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Fenugreek

Biology and Applications

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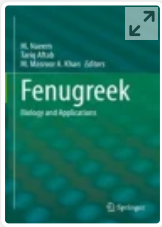
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Trigonella foenum-graecum and Its Bioactive Compounds Having Potential Antidiabetic Activity

[Heena Tabassum](#) & [Iffat Zareen Ahmad](#) 

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Abstract

Most drugs are available in the market for use in diabetes management. Their side effects and high costs, however, underline the need for natural herbal medicines. Diabetes is a significant health problem that can cause substantially higher complications. The treatment of diabetes is still extremely unsatisfactory, despite numerous preventive methods and armories of medication. The management of diabetes still remains grossly unsatisfactory. Diabetes mellitus is a critical disease with constantly increasing death rates. It is characterized by elevated level of blood glucose due to the insufficient production of insulin and insulin resistance, or both, causing abnormalities in carbohydrates, lipids, and proteins metabolism. The immediate need is to identify novel food based bioactive agents or drugs for curing or preventing diabetes, with comparatively fewer side effects. Plant secondary metabolites have long been known to have health benefits against various oxidative stress related diseases including diabetes. *Trigonella foenum-graecum* herb has an enormous potential to prevent or cure diabetes more than other plant species especially due to