



IMPORTANCE OF NATURAL PRODUCT W.S.R TO HONEY

Dr. Saini Neera*

Ph.D Scholar, Department of Vikriti Vigyan, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi -221005.

Article Received on 04/05/2015

Article Revised on 26/05/2015

Article Accepted on 17/06/2015

***Correspondence for
Author**

Dr. Saini Neera

Ph.D Scholar, Department
of Vikriti Vigyan, Faculty
of Ayurveda, Institute of
Medical Sciences, Banaras
Hindu University,
Varanasi -221005

ABSTRACT

Honey has a long history in human consumption, and is used in various foods and beverages as a sweetener and flavoring. It also has a role in religion and symbolism. In *Ayurveda* honey has been used as energy source, to provide protection from various diseases and to treat ailments as asthma, cough, sore throat, ulcers, skin wounds etc. it can be used either topically or orally according to disease. Honey having good quality acts as a proper nutrition in balance amount. In *Ayurveda* it has been described how to eat honey, in how much amount it should

be taken. Every *Ayurvedic Acharya* has given detail description about honey including its toxic effect also when it is taken with apposite things (unwholesome diet) leading to a lot of health problems also.

KEYWORDS: Honey, Asthma, Cough etc.

INTRODUCTION

Nature has provided us a lot of things even before origin of human on earth, to live healthy and to eat also. Honey is one of these natural products for human well being. Honey is a sweet food made by bees using nectar from flowers. Honey also acts as a good preservative because of its unique composition and chemical properties, honey is suitable for long-term storage, and is easily assimilated even after long preservation. Honey, and other objects immersed in honey can be preserved for centuries.^[1] The key to preservation is limiting access to humidity. Honey is sweet with astringent as subsidiary taste, rough, cold, promotes appetite, complexion, cleansing, healing, wholesome for eyes, pleasing, permeates through minute channels, alleviates *pitta*, *kapha*, obesity, *premeha*, hiccough, bronchial asthma, diarrhea vomiting, thirst, worms and poison: exhilarates and pacifies three *doshas*; it

pacifies *kapha* due to lightness and *vata* and *pitta* due to sliminess, sweetness and astringency. Old honey is endowed with properties roughness, lightness etc. and actions appetizing etc while the fresh one is opposite to it.^[2]

CLASSIFICATION^[3,4]

In *Ayurveda* honey is divided into four parts according to its producing insects, quality and uses. But some *Acharyas* has divided honey into eight parts as following:

1. Pauttika
2. Bhramara
3. Kshaudra
4. Makshika
5. Chatra
6. Arghya
7. Auddalaka and
8. Dala

Pauttika honey is *ruksha* (dry), *ushna* (hot), it increases *vata*, *rakta* and *pitta*, and this is also *chedana* (liquefaction), produces heart burn and is intoxicative due to inherent poisonous nature. *Bhramara* honey is *Guru* (heavy – not easily digested) because of its *picchila* (slimy) and *ati swadu* (excessively sweet) properties. *kshaudra* honey is specially *sheetha* (cold), *laghu* (light– easy to digest) and *lekhana* (anti- obseive). *Makshika* honey is *laghu* (lighter than *kshaudra*), *ruksha* (dry), is the best and especially beneficial in diseases like asthma. *Chatra* honey is *madhura* (sweet after digestion), *Guru* (heavy), *sheetha* (cold) and *picchila* (slimy). It cures bleeding disorders, leucoderma, urethritic discharges and worm infestations. *Arghya* honey is beneficial for eyes, eliminates vitiated *kapha* and *pitta dosha*, *kashaya* (astringent in taste), *katu vipaka* (pungent after digestion) *balya* (strengthening) and does not aggravate *vata*. *Auddalaka* honey bestows taste, good for voice and cures skin diseases. It is *kashaya* (astringent) and *amla rasa* (sour), *katu vipaka* (pungent after digestion) and aggravates *pitta*. *Dala* honey is *ruksha* (dry). It mitigates vomiting and diabetes mellitus⁵. In modern era also honey is divided according to its producing insects, packing methods and flowers. Most commonly honey is produced by the genus *Apis*. But it is also produced by bumblebees, stingless bees, and, other hymenopteran insects such as honey wasps, though the quantity is generally lower and they have slightly different properties compared to honey from the genus *Apis*. Honey is also classified by its floral source either monofloral or

polyfloral, and there are also divisions according to the packaging and processing used. Honey gets its sweetness from the monosaccharides fructose and glucose.^[6]

Unwholesome Honey

- Warm honey is poison. Honey has juice of various types of flowers. Some of them are poison. Therefore honey should never be heated. In excessive hot season also honey should be avoided. There is no connection between heat and honey because if there is mixed honey of poisonous flower also; it may be fatal if heated because poisonous character increases on heating.^[7]
- Honey is dry, heavy and has tart taste. It must only be consumed in very little quantity. It causes dysentery if taken in large quantities.
- Over consumption of honey causes indigestion and is very difficult treatment. Because warm liquid is given for treatment and opposite nature of the honey and warm liquid kills the patient.
- Honey should not be eaten with raddish and meat.^[8]
- Honey and rain water or ghee should not be taken in equal amount.^[9]
- In *sannipatika jwara* (fever) honey is contraindicated.^[10]

INDICATION OF HONEY^[11, 12]

Honey has been used both orally and topically to treat various ailments Including gastric disturbances, ulcers, skin wounds, and skin burns by ancient Greeks, Egyptians and in *Ayurveda* and traditional Chinese medicine. Honey mixed with various formulations alleviates many diseases as it is an excellent synergist because of being composed of a number of factors.

Allergies

Consumption is sometimes advocated as a treatment for seasonal allergies due to pollen.

