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MEDICINAL VALUE, ANTIMICROBIAL PROPERTY AND COSMETIC USES OF HONEY

Supreet Kaur

Centennial college of Arts and Applied sciences,
Scarborough, ON, Canada.
M1G 3T8

A honey bee is a flying insect that belongs to the bee clade genus Apis. The most well-known bee that was employed for cross-pollination and honey production was the western honey bee (Apis Mellifera). Additionally, honey bees play a crucial part in agriculture, and honey is utilised in various industries, including medicine, cosmetics, candles, lip balms, soaps, and even the production of candles. Honey has a wealth of therapeutic benefits and antibacterial qualities. The therapeutic benefits of honey are mentioned in the earliest medical writings ever written, and it has long been known that honey possesses antibacterial and wound-healing characteristics. Honey's antibacterial qualities, capacity to keep a wound moist, and high viscosity, which aid in creating a barrier of protection against infection, all contribute to its ability to heal wounds. Additionally, its immunomodulatory properties are crucial for wound healing. The hydrogen peroxide produced by most kinds of honey's enzymatic processes is what gives them their antibacterial characteristics.

Manuka honey has anti-bacterial, antiviral, anti-inflammatory and anti-oxidant properties.

Honey has been used for therapeutic, nutritional, and cosmetic purposes since ancient times. Honey may promote cell renewal, lessen inflammation, and speed the recovery of the damaged intestinal mucosa. Large amounts of flavonoids and other polyphenols found in raw honey may have antioxidant qualities. (Mandal, Mandal.S, 2011).

Manuka honey has been proven to have antibacterial action against microbial pathogens like Staphylococcus aureus and Helicobacter pylori, making it a viable protein source for the treatment of many diseases or gastrointestinal issues. Additionally, honey is used to treat allergies because it contains a small quantity of pollen, acting as a vaccination, and it also gives people more energy since it contains a lot of carbs like glucose and fructose, which provide the body with more energy. Additionally, honey supports intellectual growth by enhancing memory due to its antioxidant content, which enables the brain's cells to heal more quickly. Additionally, it functions as a sleeping aid because honey's abundant nutrients raise insulin levels, which in turn trigger the production of serotonin, which is subsequently converted into melatonin, which promotes restful sleep. Because it contains lactobacilli and bifid bacteria, which enhance stomach health, it also aids in enhancing digestion and achieving optimal intestinal health. Honey is used in a variety of cosmetic products, including facial washes, skin moisturisers, hair conditioners, and treatments for pimples and acne on the face (Ediriweera, Premarathna, 2012).

References

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