



Benefits of Honey: Potency against Micro-organisms and Its Use in Skin Care

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ARTICLE HISTORY

Received: 15-Apr-2022, Manuscript No. JAPITHERAPY-22-65791;
Editor assigned: 18-Apr-2022, PreQC No: JAPITHERAPY-22-65791 (PQ);
Reviewed: 3-May-2022, QC No: JAPITHERAPY-22- 65791; Revised:
9-May-2022, Manuscript No: JAPITHERAPY-22-65791 (R). Published:
16-May-2022

Description

Honey is one of the most popular and valuable natural products that has been introduced to humanity since the dawn of time. Honey is utilised not only as a nutritional food, but also as an alternative treatment for clinical diseases ranging from wound healing to cancer treatment, as stated in traditional medicine. The purpose of this review is to highlight honey's therapeutic properties and diversity. Honey has long been used for eye disorders, bronchial asthma, throat infections, TB, thirst, hiccups, weariness, dizziness, hepatitis, constipation, worm infestation, piles, eczema, ulcer healing, and wound healing, as well as as a nutritional supplement [1]. Honey's skin benefits are something that everyone may utilise to address a few common skin problems that are otherwise small but annoying and problematic. Honey provides a variety of skin-nourishing qualities that help the skin to look and feel its best. Honey, as an ingredient in home remedies, can be quite effective in treating a variety of skin ailments. Honey is antimicrobial as well as anti-inflammatory. These characteristics aid in the removal of excess oil from the skin and the cleansing of clogged pores, reducing outbreaks such as pimples, acne, blackheads, and whiteheads. Organic honey includes beneficial bacteria that can aid with breakouts by reducing redness and inflammation [2]. Eczema and psoriasis are skin conditions that have irritated skin, redness, and various sorts of blemishes, comparable to breakouts. Honey can also assist to relieve similar symptoms, albeit a patch test is required first. Honey contains skin-brightening characteristics and leaves the face with a healthy, moisturised glow after use. Honey can be used to treat dry skin, but it also works well on oily, acne-prone, and mixed skin types. Honey contains moisturising characteristics that leave the skin feeling nourished rather than oily and sticky, as one might ex-

pect. Because you should use honey and rinse it off after a few minutes, the honey's stickiness dissipates, leaving just nourished, radiant, and balanced skin. Honey's intrinsic antioxidants, as well as the fact that it is a natural humectant, aid in the reduction of indications of ageing. Honey can help prevent wrinkles and fine lines from appearing on the face [3]. It gives the skin the nutrients it needs to stay healthy, including plenty of moisture, antioxidants, and qualities that help repair skin and remove scars. Overall, it enhances the skin's defences, postponing the onset of indications of ageing. Honey applied to the face improves the flexibility of the skin, making it look more youthful and radiant. Honey is an excellent home remedy for removing blackheads and may be used as a thorough pore cleanser without disrupting the skin's pH balance [4]. Honey helps to deeply penetrate the skin, soften the skin layers, and work to eliminate impurities from pores, including dirt that causes blackheads, because it includes antioxidants, antimicrobial, and antibacterial characteristics, as well as moisturising benefits. Honey's skin benefits include moisturising and a healthy shine. Honey also gives the skin a tight and bouncy texture, as well as a golden shine and a fresh complexion. Honey's active components have been shown to have antioxidant, antibacterial, anti-inflammatory, antiproliferative, anticancer, and antimetastatic properties [5]. Many studies have suggested that honey can be used to treat wounds, diabetes, cancer, asthma, as well as cardiovascular, neurological, and gastrointestinal problems. Honey's phytochemical, anti-inflammatory, antibacterial, and antioxidant characteristics may have medicinal value in the treatment of disease. Honey has two main bioactive molecules: flavonoids and polyphenols, both of which act as antioxidants. Since ancient times, honey has been utilised for therapeutic purposes [6]. Its antimicrobial properties have been proven

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during the last few decades. Even so, modern medical practitioners are hesitant to use honey to cure wounds locally. This could be due to the expected messiness of a local application of this nature. As a result, if honey is to be utilised for therapeutic purposes, it must meet specific requirements [7]. These components interact together to make honey effective against a wide range of pathogens, including multidrug-resistant bacteria, and to control their antimicrobial resistance. Honey's usefulness and potency against microorganisms is determined by the type of honey produced, which is determined by its botanical origin, bee health, provenance, and processing method. Antibiotics combined with honey had a higher antibacterial activity, and synergistic actions against biofilms were seen [8]. Honey has been used in the treatment of surface wounds, burns, and inflammation in medicine, and when combined with antibiotics, it has a synergistic effect.

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