds contain 45.4% dietary fiber (32% insoluble and 13.3% soluble), and the gum contains galactose and mannose. The latter compounds are associated with a low glycemic effect. The hypoglycemic effect of fenugreek has been documented especially in humans and animals with type 1 and type 2 diabetes mellitus”¹⁷.

¹⁶ Zad al-Ma'ad, p. 3/431

¹⁷ Wani Sajad Ahmad Kumar Pradyuman, (Journal of Saudi society of agriculture science Volume 17, Issue 2, April 2018), 97-106



Fenugreek seeds are known for their high protein content and the presence of the amino acid 4-hydroxyisoleucine (4-OH-Ile). Research indicates that in individuals with type 1 or type 2 diabetes mellitus, 4-OH-Ile found in fenugreek seeds can enhance insulin secretion and improve glucose tolerance by directly stimulating pancreatic beta cells in a dose- and glucose-dependent manner. Studies in rodents have revealed additional potential mechanisms of action for fenugreek, such as promoting tyrosine phosphorylation of key insulin-related proteins. While fenugreek exhibits insulin-like effects at the cellular level, it may be slightly less potent in enhancing glucose uptake compared to insulin. Moreover, fenugreek has been shown to hinder glucose absorption in rodents by inhibiting certain digestive enzymes. Furthermore, fenugreek seed powder has demonstrated the ability to normalize levels of important enzymes involved in glucose metabolism. Lastly, fenugreek seed powder may help correct abnormalities in the distribution of glucose transporters in skeletal muscle.¹⁸

Grinding fenugreek seeds in water and applying it on the head at least twice a week for an hour can help to make hair grow longer and stop falling. Fenugreek is used in gynecological diseases. It is effective in uterine swelling, pain, and other gynecological diseases. Fenugreek kills small stomach bugs and improves digestion. Very useful for those with a phlegmatic disposition. Protects from cold.

¹⁸ Stacy L. Haber, Jennifer Keonavong, Fenugreek use in patients with diabetes mellitus, *American Journal of Health-System Pharmacy*, (Oxford University Press, Volume 70, Issue 14, 15 July 2013), 1196–1203,

"Regarding fenugreek, Dr. Iqtdar Hussain Farooqi has written that it should be used in diabetes It is beneficial¹⁹"

If there is chronic constipation due to intestinal weakness, mix fenugreek five grams of powder in water in the morning and evening and take it for a few days. Not only chronic constipation will be removed, but the liver will also get strength. Fenugreek is also very useful in diabetes and gout. For this, grind fresh fenugreek leaves in 10 grams of water and use it in the morning.

"The *root* is applied in the treatment of dropsy.²⁰ *Leaf*: Leaf juice is widely used for baldness"²¹

Nadkarni, MA Abdul Ghani Riyad and RD Sharma. An alkaloid found in the oil and seeds of fenugreek is anti-diabetic and plays an important role

"Trigonella foenum graecum (Fenugreek) contains an alkaloid trigonelline and an essential oil. Its role as an antidiabetic"²²

Fenugreek in Diabetes

Fenugreek seeds and their leaves are very useful in controlling cholesterol in the body. Fenugreek also controls cholesterol and triglycerides, a type of fat found in the blood, the increase of which leads to heart diseases.

I have found fenugreek to be very effective in treating diabetes. In this regard. Several patients were given fenugreek seeds. According to research, fenugreek seeds are useful in diabetes and heart diseases. Eating 25 grams of ground fenugreek seeds daily reduces the amount of sugar in the urine and blood within only ten to fifteen days. Although the patient will realize the benefit of reducing the symptoms of the disease, it is better to have a regular sugar test every ten days.

Fenugreek seeds can be used up to 100 grams per day depending on the sugar ratio. In this regard, fenugreek seeds can be cooked like lentils or mixed with any vegetable. My way of making diabetic patients use fenugreek seeds is to grind fenugreek seeds coarsely and make them use 10-15 grams in the morning, afternoon, and evening with plain water. There are no side effects of using it

Fenugreek helps control cholesterol and triglycerides by containing fiber and antioxidants. These components assist in eliminating toxins and regulating cholesterol levels in

¹⁹ Farooqi, Dr. Iqtdar Hussain, Hadith mentioned plants, medicines, and diets in scientific analysis, (Lahore Elim o Irfan publisher Loir Mal Road behind Mian market Urdu Bazar Lahore.1998), .108

²⁰ Kirtikar, K.R. and B.D. Basu, 2005. Dehradun, India: Oriental Enterprises, International Book distributors. Indian Medicinal Plants; pp: 1116-7.

