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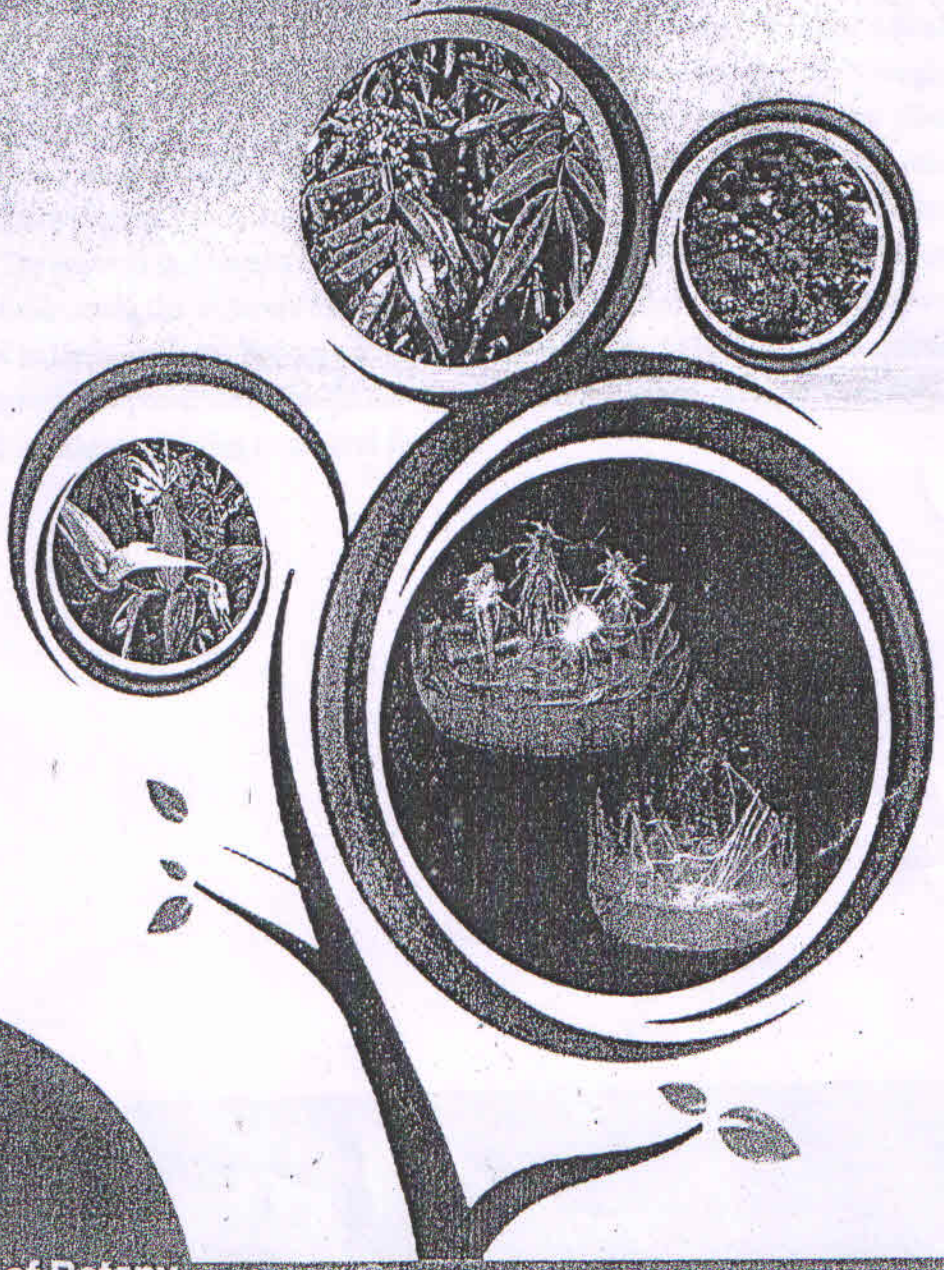
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A Homoeopathic Clinical Trial of Fenugreek (*Trigonella foenum graecum* L.) mother tincture on Type II Diabetes Mellitus

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Increased incidence of diabetes mellitus (DM) is constantly increasing in spite of rapid advancement of medical science in 21st century. The research drug fenugreek is being used largely as a medicine in Type II diabetes NIDDM from the ancient time. The plant extract shows hypoglycemic activity and, therefore, can play major role in treating DM. The present study was conducted to investigate the effects of Fenugreek in the management of DM especially NIDDM from different angles. During the time interval of Oct 2005 to March 2008, a total of 42 patients suffering from NIDDM were screened out and administered with the Fenugreek mother tincture (Q) daily 15 drops 3 times a day in empty stomach with adequate dietary controls and physical exercises. Effects of Fenugreek were assessed from various aspects as per the predetermined parameters and the preliminary results were found to be encouraging and favorable. The encouraging results of this study provide a moral boost to the Homoeopathic Physicians for annihilating the sufferers from NIDDM, a multifactorial and complicated chronic disease with an indigenous drug, Fenugreek. However, further investigations are required to prescribe Fenugreek as a potential homeopathic drug against diabetes Type II, as this study has not covered all the aspects, owing to several factors.