



AN OVERVIEW OF MEDICINAL SIGNIFICANCE OF FENUGREEK SEEDS

(Trigonella foenum-graecum)



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ABSTRACT

*The objectives of this article are to provide a brief overview of the medicinal significance of fenugreek seeds (*Trigonella foenum-graecum*). 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 ingredients in dishes from the Indian subcontinent, and have been used as a culinary ingredient since ancient times. It is known for its medicinal qualities such as antidiabetic,*

anticarcinogenic, hypocholesterolemic, antioxidant and immunological activities. Beside its medicinal value, it is also used as a part of various food product developments as food stabilizer, adhesive, and emulsifying agent.

KEYWORDS

*Fenugreek, Anti-diabetic, Anti-carcinogenic, Hypocholesterolemic, *Trigonella foenum-graecum**