²¹ Rakesh, P.P., M. Kalariya, S.K. Parmar and N.R. Sheth, 2010. Phytochemical and pharmacological review of Lagenaria siceraria. J Ayurveda Integer Med., 1(4): 266-272.

²² Nadkarni KM. Trigonella foenum graecum. In: Indian Materia Medica, (Bombay Popular Prakash 1954);1240-1243.

the body. Research suggests that fenugreek is beneficial for controlling both cholesterol and triglycerides, with triglycerides being a type of fat in the blood associated with heart diseases.

Precaution About Fenugreek

During this time, it is important to avoid rice, potatoes, cabbage, bananas, and other sweet items. Morning walk is also mandatory and it should be remembered that there is no problem if allopathic medicines are being used while using fenugreek.

"Allah has placed the composition of fenugreek and milk very close in that the proportion of fatty and ammonium acids is similar to each other, and in addition to phosphate, there is an organic type of iron that can be easily digested without upsetting the stomach. It is digested and removes anemia from the body. It contains various alkaloids, one of them is Trigonella. L is of great importance. Its salts are diuretic ²³"

It is not beneficial in surgery cases because of slow blood clotting due to this condition it may cause extra bleeding.

All those persons who are in hot and dried temperaments must abstain from Fenugreek they can suffer from diarrhea and dysentery.

Allergic reaction

It found reaction in the use of fenugreek in some cases when it is used in the same temperament.

"Fenugreek powder curry has an allergic reaction in patients who are suffering from severe bronchospasm, wheezing, and diarrhea."²⁴ It decreased the weight of the body and was attributed to a decrease in T3. ²⁵

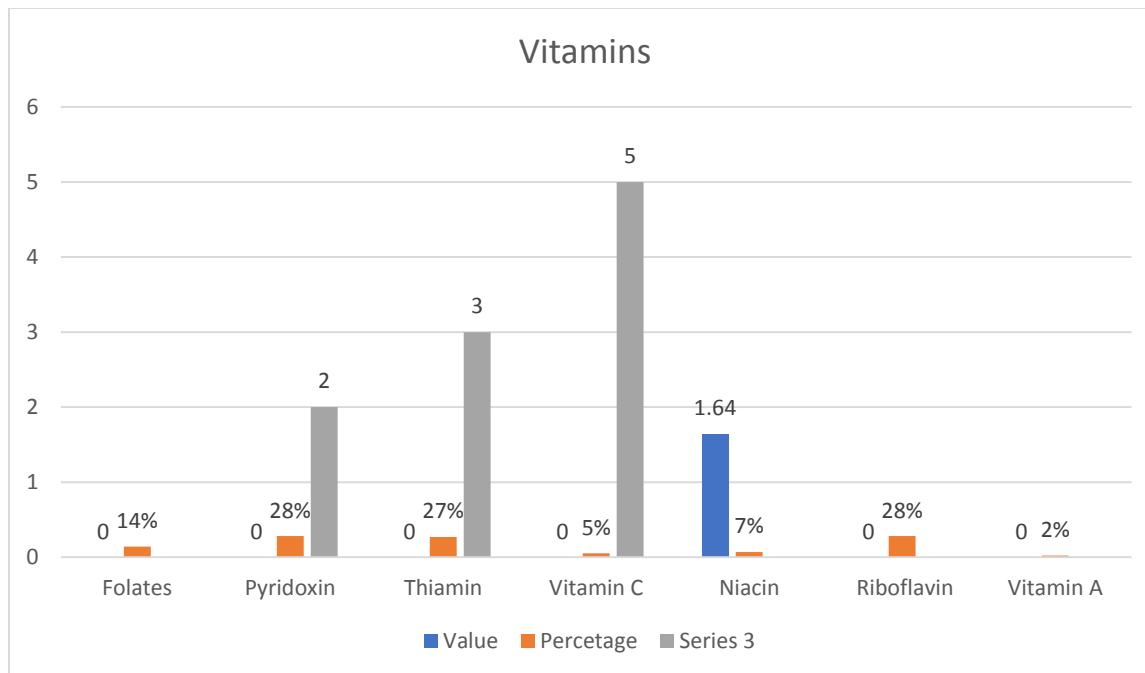
All those people who are sensitive and have allergic reactions to plants and herbs they can not use it in this situation.

In this diagram, vitamin analysis is being presented which shows the quantities of vitamins

²³ Prophetic medicine and modern science,344.

