



Role of Honey as a Curative to Diseases in Human Body

Jakob Shimshoni*

Department of Food Quality, Pará University, Rishon Letzion, Israel

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Description

Honey is a natural food additive that has a number of therapeutic and health benefits. It has been demonstrated to have therapeutic antioxidant potential for a range of biodiverse diseases. According to data, it has potent antibacterial, anti-inflammatory, antifungal, antiviral, wound-healing, and anti-diabetic actions. It also maintains its antimutagenic, anticancer, antiestrogenic, and various other vigour benefits. Additionally, data suggest that honey, used as a traditional medication, may be a unique antioxidant that can treat many diseases that are directly or indirectly related to oxidative stress. These positive effects have been examined in-depth in this review to highlight the mode of action of honey and explore numerous potential mechanisms. Heterotrigena itama generated stingless bee honey from several botanical sources, which was characterised and distinguished. Analysis and comparisons with *Apis mellifera* honey were conducted on three different kinds of stingless bee honey gathered from acacia, gelam, and starfruit nectars. In terms of moisture content, pH, free acidity, total soluble solids, colour features, sugar content, amino acid content, and antioxidant capabilities, the results showed that stingless bee honey samples from the three different botanical origins were considerably different from one another. In terms of physicochemical and antioxidant characteristics, stingless bee honey differed significantly from *Apis mellifera* honey. The health advantages of stingless bee honey, in particular honeydew honey, are often preferred to those of most flower varieties. There is, however, very little academic research that compares stingless bee honey from honeydew and blossom sources. The seven primary sugar tautomers in stingless bee honey samples were quantified in this

work using ^{13}C NMR spectroscopy, and it was discovered that there were no appreciable differences in the major sugar compositions between honeydew and blossom kinds. The moisture content, free acidity, electrical conductivity, ash content, acetic acid, diastase, hydrogen peroxide, and levels of mineral elements were all significantly higher in honeydew honey than in blossom honey, while total soluble solid, proline, and hydroxymethylfurfural were significantly lower. Since ancient times, honey has been valued for its healing properties as a natural ingredient. Due to the strong antioxidant and anti-inflammatory effects that flavonoids and phenolic acids have, they have a significant impact on human health. Honey has antibacterial properties and anticancer effects against several tumour types by influencing various biochemical pathways involved in cellular proliferation. The decrease in the serum concentrations of glucose, fructosamine, and glycosylated haemoglobin has also been noted as a further antidiabetic activity. Additionally, honey has a protective impact on the brain system, the respiratory system against bacterial infections and asthma, the cardiovascular system, where it primarily inhibits the oxidation of low-density lipoproteins, and the gastrointestinal system. Sugars, low-quality, inexpensive honey, and other adulterants are common ways to tamper with honey. Consuming contaminated honey may result in a number of health problems, including weight gain, diabetes, liver damage, and renal failure. A natural substance called honey is made from the nectar that bees collect from flowers. It can be used in cosmetic goods and has a variety of other qualities, such as being food and a supplement to diet. Due to its antibacterial and antioxidant qualities, honey provides medicinal benefits.