

PROPERTIES AND USES OF HONEY




Honey


- Honeybee
- Sucks nectar from flowers with a proboscis
- Bee has 2 stomachs
- Some nectar goes into the bee's main stomach to digest food and energy
- Rest of the nectar goes to other stomach to process the nectar into honey
- They take it back to the hive to store
- Humans come and collect it.





Properties & Uses of Honey


- **Honey is an excellent sweetener;** Sugar can be substituted with honey in many food and drinks. Honey contains about 69% glucose and fructose and enabling it to use as sweetener.
- **Honey is an energy source;** honey used as a source of energy as it providing 64 calories per tablespoon. While one tablespoon of sugar will give about 50 calories. Its source of complex carbohydrates.


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- **Honey is source of vitamins & minerals:** honey contain more than 180 different substances. Vitamin & minerals contents depends upon the type of flowers. Honey is high in vitamin C and likewise have vitamins B, A1, D & E. All varieties of honey are rich in amino acids.
 - **Honey has Antimicrobial properties:** Honey is used as natural antiseptic due to its antibacterial and antifungal properties. Microorganisms require a certain moisture to grow while honey give unfavorable condition as a result these are expired.


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- **Honey has Antioxidant properties:** Honey contains nutraceuticals, which is effective in removing free radicals from our body and reverse aging. Antioxidants slow down aging by neutralizing these free radicals.
 - **Honey fight against cancer:** Honey have carcinogen preventing properties. Its having flavonoids and phenolic compounds give it anti-metastatic properties that can fight against tumors and cancer.


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- **Honey can cure children night cough:** One of better identified benefits of honey is able to help treat sore throats. Honey not only soothes throats but can also kills the bacteria that causes the infection.
 - **Honey help in Digestion:** Eating honey is good for stomach and digestion. Honey contains large amount of enzymes that means eating honey will help in digestion and increase energy.

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- **Insulin-like action:** Honey is good for diabetics. This is unlike confirmation because of its higher sugar content. Honey has a hypoglycemic effect on experimental diabetic rats.
 - **Anti-inflammatory & wound healing properties:** Honey reduces the inflammatory reaction even without the presence of an infection. Monocytes are stimulated by honey *in vitro* to produce both pro-inflammatory and anti-inflammatory cytokines. When honey is applied to a wound, less redness, less edema formation and less exudate oozing out occur and that there is less awareness of pain.


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- **Effects on the reproductive system:** Raw honey is also have an effective natural remedy for fertility issues. It can be combined with raw goat milk to increase sperm counts in men. In women, it can increase chances of successful fertilization.
 - **Effects on the kidney & liver:** A study revealed that Indian honey protects the liver against oxidative damage and it could be used as an effective hepatoprotector against APAP-induced liver damage.

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- ➔ **Ayurvedic medicine:** The use honey predominantly as a vehicle for faster absorption of various drugs such as herbal extracts. Secondly, it is also thought to support the treatment of several more specific ailments, particularly those related to respiratory irritations and infections, mouth sores and eye cataracts. It also serves as a general tonic for newborn infants, the young and the elderly, the convalescent and hard working farmers.
 - ➔ **Improve healthy gut bacteria:** Bees have a very diverse population of beneficial acid bacteria. A unique characteristic of raw honey is its ability to feed good gut bacteria and fight off bad bacteria.

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- **Benefits to eye disorders:** Study reported that clinical cases or traditional claims that honey reduces and cures eye cataracts, cures conjunctivitis and various afflictions of the cornea if applied directly into the eye.
 - **Treats Gastric issues:** Research shows that honey can prevent lesions caused by alcohol, NSAID painkillers and aspirin. If you take NSAID painkillers or aspirin, include a teaspoon or two of honey in your diet daily.



➔ **Honey is an Immunity system builder:** It has been suggested that the consumption of honey can exert several beneficial effects on the human immune response and on its associated mechanisms. In fact, honey has been reported to promote the multiplication of human peripheral blood B- and T-lymphocytes and the activation of neutrophils under conditions of cell culture. In monocytic cell line culture, honey has been shown to stimulate the release of inflammatory cytokines, such as tumor necrosis factor-alpha, interleukin-1 β and interleukin-6, which are involved in triggering a number of functions of the immune response to infection.

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- **Honey is a treatment for allergies:** It may seem odd, because pollen often triggers allergies, but pollen in the honey usually has the opposite effect. Recent studies show that raw honey is an excellent treatment for 90% of all allergies. A highly appreciated old remedy for hay fever is local honey and honeycomb.
 - **Honey is useful for hair - dermatitis and dandruff treatment:** Honey is a natural conditioner for hair. Honey may be used to treat scaling, itching and hair loss. It can be added to conditioners, rinses and pomades.

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- **Honey used for Beauty:** Honey has been used in beauty regimes since the time of Cleopatra. Accumulates dirt, leaving behind fresh healthy-looking skin. Regular exfoliation can reduce the appearance of lines and wrinkle and improve the clarity, tone and radiance of the complexion. Treats acne and pimples (antibacterial). Honey treatments are recommended especially in cold weather, when the skin becomes dry and needs strong hydration. Exfoliates and cleanses skin by removing dead skin cells.



References

Alqadhi, Y. A., Waykar, B., De, S., & Pal, A. (2016). Biological properties and uses of honey: A concise scientific review. *Indian Journal of Pharmaceutical and Biological Research*, 4(3), 58-68.



Thanks!