

Medicinal Effect of Honey

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Editorial

“Honey”, A unique gift of nature; therefore it is not surprising that the substance prescribed as remedy for various ailments and disease. The last scripture “The Holy Quran” intimates honey as treatment for all kinds of diseases and emphasized the medicinal virtue of honey in a separate surah, “AL Nahal (The Bee)”.

Your Lord revealed to the honeybee:

“Make homes in the mountains, in the trees and in the structures they raise (68).

Then, eat from all the fruits, and go along the pathways of your Lord made easy for you.” From their bellies comes out a drink of various colours in which there is cure for people. Surely, in that there is a sign for a people who ponder (69).

The Quran-e-Karim, Surah An-Nahal (The Bee)

Certainly, it connotes for a people who engaged in pondering. The Holy Quran after describing the source of honey and its healing property for mankind urges us for the pursuit of knowledge and discoveries and makes use of this natural product for the benefits of mankind.

Honey is a sweet fluid made by honey bees utilizing nectar from blossoms. Honey bees first change over the nectar into nectar by a procedure of spewing forth and dissipation, at that point store it as an essential sustenance source in wax honeycombs inside the colony. Honey would then be able to be reaped from the hives for human utilization.

Honey is a thick, sticky, translucent, pale yellow or yellowish brown substance of characteristic odor and a sweet faintly acidic test, formed from the nectar and sweets collected from floral sources, modified and stored by the honey bee *Apis mellifera* Linn. In the honey comb [1].

The application of honey as internal and external remedies is dates back to the history of medicine itself. In the ancient times, the Greek and Egyptians used unprocessed honey to inhibit microbial infections and in the treatment of wound management [2-4]. The earliest evidence of its application in wound management was a recipe for an ointment inscribed on the 4500 years old fragment of clay tablet. The writing of Smith papyrus (1650 BC) shows that Egyptian applied honey as a component in topical application of wounds 4000 years ago [5,6]. Hippocrates (460-357 BC) used many of the Egyptian prescription, in the treatment of carbuncles, running sores and ulcers of the lips effectively. In 50 A.D, Dioscorides gave the valued status to honey for the treatment of all types rotten and hollow ulcers [7]. Thus there is a long history of its application of cure wide variety of wounds infection at folk level and still used in folk medicine for its beneficial therapeutic and medicinal effects.

In 1982 Emarah treated 102 patients of various ophthalmological disorders (keratitis, conjunctivitis and blepharitis) with honey not responding to conventional treatment [8]. Improvement was observed in 85% of the cases and with no any deterioration observed with the other 15% redness of the eye and transient stinging sensation was reported soon after putting honey in the eye, but this is not enough to stop the treatment.

Haffejee and Moosa evaluated the influence of honey in oral rehydration solution on the duration of acute diarrhoea and its importance in oral rehydration as glucose substitutes [9]. It is observed that honey reduced the duration of bacterial diarrhoea and not lengthen the duration of non-bacterial diarrhoea. In oral rehydration solution containing electrolytes the use of honey as a substitute for glucose is safe.

Calman prepared a processed food from medical herbs and honey as in its effective component with brain cell activating effect [10].

Li Quanguo prepared honey pills for treating lung carcinoma [11]. The Chinese medical honeyed pill has significant effects of clearing away heat and toxic material, relieving asthma arresting hemorrhage, nourishing lung and can rapidly inhibit tumor growth improve immunity.

Gao and Xiuzhen studied about the formulation of a capsule from pollen 35-45, compound amino acids 15-20, and honey 30%-35% contains *Lycium barbarum* fruit powder and *Ganoderma lucidum* powder [12]. The capsule containing honey and pollen may be taken for resisting fatigue and improving immunity, with good health-care effect.

Meo et al. reported that Honey is exceedingly dietary with promising properties of antioxidant, anti-inflammatory, anti-bacterial agent and in addition hack lessening and wound improving qualities [13]. Honey equally enhances the serum testosterone fixation, sperm tally and richness. The first worry in the therapeutic use of nectar in current prescription is variety in its piece and absence of clinical preliminaries. On a basic level, we suggest natural honey is an important dietary supplement. Be that as it may, the utilization of nectar in subjects with metabolic disarranges including diabetes mellitus should be additionally examined.

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