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Therapeutic Potential of Fenugreek **CHAPTER 10**

Sibani Panigrahi

Department of Zoology, School of Applied Science, R&A Centre for Phytopharma, Centurion University of Technology and Management, Odisha

Corresponding Author: sibani546@gmail.com
ORCID ID https://orcid.org/0000000296084223

ABSTRACT

Humans have relied on plants for medicinal purposes since the dawn of time. . Trigonella foenumgraecum is the scientific name for fenugreek, which belongs to the fabaceae family of plants (or leguminosae). It is grown in almost every country on the planet, with the majority of production taking place in, Europe, Asia, North America and United States. It is a common spice and aromatic crop, and dried seeds are used in a variety of foods, medicines and beverage formulation. It has many therapeutic properties such as anticarcinogenic, antidiabetic, hypocholesterolemic, antimicrobial and antioxidant activities. Aside from its therapeutic potential, it is also used as a food stabiliser, adhesive, and emulsifier in the production of different foodstuffs. The goal of this review paper is to briefly analyse the bioactive molecules and medicinal uses of Fenugreek.

KEYWORDS

Fenugreek (Trigonella foenumgraecum), phytochemicals, anticarcinogenic activity, antidiabetic activity, antioxidant activity, antimicrobial activity.

INTRODUCTION

Trigonella foenumgraecum (L.) is one of the most wellknown plants. It is a selfpollinating plant that only blooms once a year.Fenugreek is found all over the world including Africa, Australia, Asia (India and China), North and South America and parts of Europe (Acharya et al., 2006).