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OPINION ARTICLE

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Apitherapy: Its Clinical and Medical Applications

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Description

Bee products such as Honey, Royal jellys, bee pollens, bee wax, and bee venom are used by different civilizations to treat various illnesses as they contain bioactive constituents. The investigation of natural products has gained prominence in recent times for treatment and prevalence of different diseases and disorders. Interest in bee products and in apitherapy has also increased in recent times. Apitherapy is the treatment with bees or their products as therapeutic agents to prevent diseases or control their progression. In recent times, apitherapy is part of integrative and complementary medicine. Due to presence of several nutrients in honey, the consumption of bee products as nutraceutical and dietary supplements has increased. Research on the pharmacological activity of bee products has increased in recent decades, disclosing numerous biological properties. Studies have shown that bee products can be indicated to treat various diseases and for the homeostasis and health balance. Besides these, bee products are constantly used in food, cosmetics and by the pharmaceutical industry. Clinical trials using bee products are also documented, although the mechanisms of action involved in their activity are not always reported. In an attempt to bridge the gap between beekeepers, apitherapists and the scientific evidence of research on bee products, we aimed at analyzing the practice of apitherapy globally and combine traditional knowledge with the scientific evidence. Special attention was given to clinical trials, types of interventions, and outcomes.

Bee Venom Therapy (BVT) has been used since ancient Greece to help relieve pain from rheumatoid arthritis. This is due to its anti-inflammatory and pain-relieving effects. Bee Venom Therapy (BVT) has been used since ancient times to help relieve pain from rheumatoid arthritis. This is due to its anti-inflammatory and pain-relieving effects. BVT was found to help regulate thyroid function in women with hyperthyroidism. Propolis can have a number of health benefits. It can reduce gingivitis and plaque when it's added to a mouth rinse. Propolis containing mouthwashes found that it may be able to naturally protect against oral diseases. Propolis may even help heal and prevent canker sores as well.

Honey has long been used topically to treat wounds (both open cuts and burns) due to its antibacterial, anti-inflammatory, and pain-relieving properties. Medical dressings containing honey were effective at helping heal wounds while lowering the risk of infection. Local wildflower honey helps to treat allergies in several ways. Honey can be used to soothe a sore throat caused by allergies and act as a natural cough suppressant. Local wildflower honey may also protect people from allergies. This is because local wildflower honey can also contain trace amounts of flower pollen, a known allergen. Consuming local honey could slowly introduce this allergen to the body, potentially building up immunity to it. While bee venom shouldn't be the first or only method of treatment for these conditions due to anti-inflammatory effects helps in boosting the immune system and reduces some symptoms.

Bee products like Royal jelly, honey and propolis contain a large number of vitamins and nutrients. They can actually be taken as multivitamins to improve overall health, including hair appearance. Propolis can be used as an oral supplement and an extract. Royal jelly can be found in capsule form and royal jelly form.

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