



## Methi leaves (Fenugreek leaf)



Sanskrit name: Methika  
Botanical name: Trigonella foenum  
English name: Fenugreek leaves  
Tamil name: Vendaya keerai

### Fenugreek Leaves

Fenugreek, commonly known as methi in Hindi, is a plant in the family Fabaceae. It is one of the plants used both as an herb (the leaves) and as a spice (the seed). A native to India and southern Europe, this plant is cultivated worldwide as a semi-arid crop. The dried leaves (called kasuri methi) have a bitter taste and a strong characteristic smell and are used as a flavouring agent in preparing many dishes, especially in curry. For centuries it has grown wild in India, the Mediterranean and North Africa.

Since innumerable, Fenugreek has been widely used as a food and food additive as well as for its medicinal properties. Fresh tender pods, leaves and shoots are eaten as curried vegetable, while seeds are used for garnishing and flavouring variety of food. Ancient Egyptians used Fenugreek to combat fever. In the classical period, it was grown as a cattle fodder and as a soil renovator. The name derives from the Latin 'Greek hay' illustrating its classical use as fodder. India continues to be the major source and main consumer for its culinary and medicinal uses.

### Plant Description and Cultivation

Fenugreek plant is a quick growing annual leguminous herb about 2 feet in height. Leaves are light green in color. Plant stems are long and slender. Fenugreek leaves are tripartite, toothed, grey-green obovate leaves, 20-25 mm long. Fenugreek plant blooms white flowers in the summer. Fenugreek seed pods contain ten to twenty small, flat, yellow-brown, pungent, aromatic seeds. Fenugreek seeds are small and stony; about 1/8 inch long, oblong, rhomboidal, with a deep furrow dividing them into two unequal lobes. Fenugreek seeds have a strong aroma and bitter in taste. Plants mature in about four months. The whole plant is uprooted and allowed to dry. The seeds are threshed out and further dried.

Note :- Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market Actual Rate of the Products will be provide at the time of final Confirmation of Order

## Methi leaves (Fenugreek leaf) in Other Languages

French:	fenugrec Sénégré	Marathi	Methi
German	Bockshornklee	Malayalam	ulluva
Italian	fieno greco	Malay	alba
Spanish	alholva, fenogreco	Kannada	menthyada soppu
Tamil	venthium	Sinhalese	uluhaal
Telugu	menthulu	Arabic	hilbeh

### Culinary Uses :

For centuries, Fenugreek has been used both as a food or food additive as well as in medicines. The leaves, stem and sprouts of the Fenugreek plant are eaten green as salad. In the Indian subcontinent, it is a common ingredient of innumerable recipes and is used as a herb as well as a spice. Fresh tender pods, leaves and shoots are eaten as curried vegetable. It is one of the ingredients of panch phoron, the Indian five-spice mixture; idli & dosa paste; and khakhra, a type of bread.

For thousands of years, fenugreek has been used as a common ingredient of curry, figuring in many mixtures, especially vindaloo and the hot curries of Sri Lanka. It is a favorite in Northern African and Middle Eastern dishes, and is one of a few spices which is used in powdered form. It is favourite to many chutneys and pickles. Its leaves, both fresh and dried, are used in meat curries, lentils and vegetable dishes. Fenugreek seeds are also used in candy, baked goods, ice cream, chewing gum and soft drinks.

### Other uses :

- \* Its dried leaves can be as a natural insect repellent in grain storage
- \* In some parts of North Africa, Fenugreek seeds in combination with sugar and olive oil were eaten by women to gain weight
- \* They are still used as veterinary medicines in many western countries.

### Side Effects

The herb fenugreek has produced aggravated asthma disorders in some women and has lowered blood glucose levels in some women with diabetes. Person using oral drugs for diabetes or taking insulin should be closely monitored by a doctor while using fenugreek.

Few side effects have been reported from exposure to fenugreek, such as numbness, facial swelling, breathing difficulty and fainting are likely a cause of an allergic reaction. Some side effects may occur such as dizziness, diarrhea and gas when fenugreek is used at recommended doses.

Fenugreek may cause loose stools in some women, can produce uterine contractions, hypoglycemia in some mothers, sweat and urine smells like maple syrup, since it can produce lowering of blood glucose levels so it is recommended to diabetic mothers should not use fenugreek without consulting any health care professional.

