

A FOLKLORE MEDICINAL STUDY ON EFFICACY OF HONEY

Bhushanam M¹, Dakshayini P N², Madhusudhan S³, Abhinandini I D⁴ & Arun Jyothi Mathias⁵

^{1&2}*Department of Zoology, Maharani Cluster University, Bangalore, Karnataka, India*

³*Department of Biotechnology, Maharani Cluster University, Bangalore, Karnataka, India*

⁵*Department of Microbiology, Maharani Cluster University, Bangalore, Karnataka, India*

⁴*Department of Zoology, GFGC, Channapatna, Bangalore, Karnataka, India*

ABSTRACT

Honey is a natural gift to man from Mother Nature which is made available to us from the mysterious kingdom of the bees. It is a sweet, flavourful liquid substance with several beneficial constituents. Extensive research has shown the therapeutic promise of the use of honey in enhancing health values and improving body systems. This manuscript documents the ancient medicinal uses of honey and provides evidence-based data demonstrating its benefits in animal models, patients, and healthy individuals. Honey is also evaluated for its wide acceptability as a complementary and alternative medicine for most ailments. All types of honey exhibit different biochemical activities and show greater variability in their potency as apitherapeutic agents than conventional medicines. The mechanisms of action conferring honey's protective effects, as suggested by various authors, are documented. The use of apitherapy in synergy with chemotherapy to manage microbial and cancer ailments is also helpful in reducing drug-induced cytotoxicity.

KEYWORDS: Honey, Therapeutic, Nutraceutical, Apitherapy, Health, Medicine

Article History

Received: 02 Dec 2017 | Revised: 15 Dec 2017 | Accepted: 26 Jan 2018
