Fenugreek chemistry and its medicinal use

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ABSTRACT

Now there is growing concern among individuals about healthy food and life style. Many components of food are also used in the form of medicine. Fenugreek is one of those components that has a long history of its use in many Ayurvedic medicines. Again the time has come when individuals prefer these Ayurvedic Concoctions to strong medicines with side effects. Fenugreek is a healthy herb with therapeutic potential and has been proven to cure many diseases. Its medicinal effects include hypoglycemic activity, lowering blood cholesterol levels, aiding digestion, antibacterial, anti inflammatory, antioxidant potential and many more. Its chemical constitution include a steroid sapogenin, certain alkaloids, fibre, proteins, saponins, lipids etc. The paper highlights the components and therapeutic contribution of fenugreek in fighting against diseases.

Pharmaceutical companies are dependent on extraction of natural steroids and hormones from fenugreek.

Research is of descriptive type and the method used for it is armchair method.

Key works: Fenugreek, therapeutic potential, components.

**ORAL PRESENTATION**