

A Review on Fenugreek Seeds

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Abstract: Fenugreek (*Trigonella foenum-graecum*) seeds have been traditionally used in herbal medicine for their therapeutic properties, with increasing interest in their application for promoting hair health. This review paper investigates the scientific basis and potential benefits of fenugreek seeds in herbal hair oil formulations. The seeds contain bioactive compounds, such as saponins, flavonoids, alkaloids, and trace minerals, known to have anti-inflammatory, antioxidant, and antifungal properties (Singh et al., 2020). These compounds contribute to enhanced blood circulation in the scalp, stimulation of hair growth, and the prevention of common hair conditions like dandruff and hair loss (Patel et al., 2019). Studies suggest that fenugreek seeds can strengthen hair follicles, improve scalp health, and help reduce scalp irritation due to their antimicrobial properties (Kumar et al., 2018). Additionally, when combined with other herbal oils like coconut or olive oil, fenugreek has shown synergistic effects that improve hair texture and overall health (Rani & Sharma, 2021). Despite promising results, further research is needed to elucidate the mechanisms through which fenugreek acts on hair follicles and to standardize its use in cosmetic formulations. This review highlights the potential of fenugreek seed-based oils as an effective, natural alternative for hair care, emphasizing the need for continued scientific exploration.

Keywords: Fenugreek seeds, herbal hair oil, hair growth, scalp health, dandruff prevention, antimicrobial properties, antioxidant, natural hair care