Skin wounds and burns

Honey may help treat skin wounds or mild burns if used in a dressing, but can delay healing in more severe burns.

Cough

"A warm drink of lemon and honey or a simple cough syrup that contains glycerol or honey" in children.

Immune system

According to *Ayurveda* before milk honey should be given to new born. Explanation behind this is that honey is a good source of energy. On the other hand it is a transformation form of nector of flowers which also contains pollens which may be effective to produce active immunity.

Weight Loss: Fresh honey promotes *dhatu*s, does not decrease *kapha* too much and is moderate while old one decrease fat and obesity, is checking and excessively emaciating.

Improving Athletic Performance: Recent research has shown that honey is an excellent ergogenic aid and helps in boosting the performance of athletes. Honey is a great way to maintain blood sugar levels, muscle recuperation and glycogen restoration after a workout, as well as regulating the amount of insulin in the body, as well as energy expenditure.

Source of Vitamins and Minerals: Honey contains a variety of vitamins and minerals. The type of vitamins and minerals and their quantity depends on the type of flowers used for apiculture. Commonly, honey contains Vitamin C, Calcium and Iron.

Antibacterial and Antifungal Properties: Honey has anti-bacterial and anti-fungal properties, so it is often used as a natural antiseptic in traditional medicines.

Antioxidants: Honey contains nutraceuticals, which are very effective for the removal of free radicals from the body. As a result, our body immunity is improved against many conditions, even potentially fatal ones like cancer or heart disease.

Skin Care with Milk and Honey: Milk and honey are often served together, since both of these ingredients help in creating smooth, beautiful skin. Consuming milk and honey every morning is a common practice in many countries for this very reason.

Helps to heal wound due to having properties as following

- Honey possesses antimicrobial properties.
- It helps in promoting autolytic debridement.
- It deodorizes malodorous wounds.
- It speeds up the healing process by stimulating wound tissues.
- It helps in initiating the healing process in dormant wounds.
- Honey also helps in promoting moist wound healing

MATERIAL AND METHOD

Various *Ayurvedic*, modern literature, text books, articles, and journals are studied for this review work.

RESULT

It is a type of review article so any result cannot be drawn.

DISCUSSION

In burning honey with *ghee* causes pacification of vitiated *rakta – pitta* and also alleviates pain.^[13] Some of the chemicals in honey may kill certain bacteria and fungus. When applied to the skin, honey may serve as a barrier to moisture and keep skin from sticking to dressings. Honey may also provide nutrients and other chemicals that speed wound healing. Most microorganisms do not grow in honey because of its low water activity of 0.6. Over its history as a food, the main uses of honey are in cooking, baking, desserts, as a spread on bread, and as an addition to various beverages, such as tea, and as a sweetener in some commercial beverages. According to the USDA, honey contains about 64 calories per tablespoon. Therefore, honey is used by many people as a source of energy. Furthermore, the carbohydrates in honey can be easily converted into glucose by even the most sensitive stomachs, since it is very easy for the body to digest this pure, natural substance.^[14]

CONCLUSION

On the basis of above description it is concluded that our ancient *Acharyas* were more concern towards natural product for energy source and to treat a lot of diseases. On the other hand if we try to manipulate honey according to our need it may be fatal so it should be taken in its original forms as nature has provided it to us. Honey is used for cough, asthma, and hay fever. It is also used for diarrhea and stomach ulcers caused by infection with *Helicobacter pylori* (*H. pylori*) bacteria. Honey is also used as a source of carbohydrate during vigorous exercise.

REFERENCES

1. <http://www.care2.com/greenliving/10-health-benefits-of-honey.html>
2. Priya Vrat Sharma. *Susruta Samhita, Sutra Sthana* (Dravadravyavidhiadhyaya 45/132). Varanasi: Chaukhambha publication; 2010.
3. Kashinath Shastri, Gorakhnath Chaturvedi. *Charaka Samhita, Sutra sthana* (Annapanavidhiadhyaya 27/243). Varanasi: Chaukhambha Bharat academy; 2004.

4. Priya Vrat Sharma. Susruta Samhita, Sutra Sthana (Dravadravyavidhiadhyaya 45/133). Varanasi: Chaukhambha publication; 2010.
5. E.R.H.S.S Ediriweera, N.Y.S. Medicinal and Cosmetic Uses of Bee's Honey. AYU: 2012; 33/2: 178-182.
6. <http://en.wikipedia.org/wiki/Honey>.
7. Priya Vrat Sharma. Susruta Samhita, Sutra Sthana (Dravadravyavidhiadhyaya 45/144). Varanasi: Chaukhambha publication; 2010.
8. Priya Vrat Sharma. Susruta Samhita, Sutra Sthana (Hitahitiyamadhyaya 20/13). Varanasi: Chaukhambha publication; 2010.
9. Kashinath Shastri, Gorakhnath Chaturvedi. Charaka Samhita, Sharira sthana (Atriyabhadrakapiyadhyaya 26/84). Varanasi: Chaukhambha Bharat academy; 2004.
10. Byadgi P.S, Pandey A.K. Jvara Chikitsa, Kayachikitsa Vol.2. 1st edition. Varanasi: Chaukhambha Sanskrit Sansthan; 2014.
11. <https://www.organicfacts.net/health-benefits/health-benefits-of-honey.html>
12. Priya Vrat Sharma. Susruta Samhita, Sutra Sthana (Dravadravyavidhiadhyaya 45/140). Varanasi: Chaukhambha publication; 2010.
13. Atridev gupt. Astanga Hridayam Sutra Sthana (dravadravyavigyaniya 5/51). Varanasi: Chaukhambha prakkashan; 2009.
14. <http://www.care2.com/greenliving/10-health-benefits-of-honey.html>.