

Botanic name : *Trigonella corniculata* (L.) L.-- -- Syst. Nat., ed. 10. 2: 1180. 1759 [7 Jun 1759] (IK)

Common name : Sickle-fruited Fenugreek, Cultivated Fenugreek, Kasuri methi

Family : Fabaceae (Leguminosae)

Habitat : Terrestrial

Distribution : Western Himalayas, widely distributed in India, Western Mediterranean area; cultivated in the Kasur district of Punjab province of Pakistan and thus has its name 'Kasuri methi'.

Description : A small annual erect to procumbent, glabrous or sparingly pubescent herb, 0.60 m tall; leaflets obovate to oblong-cuneate, obtuse to emarginate, glabrous above, sparsely pilose along the nerves below; stipules lanceolate, dentate or incised; flowers triangle, hence the genus name 'Trigonella', flowers bloom in 8-20 flowered clusters, a 1.5-6 cm long peduncle; Calyx 3-4 mm long, teeth subequal, shorter than or as long as the tube. Corolla 6-7 mm long, yellow; wings shorter than the keel. Fruit 10-20 mm long, 2-3 mm broad, linear, acuminate, curved, glabrous, with transverse anastomosing veins

Phytochemicals: protein, excellent sources of Calcium, Magnesium, Potassium, Phosphorus and moderate sources of Zinc, Iron. Secondary bioactive compounds like flavonoids, phytosterols like Campesterol, stigmasterol, phytol, lupeol

Medicinal/Economic uses : Aromatic, fragrant, anti-diabetic, lowering blood sugar and cholesterol level, anti-cancer, antioxidant, anti-microbial . Fruit is astringent, bitter and styptic; applied externally to swellings and bruises. use of mixed seed powder with flour for baking of breads, curries, dyes, young seedlings eaten as a vegetable, roasted methi grain as a coffee-substitute, particularly in Africa. It has also been used for controlling insects in grain storages and perfume industries.