

Methi / *Trigonella foenum-graecum*

Part consumed -

Whole Plant, Seeds

Form consumed -

Powder, Cuisines

Maximum daily consumption by adults -

Seeds Powder - 6 g

Composition

- Globulin
- Histadine
- Albumin
- Trigonelloside
- Trigofenoside



Indications as per Ayurveda

- Digestive
- Diabetes
- Fevers
- Wormicidal

Modern Clinical Studies

- Antipyretic
- Antidiabetic
- Analgesic
- Digestive
- Anabolic