



Methika

Common Name: Fenugreek

Botanical Name: Trigonella Foneum-Graecum

Part used: whole plant and seeds

Methika has been used for its medicinal properties in the form of fresh leaves, seeds and dried plant and widely used as a dietary herb and spice. The bright yellow and fragrant seeds are vata and kapha pacifying and can stimulate pitta. Methika is bitter, light, unctuous and heating in property.

Therapeutic benefits:

- The leaves are particularly used for digestive disorders, including flatulence, as an appetiser, mild laxative, colic, distension, constipation, nausea, vomiting and as an anti-inflammatory.
- The seeds of fenugreek contain the most potent medicinal effects of the plant and are useful as a nervine tonic as well as useful in treatment of wounds, abscesses, arthritis, sciatica, muscular and back pain and bronchitis.
- Recent researches have demonstrated benefit for Atherosclerosis, high cholesterol and Hyper-triglyceridemia (high triglycerides) and particularly diabetes.
- Hair oil made of Methi seeds helps to prevent premature greying of hair and makes them strong and free from dandruff.
- Potential to improve immunity and support heart, brain and other vital organs of body particularly in the winter months.
- Methika can be used in post delivery cases to speed up normalisation, and promote lactation usually in the form of powdered seeds taken with heated ghee, wheat flour and sugar.

As a home remedy for digestive conditions a decoction on seeds can help to alleviate retention of gas causing colic. The combination on methika, shunti and jaggery with warm water can be taken for low back pain.

Take with caution in condition of high blood pressure and haemorrhagic disorders – due to its heating properties. In addition a more suitable herb for the winter months.