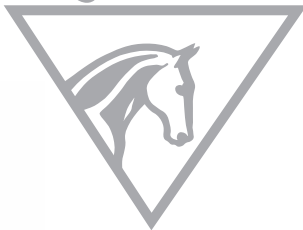


EQUISTRO®



Parts used: Seed

Botany

This species is common all over the Mediterranean region as far as India and China. The plant is an annual, 10 to 50 cm high herb with a long vertical taproot. The pale yellow flowers are solitary or in pairs and the fruit contains 4 to 20 seeds.

Constituents

Rich in mucilage (50%) and protein (particularly lysine tryptophan and isoleucine), flavonoids (e.g. apigenin, luteolin) and saponins (e.g. diosgenin yamogenin) have also been identified.

Possible Interactions

Herbs - None documented. Drugs - Possibly antidiabetes and anticoagulant/antiplatelet drugs.

Comments

The German Commission E has approved an indication for loss of appetite. Equally, in the horse a study has shown that it is selected for by horses and therefore can help the appetite of those horses during convalescence. The majority of the traditional uses of fenugreek are probably attributable to the mucilage content (dietary fibre and pectin).

FENUGREEK *TRIGONELLA FOENUM-GRÆCUM*

➔ Pharmacopoeia and Other Monographs
German Commission E, BP 2007, Ph Eur 2007, BHP 1996

Vétoquinol
Signe de Passion

