

# 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

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## 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.

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## 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)
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## Medication Interactions

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

- Pregnancy: high doses may stimulate uterine contractions
  - Allergy to Fabaceae family
  - Children: avoid medicinal doses without guidance
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## **Caution & Safety**

- Moderate intake internally
  - Discontinue if digestive upset occurs
  - Avoid high doses during pregnancy unless under professional guidance
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## **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
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## **Possible Side Effects**

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

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## Notes

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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