

## Mini Review

# Miracles of Honey "It is a Healing for People"

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## Abstract

Honey has a tremendous nutritional and therapeutic importance. The importance of honey goes back to the ancient era, when it was used as a food and as a treatment at the same time.

The nutritional and therapeutic value of honey is due to chemical compounds, as it contains flavonoids and polyphenols, and as a result of its richness in these compounds, honey is used as an antioxidant and microbes, so honey is used in the treatment of immune diseases, heart and respiratory diseases all of this in addition to being a catalytic support in the speed of wound healing, especially for diabetics. All this in addition to being an effective treatment in many different cancers.

**Keywords:** Honey; Flavonoids; Polyphenols; Immune system; Antioxidant

## Introduction

Honey has a tremendous economic and therapeutic significance. The Prophet Muhammad, may God bless him and grant him peace, urged us 1,400 years ago to use honey to treat many diseases for people [1]. Honey was mentioned in Surat An-Nahl.

And thy Lord taught the Bee to build its cells in hills, on trees, and in (men's) habitations; Then to eat of all the produce (of the earth), and find with skill the spacious paths of its Lord: there issues from within their bodies a drink of varying colors, wherein is healing for men: verily in this is a Sign for those who give thought [Al-Quran 16: 68-69].

The Prophet, may God's prayers and peace be upon him, urged us to heal with honey. This was mentioned by Bukhari that a man came to the Prophet because his brother had a stomach disorder. The Prophet said: "Let him drink honey." The man returned a second time complaining that no improvement happened in his brother's case, and again the Prophet responded: "Let him drink honey." The man returned again, and said: "I have done that but to no avail." Thereupon the Prophet responded: "Allah has said the truth, but your brother's stomach has told a lie. Let him drink honey." He drank it and was cured.

It is also reported that the Prophet said: "Make use of the two remedies: honey and the Quran." (At-Tirmithi).

## Chemical Composition of Honey

One hundred grams of honey contains 304 kcal, as honey consists of 82% carbohydrates, 17% water, in addition to small amounts of

vitamins, minerals, fats and protein (Figure 1) [2].

The percentage of carbohydrates present in honey is resembled as Fructose (38.2%), Glucose (31.3%), Maltose (7.1%), and Sucrose (1.3%). Honey is used as a sweetener like table sugar [3]. Honey contains number of antioxidants as phenolic compounds like flavonoids [4].

## Medical Benefits of Honey

Modern science has discovered the effective role of honey, as it works as a natural anti-bacterial, especially those that cause sore throat, so it is recommended to use honey alone or with lemon added as an effective treatment for sore throat [5].

Also, scientific studies have proven the effective therapeutic efficacy of honey, especially in treating stomach pain and ulcers, as it is anti-bacterial and anti-fungal (Figure 2) [6].

## Treat wounds and burns

Scientific studies have proven the effectiveness of honey in treating wounds, as it contributed to wound healing within 4 to 5 days compared to other substances. Honey induced leucocyte to produce cytokines which in turn play role in tissue repair [7]. Therefore, the US Food and Drug Administration approved its use in treating simple wounds and burns [8].

## Anti-bacterial effect

Scientific studies have confirmed that honey is used as a broad spectrum antibiotic used in the treatment of different strains of positive and negative bacteria, especially that are resistant to antibiotics [9].

Although honey is an integrated healing pharmacy, caution must be exercised in using it in many cases, such as diabetics and children less than a year, as it may be a cause of infant poisoning [10].

## Improvement blood pressure and lipid profile

Honey contains antioxidants and the presence of these substances contributes to lowering the rate of high blood pressure, in addition to it helps to reduce levels of total and bad cholesterol, triglycerides and in return helps to rise good cholesterol levels, and, it improvement of coronary vasodilatation, prevent platelets collecting,

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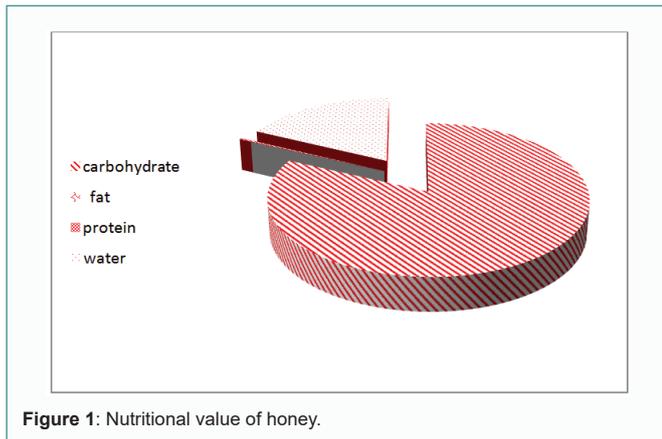


Figure 1: Nutritional value of honey.

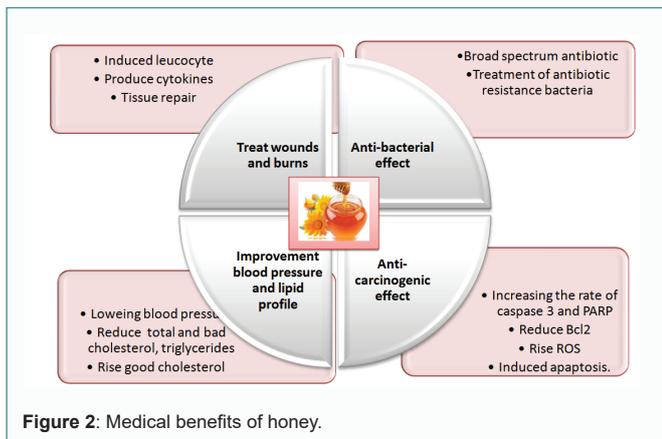


Figure 2: Medical benefits of honey.

so honey contributes significantly to protecting against strokes and atherosclerosis [11].

### Anti-carcinogenic effect

Honey contributes to the elimination of cancer cells by stimulating the mechanism of programmed death of cancer cells, which is called apoptosis [12].

This is due to the large content of phenolic substances that contribute to stimulating this mechanism by increasing the rate of caspase 3 and poly (ADP-ribose) polymerase (PARP). Conversely, it reduces anti-apoptotic protein Bcl2 levels [13].

There is another mechanism for the action of honey, which is that the phenolic substances, as they act as antioxidants, raise the rates of ROS, which contributes to raising the p53 rate, which works to regulate and raise the rates of pro-apoptotic proteins such as Bax. It lowers rates of anti-apoptotic proteins such as Bcl-2 [14].

### Conclusion

Modern research is a fundamental factor not in studying the extent of the authenticity of the Holy Qur'an, but we all acknowledge that the Qur'an is the original word of God, and we believe in it and what our prophet Muhammad, may God bless him and grant him peace said. All diseases and this is what the Holy Quran proved more than 1400 years ago, and this is evidence of the miracle of the Holy Quran.

From the above review, we find that honey is a mobile drug pharmacy as it is an antioxidant that works to lower rates of high blood pressure, protects the body from strokes and helps in treating cancer and is used in the treatment of diseases of the digestive system as it is an anti-bacterial and fungal in addition to it is used in the treatment of wounds and burns. Honey is not only used in the medical field, but it has nutritional and industrial importance.

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