Methika	
Hindi Name	Methi
English Name	Fenugreek
Scientific Name & Family	*Trigonella foenum-graecum* L.; Family – Fabaceae
Part Used	Seeds, leaves
Main Synonyms	Chandrika, Peetbeeja, Vallari, Munichachhada
External Morphology	An erect annual herb growing 30–60 cm tall; stem branched, slender and slightly hairy; leaves trifoliate with obovate leaflets resembling clover; flowers small, pale yellow to whitish, borne singly in leaf axils; fruits long, slender pods containing numerous small yellowish-brown angular seeds with a characteristic odor.
Rasapanchaka & Dosha-Karma	Guna: Guru, Snigdha Rasa: Tikta, Katu Vipāka: Katu Vīrya: Ushna Doṣa-karma: Vata-Kapha śāmaka
Active Phytoconstituents	Alkaloids (trigonelline), steroidal saponins (diosgenin), flavonoids, mucilage, proteins
Pharmacological Actions	Deepana (appetizer), Pachana (digestive), Medohara (reduces fat), Pramehaghna (anti-diabetic), Stanyajanana (galactagogue), Vatahara
Important Formulations	Used in Ayurvedic preparations for diabetes, digestive disorders, and lactation support
Dose	Seed powder: 3–6 g; Decoction: 20–40 ml
To be Noted	Fenugreek seeds and leaves are widely used as both a medicinal herb and culinary spice. In Ayurveda it is valued for improving digestion, managing diabetes, reducing cholesterol, and enhancing lactation. The seeds contain mucilage and steroidal saponins, which contribute to their therapeutic effects.

References:

1. Dravyaguna Vigyan, P.V. Sharma Part. II
2. A textbook of Dravyaguna Vigyan, Prakash L. Hegde Vol. II

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