



Hulbah - حلبة (Fenugreek)

by CalgaryIslam.com Editorial Staff

Fenugreek, scientifically referred to as "*Trigonella Foenum Graecum*", are hard, irregularly shaped seeds, which are used as a spice and as an herbal medicine. The seeds have a unique odor and a bitter taste. Fenugreek is an herb that is commonly found growing in the Mediterranean regions of southern Europe, Asia, and the the Middle East.

Fenugreek seeds contain 29% proteins, 6% volatile and fixed oils, in addition to a high percentage of vitamin B1, B2, Niacin, Pantonine, the alkaloids Trigonelline and Choline, Saponine, Diosgenine, Methionine, and tri-methylamines. These substances highly affect symptoms of menstruation. Fenugreek also contains other constituents as iron, phosphorus, several enzymes, hormones and gums.

Some of it's medicinal uses are of following:

- Balancing Cholesterol
- Treating Diabetes and Lowering Blood Sugar Levels
- Herbal Cure for Skin Inflammation
- Natural Cure for Heartburn and Acid Reflux
- Home Remedy for Fever
- Remedy to Aid Milk Production in Lactating Women
- Chronic cough
- Bronchitis
- Sore throat
- Mouth ulcers
- Clear the respiratory tract
- Breathing difficulties
- Ease hemorrhoids and constipation
- Relieve an stomach upset
- Strengthen the heart

Imam Ibn Qayyim Al- Jawziyyah states in his book, "Healing with the Medicine of the Prophet" (صلى الله عليه وسلم) on Pages 384- 386:



The Prophet (صلى الله عليه وسلم) was reported to have visited Sa'd bin Abi Waqqas once when he was ill while in Makkah and he asked that a doctor be brought to examine him. They brought Al-Harith bin Kaladah who examined him and said, "There is no harm with him, just cook some fenugreek with dates and let him eat them." Sa'd was reported to have done that and was then healed.

Hulbah is hot in the second degree and dry in the first degree.

When the fenugreek is cooked in water, it will soften the throat, chest and the stomach. It In addition relieves coughing, dryness, asthma, hard breathing and increases the sexual drive. In addition, it relieves flatulence, phlegm, piles and the various accumulations in the intestines. In addition, it dissolves the phlegm from the chest and helps against gastric ulcer and lung diseases. Hulbah is used to heal the intestines, mixed with some ghee and fanith.

When five measures of fenugreek is taken in a drink, it will increase the flow of menstruation, and when it is cooked and the hair is washed with it, it will make it curly and will combat dandruff.

When the flour of the fenugreek is blended with some vinegar and natron and used as a bandage on the tumor of the spleen, it will dissolve it. In addition, the woman who suffers from pain in the vagina due to a tumor will benefit if she sits in the water in which the fenugreek was cooked.

When it is used as a bandage and placed on hard, cold tumors, it will help dissolve these tumors. In addition, when its water is drunk, it will help against the pain in the stomach that results from accumulating gaseous materials and will cleanse the intestines.

When one eats the Hulbah cooked in honey, dates or figs on an empty stomach, it will dissolve the phlegm that accumulates in the chest and stomach, and will In addition help against coughing that accompanies such ailments.

Hulbah In addition relieves urine retention and works as a laxative. When it is placed on the erratic nail, it will heal it, while its oil helps against cracked skin due to extreme cold, when it is mixed with wax. There are many other benefits for the Hulbah (fenugreek).

Some doctors stated, "If the people had knowledge of its benefits, they would buy it with its weight worth of gold."

Other Useful Information:

Fenugreek Seed Nutrient	Units	1 tsp ----- 3.70 g
Proximates		
Water	g	0.327
Energy	kcal	11.951
Energy	kJ	50.024
Protein	g	0.851
Total lipid (fat)	g	0.237
Carbohydrate, by difference	g	2.159
Fiber, total dietary	g	0.910
Ash	g	0.126
Minerals		
Calcium, Ca	mg	6.512
Iron, Fe	mg	1.241
Magnesium, Mg	mg	7.067
Phosphorus, P	mg	10.952
Potassium, K	mg	28.490
Sodium, Na	mg	2.479
Zinc, Zn	mg	0.092
Copper, Cu	mg	0.041
Manganese, Mn	mg	0.045
Selenium, Se	mcg	0.233
Vitamins		
Vitamin C, total ascorbic acid	mg	0.111
Thiamin	mg	0.012
Riboflavin	mg	0.014
Niacin	mg	0.061
Folate, total	mcg	2.109
Vitamin B-12	mcg	0.000
Vitamin A, IU	IU	2.220
Vitamin A, RE	mcg_RE	0.222
Lipids		
Fatty acids, total saturated	g	0.054



Cholesterol	mg	0.000
Phytosterols	mg	5.180
Amino acids		
Tryptophan	g	0.014
Threonine	g	0.033
Isoleucine	g	0.046
Leucine	g	0.065
Lysine	g	0.062
Methionine	g	0.013
Cystine	g	0.014
Phenylalanine	g	0.040
Tyrosine	g	0.028
Valine	g	0.041
Arginine	g	0.091
Histidine	g	0.025
Alanine	g	0.038
Aspartic acid	g	0.100
Glutamic acid	g	0.148
Glycine	g	0.048
Proline	g	0.044
Serine	g	0.045

Other Excellent Articles:

- [Therapeutic Applications of Fenugreek: Research Paper](#)
- [Ibn al-Qayyim: Fenugreek Has Numerous Health Benefits for the Stomach, Throat and Skin](#)