

## METHI

(*Methika - Trigonella foenum-graecum* Linn.)

- **Diabetes:** 2 gm powder with milk twice daily.
- **Body ache:** 2 gm powder mixed with 2 gm Jeera powder with warm milk and sugar twice daily.
- **Lactation (To increase mother's milk):** 5 gm powder with milk and sugar in the morning.
- **Dandruff:** Scalp should be massaged with paste mixed in the water half hour before bath.

Coconut oil boiled with *Methi* powder should be used regularly.

Use of *Methi* paste acts as a good hair conditioner.

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