

Fenugreek Seed

Botanical Name: *Trigonella foenum-graecum*

Family: Fabaceae

Energetics: Warming, bitter

Taste: Bitter, slightly sweet, aromatic

Actions: Galactagogue, digestive tonic, anti-inflammatory, blood sugar support, diuretic

Overview

Fenugreek Seed is a warming herb traditionally used to support digestion, blood sugar regulation, and lactation. Its seeds contain saponins and mucilage, contributing to its therapeutic effects.

Uses

Internal Uses

- Supports milk production in breastfeeding mothers
- Aids digestion and relieves bloating
- Supports healthy blood sugar levels
- Mild anti-inflammatory effects

External Uses

- Poultices for sore muscles or inflammation
- Infused oils for skin care in minor irritation (optional)

Medication Interactions

- May enhance the effect of blood sugar-lowering medications
- Use caution with anticoagulants

Contraindications

- Pregnancy: high doses may stimulate uterine contractions
- Allergy to Fabaceae family
- Children: avoid medicinal doses without guidance

Caution & Safety

- Moderate intake internally
- Discontinue if digestive upset occurs
- Avoid high doses during pregnancy unless under professional guidance

Herbal Pairings

Blends Well With

- Fennel Seed (digestive and galactagogue synergy)
- Ginger (warming, digestive support)
- Fenugreek + Milk Thistle (lactation support)

Avoid Combining With

- Blood sugar-lowering herbs in high doses without supervision

Possible Side Effects

- Digestive upset in sensitive individuals
- Body odor change (fenugreek-specific)
- Rare allergic reactions

Forms & Dosage

Tea / Decoction

- 1–2 tsp seeds per cup water
- Simmer 10–15 minutes
- 1–2 cups daily

Tincture (1:5)

- 2–4 mL, 1–2 times daily

Capsules / Powder

- 500–1,000 mg, 1–2 times daily

External / Infused Oil

- Apply to minor muscle aches as needed



Fenugreek Seed is excellent for digestion, lactation support, and mild anti-inflammatory effects. Use with care in pregnancy and for blood sugar-sensitive individuals.

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