

Short Commentary
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Available, Effective, Cheap, and Easy to Prepare with Safe Reputation Among Community, Fenugreek: A Short Commentary

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Received: January 20, 2024; **Accepted:** January 25, 2024; **Published:** February 02, 2024

This is a short commentary made regarding the recent study authored by Aldhilan et al. [1]. Titled “The Healing Callus-Promoting Effect of Fenugreek in a Humerus Shaft Fracture: A Case Report” published in Cureus.

Fenugreek, scientifically known as (*Trigonella foenum-graecum*), is a legume that belongs to the Fabaceae family. A collection of around 175 chemicals have been discovered in fenugreek seeds. Its perennial plant that has been widely used for its medicinal properties throughout history (Figure 1). Fenugreek has the capacity to function not only as a herb, spice, and food additive, but also exhibits the capability to prevent and treats a diverse range of human diseases. The therapeutic effects of fenugreek extract and its compounds are attributed to various cellular and molecular mechanisms. These include scavenging of free radicals, reducing cholesterol levels, increasing insulin levels, promoting anabolic activity, reducing inflammation, altering cell cycle, inducing osteoclast apoptosis, inhibiting metastasis, regulating cellular signaling pathways, exhibiting antimicrobial properties and enhances lactation [2].



Figure 1: Macroscopic Photos of Fenugreek Seeds with Different Resolution

In Saudi Arabia, the word fenugreek is linked generally with healing fractures effects more than any of its other benefits. Fenugreek almost available in any herbal shops. Its cost in local market about 20 Saudi *riyal* (5.3 USD) for 1 Kg (2.2 lb). What makes it very cheap. The effective dose in a lot of studies rang from 300 mg – 900 mg once daily [3]. Big spoon contains about 15 g of fenugreek seeds (Figure 2). Fenugreek extract is prepared by different methods. The most popular for fracture healing is

grinding the seeds, and then add the powder form into room temperature water, then consume it, which will cost only 0.3 Saudi *riyal* (0.080 USD) per dose. In Saudi Arabia, it has been known across community; one big spoon of fenugreek diluted in hot water, two-four time a day is a beneficial to fracture healing. Other way for preparation of Fenugreek extract is by soaking the seeds in hot water for 1 hour – 24 hours, then drink the aqueous extract with or without the seeds. Also, seeds are frequently added to vegetables during cooking. Although 15 gm, two-four times a day seems a high dose when compared with doses reported in the literature, significant side effects were not observed in our community. From scientific point of view, this does not guarantee safety, but call for well- prepared research work to confirm the safe dose of fenugreek.



Figure 2: 15g of Fenugreek Seeds Single Dose Used in Saudi Arabia for Fracture Healing

One of common methods preparing fenugreek seeds aqueous extract, is by washing the fenugreek seeds, then boiling them in a bot, then drink the extracted water with or without consumption the seeds (Figure 3).

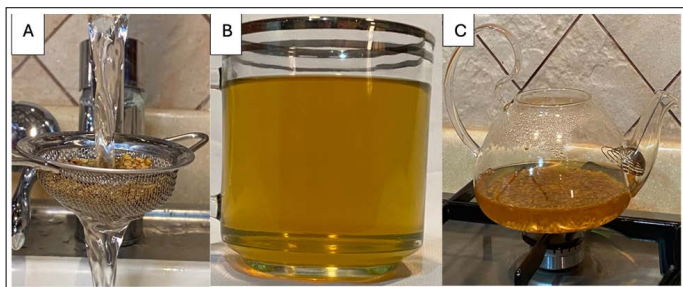


Figure 3: A) Shows rinsing the seeds with water, B) Extracted aqueous solution, C) Seeds within the bot

Although, well-planned double-blind randomized clinical trials are highly recommended, blinding would be almost impossible as the presence of many components in fenugreek causes a noticeable odor resembling that of maple syrup [4]. This distinct smell can pose a challenge in conducting a double-blind clinical trial, as both physicians and patients may easily identify the scent of fenugreek. Some herbs are used by housewives in our community to unveil the characteristic Fenugreek odor, such as mint. However, scientific evidence is lacking, and herb addition might elaborate a suspicion about reducing or potentiating fenugreek beneficial effects. Although, some commercially prepared Fenugreek capsules are available, we would prefer to use the naturally available seeds in our study.

Ethical Approval
Not Applicable.

Funding Source
None.

Author contribution
The author read and approved the final version of the Shot Commentary.

Conflicts of Interest
None.

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