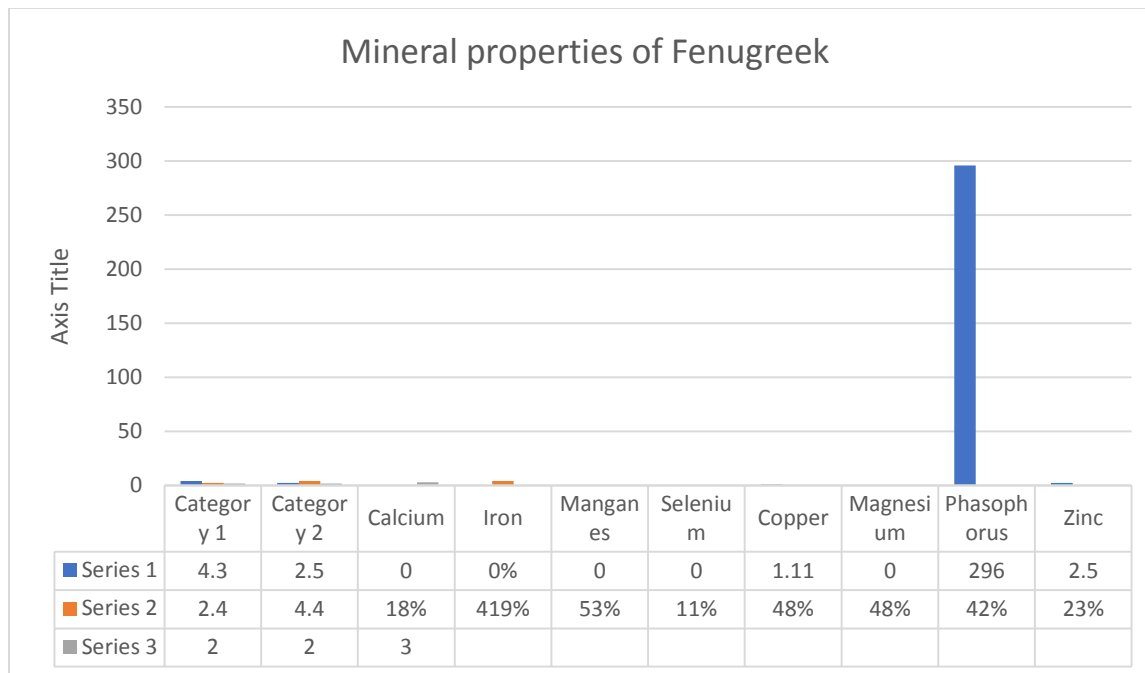
²⁴ Ohnuma N, Yamaguchi E, Kawakami Y. Anaphylaxis to curry powder. Allergy 1998; 53:452-454.

²⁵ Panda S, Tahiliani P, Kar A. Inhibition of triiodothyronine production by fenugreek seed extract in mice and rats. Pharmacol Res 1999; 40:405-409.



Calcium	176mg	18%	Copper	1.110mg	123%
Iron	33.53mg	419%	Magnesium	191mg	48%
Manganese	1.228mg	53%	Phosphorus	296mg	42%
Selenium	6.3ug	11%	Zinc	2.50mg	23%

In this diagram can be seen the highest quantity of vitamin C and the second position is Thiamin while pyridoxine is in 3rd position and Niacin is on 4th position.



Seeds carminative, tonic, aphrodisiac, and galactagogue. to smallpox patients as a cooling drink and for dysentery useful for intestinal inflammation poultice for boils and ulcers.²⁶

Conclusion

fenugreek seeds, oil, and leaves are beneficial for controlling cholesterol levels in the body. They contain fiber and antioxidants that help eliminate toxins and control cholesterol. Recent research suggests that fenugreek also helps control triglycerides, a type of fat in the blood linked to heart diseases. Additionally, fenugreek aids in skin conditions, digestion, constipation, and inflammation.

Furthermore, fenugreek has been shown to have anti-inflammatory and antioxidant properties, which may help to protect against chronic diseases and promote overall health. Studies have also suggested that fenugreek may have antimicrobial properties, making it a potential natural remedy for infections.

Suggestions

In conclusion, the literature on fenugreek suggests that this herb has a wide range of potential health benefits, from regulating blood sugar levels to promoting weight loss and protecting against chronic diseases. Further research is needed to fully understand the mechanisms behind these effects and to determine the optimal dosage and form of fenugreek for different health conditions.

²⁶

Farooqi, Dr, Iqtdar Hussain, Hadith mentioned plants, medicines, and diets in scientific analysis, (Lahore Elim o Irfan publisher Loir Mal Road behind Mian market Urdu Bazar Lahore.1998).108