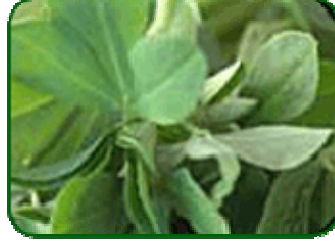


Fenugreek or Methi

Latin Names: Trigonella Foenum-Graecum

English Name: Fenugreek

Sanskrit / Indian Name: Methi, Medhika, Chandrika



Cure for: Fenugreek is widely used in treating diabetes as it has quality to reduce the sugar level of the blood. Fenugreek contains natural expectorant properties ideal for treating sinus and lung congestion, and loosens & removes excess mucus and phlegm. Fenugreek is a natural source of iron, silicon, sodium and thiamine. It is also used as a digestive aid. It is a useful herb that can be used in Anemia, Pregnancy and Lactation, Dandruff, Fevers, Stomach Disorders, Respiratory Infections, Bad breath and Body Odor and Swellings.