

Honey for Fighting Cold, Viruses etc



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Honey (natural and unprocessed) is an excellent natural remedy for a variety of ailments. This article outlines the findings of studies that have found honey to be a remedy for treating viruses like the common cold, and skin conditions like psoriasis, eczema and cold sores.

Cold

A new study has found that eating honey reduces the duration of the common cold; more specifically, eating two ounces of honey a day reduces the length of the common cold by up to two days.

The researchers, from Jahrom University of Medical Science in Iran recruited men and women within 24 hours of catching a cold.

All 60 patients were given traditional therapies - such as decongestants and anti-pyretics (drugs to lower a temperature) - but half of them were also given a dose of honey - two ounces (around four tablespoons) - every day.

Researchers monitored a range of symptoms including a runny nose, muscle pain, fever, coughing and sneezing. They did not know who had been given the honey.

At the end of the study, which was reported in the Archives of Medical Research, the researchers found a significant difference in duration of all symptoms, with the honey group faring much better.

It's thought that this is due to compounds in honey such as phenolic acid and flavonoids.

Viruses and Skin Infections

This is not the first study to find honey to be effective against viruses. In recent trials at the Dubai Medical Centre, Dr Noori Al-Waili has researched and published many papers on using honey as a natural healer, to treat skin conditions including seborrheic dermatitis, psoriasis, fungal infections, and the herpes virus.

Dandruff

A paper published in 2001 looked at seborrheic dermatitis. This is a common inflammatory skin condition that causes flaky scales that form on oily areas such as the scalp, and is a common cause of dandruff.

Honey has antibacterial, antifungal and antioxidant activities and has high nutrient value. In this study we investigated the potential use of topical application of crude honey in the management of seborrheic dermatitis and dandruff.

Thirty patients with chronic seborrheic dermatitis of scalp, face and front of chest were entered for study. Twenty patients were males and 10 were females, their ages ranged between 15 and 60 years. The patients had scaling, itching and hair loss.

The lesions were scaling macules, papules and dry white plaques with crust and fissures. The patients were asked to apply diluted crude honey (90% honey diluted in warm water) every other day on the lesions with gentle rubbing for 2-3 mins.

Honey was left for 3 hours before gentle rinsing with warm water. The patients were followed daily for itching, scaling, hair loss and the lesions were examined.

Treatment was continued for 4 weeks. The improved patients were included in a prophylactic phase, lasting six months. Half patients were treated with the topical honey once weekly and the other half served as control. All the patients responded markedly with application of honey. Itching was relieved and scaling was disappeared within one week. Skin lesions were healed and disappeared completely within 2 weeks.

Eczema and Psoriasis

A second paper from 2003 looked at atopic dermatitis, which is a form of eczema, and psoriasis. A honey salve was added to varying strengths of steroid mixtures and also compared against a placebo Vaseline mixture.

The honey salve was found useful on its own by showing significant improvement in psoriasis patients, and no worsening of symptoms.

Twenty-one patients with dermatitis and 18 patients with psoriasis were entered for patient-blinded, partially controlled study; 11 patients with dermatitis used topical betamethasone esters and 10 patients with psoriasis used clobetasol propionate.

In honey mixture group, 8 from 10 patients with dermatitis showed significant improvement after 2 weeks, and 5 from 11 patients pretreated with betamethasone esters showed no deterioration upon 75% reduction of corticosteroid doses with use of mixture C.

In psoriasis, 5 from 8 patients showed a significant response to honey mixture. In patients using clobetasol propionate, 5 from 10 patients showed no deterioration upon 75% reduction of corticosteroid doses with use of mixture C.

Healthy Muslim

Which pair is yours?



Non-smoker's lungs



Smoker's lungs