### Benefits of Fenugreek leaf

Externally fenugreek is used for boils, eczema, skin inflammations, ulcers, and cellulite. Internally fenugreek is used to treat numerous problems such as gastric inflammation, diabetes in adults, poor digestion, digestive disorders & tuberculosis. It is also beneficial for painful menstruation, labor pains and insufficient lactation. It is also efficacious treatment for painful testicles and premature ejaculation. It is generally taken for weight loss, anorexia & for appetite loss. Young fenugreek leaves are cooked as a vegetable curry and are also dried and used to flavor vegetable dishes. The roasted seeds are used in curry powder, pickles, stews and fried foods. The seed sprouts are also used as a salad.

In Ayurvedic medicine it is commonly used for digestive, rejuvenation, bronchial complaints, gout, arthritis and as an aphrodisiac. In Chinese medicine it is widely used for the treatment of kidney related pain such as premature ejaculation, back ache, as well as loss of libido, painful testicles, hernia, painful menstruation & edema of the legs

Now a days ,The fenugreek seeds are used to large extent in the manufactures of condition powders for cattle & horses . It has a powerful smell of coumarin and is widely used for flavoring cattle foods and to make damaged hay palatable.

Its seed has been taken to enhance milk production since biblical periods. The plant retains phytoestrogens, which are herbaceous chemicals similar to the female sex hormone estrogen. Diosgenin, a main compound, has been shown experimentally to enhance milk flow .

#### Nutrition Facts about Fenugreek leaf

##### Nutrition Facts

Serving Size: 1 oz (28g)

Amount per Serving

Calories 10    Calories from Fat 0

% Daily Value \*

Total Fat 0g    0%

Saturated Fat 0g    0%

Sodium 0mg    0%

Total Carbohydrate 1.1g    0%

Dietary Fiber 0g    0%

Protein 1.1g    2%

#### History

In India the seeds are largely employed by the natives, both as spice and medicine, while the fresh plant is consumed as a vegetable. It was used by the Egyptians to make yellow dye, plasters and cataplasms. Seed pastes were used to treat fever, diabetes and stomach complaints. Traditional Chinese herbalists used it for kidney problems and conditions affecting the male reproductive tract. In various areas of North Africa the seeds paste were traditionally eaten by women to gain weight, in combination with sugar and olive oil.

#### Medicinal uses of fenugreek

As a medicinal plant, fenugreek has traditionally been considered a carminative, demulcent, expectorant, laxative, and stomachic. Fenugreek has been used topically for abscesses, boils, burns, eczema, gout, and ulceration of the skin as it has an anti-inflammatory effect. Fenugreek has been used orally for loss of appetite and stomach complaints. Fenugreek seed is expectorant, demulcent, vulnerary, anti-inflammatory, anti-spasmodic, tonic, emmenagogue, galactagogue, hypotensive. Fenugreek has been used to promote lactation and as an aphrodisiac. Fenugreek seeds have been used as an oral insulin substitute. The gelatinous texture of fenugreek seed may have some benefit for soothing skin that is irritated by eczema or other conditions. The fiber content of fenugreek extract plays a role in its ability to moderate metabolism of glucose in the digestive tract. In people with type 2 diabetes, fenugreek may lower blood sugar levels and may improve problems associated with high blood sugar levels. Fenugreek may also support healthy triglyceride levels. The seeds of fenugreek can also act as a bulk laxative as a result of their fiber and mucilage content. Fenugreek stimulates uterine contractions and can be helpful in the induction of childbirth. This herb helps reducing fever when taken with lemon and honey and also nourishes the body during illness. It is used to relax the uterus and can be taken by pregnant women.

#### Preparation and Storage

Dried seeds should be lightly roasted before using (don't overdo it though, or they will become bitter). After roasting, they are easily ground. A small amount will complement many other spices, but too much can be overpowering. If the seeds are required as part of a curry paste they can be soaked overnight to swell and soften, and be easily mixed with the other ingredients.

## Quality Assurance

As we believe in providing quality products that are close to nature, we conduct various stringent quality tests under the supervision of the experts. These tests are performed with due care from the very initial stage of procurement of the products to the final stage of delivery to the end users.

## Packaging

We also provide reliable packaging of the Fenugreek leaf seed and other Fenugreek leaf products. During the packaging procedure, we keep the hygienic level high and also ensure that there is no human touch. Moreover, the packaging has also helped in the easy and safe delivery of the products.

We are dealing with various esteemed clients located in India as well as in the markets of New Zealand and Dubai. We also promise to serve a superlative range of Fenugreek leaf and Fenugreek leaf products which includes green Fenugreek leaf powder to our new customers as we serve to our existing satisfied clientele. The frequent and concrete feedbacks from our customers have also helped in the advancement of the managerial activities and serving the products as per the demand prevailing in the market. Last but not the least; we are also looking forward to provide more beneficial deals in the forthcoming years.



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