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RESEARCH ARTICLE

HONEY-HEALTH BENEFITS OF GOLDEN LIQUID

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ABSTRACT

Since ancient time honey is one of the most valued and appreciated natural substances known to mankind. Many types of honey is known in Ayurveda. The aim of this literature is to emphasize the importance of honey and its multiple uses in cosmetic, medicinal and general values. Honey is used in then various treatments like thirst, fatigue, worm infection, constipation, healing wounds, ulcers, obesity, diabetes mellitus, nutritious, easily digestible food for weak people. Use of honey is highly popular in preparing facial washes, skin moisturizers, hair conditioners and in treatment of pimples. Honey is considered as one of the finest products of nature that has a wide range of beneficial uses.

Key words: Honey, Various Uses, Benefits.

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INTRODUCTION

Honey usage in day to day life is not new. Since 4000 years ago honey is still used by large numbers of peoples day in day out. As honey is the "blend of all the Nectars of many flowers", as well as it is used in all religious ceremony of Hindu, Shikkh, Islam, Christians and Parisis so honey represents "oneness of everything."^{1TM} Hindu mythology reveals that "Panchamrit" is the best amrit which when consume purifies our soul and mind and this panchamrit has a key content- honey in it. Thus honey is consider as the amrit for the health.^{2TM} It ia a myth thatsweet things can only be made sweetwithbthe help of sugar but its not true. Honey provesvt to be a best substitute for sugar with all its charm of goodnes. So nature provides us with natural sugars which is beneficial for health and from the above mentioned natural sugar benefits of honey, is one of the simplest and most powerful ways to protect our body. As Hippocrates said: "Let food be thy medicine and medicine be thy food." Thus God and nature hasendawned us with naturalsweetness in form of honey so let's consume and benefit ourself with honey sweetener rather than sugar.^{3TM}

Method of data collection

Details of honey are collected from Ayurvedic and Traditional medical books and from internet.

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Medicinal uses of Honey

1) Helps in burning sensation in the body and thirst:

Uses: 100ml of unpolished rice water+ 15ml of honey + 5 gm of sugar+ 10g of powder of Santalum *album*.

Value derived: This mixture stimulates our liver to produce more bile, it also helps our digestive system by adding to the already present acid and helps it in flushing out unwanted toxins. Honey acts as an anti-bacterial and beats any infections that may be present in our body. It also helps in the production of intestinal mucus which aids in the flushing out of toxins from the body.^{4TM}

2) Stomach and colon cleanser:

Uses: glassofwarmwater+juiceof1lemon+1tablespoonofhoney.
Valuederived: In our Ayurveda it is said that in our stomach we have toxins or "Ama". This is undigested food product; dead bacteria and intestinal cells. This often coats the inner lining of our stomach which leads to diseases if the stomach is not cleans internally nicely. But by drinking these mixture the wall of the intestine especially colon gets stimulated which helps in the expulsion of this ama. This process in common language is known as cleanses of colon which help in the better function. By this process colon can absorb the nutrients which is helpful for the body and removes the toxins and stay hydrated. If the toxins are gathered it leads to bloating.^{5TM}

3) Helps to reduce constipation:

Uses: 1 glass of warm water + juice of 1 lemon+ 1 tablespoon of honey is an instant remedy for constipation.

Value derived: Its helps to stimulate the bowels and helps to pass the motion. It also increases in the production of intestinal mucus, hydrates the colon and infuses the water into dried stool which all together helps to pass motion easily.^{4TM}

4) Cleansing the lymphatic system:

Uses: 1 glass of warm water + juice of 1 lemon + 1 tablespoon of honey.

Value derived: Dehydrated lymphatic system is one of the leading causes of illness. If water and essential fluid is less in the lymphatic system it makes us feel sluggish and fatigued lead to constipation, disturbed sleep, high or low blood pressure, stress and all-round lack in mental function. If we drink these mixture in the early morning it helps to hydrates to over come from all the above problems and also improves our immunity.^{5TM}

5) Instant boost up our energy and improves our mood:

Uses: 1 glass of warm water + juice of 1 lemon+ 1 tablespoon of honey is a mixture of instant energy booster.

Value derived: Water helps to clear our mind by providing fresh blood to our brain. Lemon activates negatively charged enzymes in our stomach which combat positively charged enzymes that react with food that we eat adversely and helps in the to process of digestion.^{10TM}

6) Cleans our urinary tract and acts as diuretic:

Uses: 1 glass of warm water + juice of 1 lemon + 1 tablespoon of honey.

Value derived: Honey itself is an anti-bacterial agent that has the capability to fight against number of common infections. When honey is mixed with lemon and water both this two agents act as an excellent diuretics agents that flush out water from our body. This mixture is a best mixture to cleanse our urinary tract. The person who suffers frequently due to urinary tract infection this juice or mixture is a boon from them which keep recurrent infections at bay.^{9TM}

7) Smoothens our hair:

Uses: One cup of curd+ 3 tablespoon of honey+ 1 table spoon of methi bland this mixture and mix it into fine paste.

Value derived: This mixture smooths our hair. Curd helps to cure dandruff, honey gives shine to our hair and gives nourishment and methi makes the hair silky and shinning. This is the best mixture to overcome hair problems like dandruff, rough hair and dryness of hair.^{5TM}

8) Improves oral health:

Uses: 1 glass of warm water + juice of 1 lemon+ 1 tablespoon of honey helps to beat bad breath almost instantly.

Value derived: The lemon cleanses the mouth, activates the salivary glands and kills offensive bacteria. This mixture helps to wash down bacteria and degraded food that is usually present in our mouth and throat. The bad breath is also due to white film and makes our breath fresh naturally.^{8TM}

9) Helps in weight loss:

Uses: 1 glass of warm water + juice of 1 lemon+ 1 tablespoon of honey is a mixture which helps to reduce weight.

Value derived: The lemon present in the mixture contains a type of fiber called pectin helps our mind to feel full and keeps cravings at bay. This mixture also creates a more alkaline atmosphere in our stomach which helps us to lose weight faster.^{11TM}

10) Helps to improve eyesight:

Take 10 ml of honey mixed with 10 ml of carrot juice mixed well and consumed daily.

Value derived: This will improve the eyesight.^{6TM}

11) Immune system booster:

Uses: 1 glass of warm water + juice of 1 lemon + 1 tablespoon of honey.

Value derived: Raw, organic honey is full of vitamins, minerals, and enzymes which protect the body from bacteria and boost the immune system. Cold and flu symptoms, such as coughs, sore throats, and congestion are also kept at bay when treated with honey. If we drink this mixture daily it boost our immune system and for extra boost, we should add a dash of cinnamon.^{7TM}

12) It helps use to lose weight.

Uses: 1 glass of warm water + juice of 1 lemon+ 1 tablespoon of honey.

Value derived: This liquid should be taken empty stomach in the morning. This detox the body. Taking this one glass daily is one of the best ways to cleanse the liver, remove toxins, and flush fat from the body.^{11TM}

13) It reduces the risk of heart disease.

Uses: 1 glass of warm water + juice of 1 lemon+ 1 tablespoon of honey + 1/3 teaspoon of cinnamon mix it well.

Value derived: This mixture revitalizes the arteries and veins of the heart. It reduce cholesterol in the blood by up to 10%. If taken on a regular basis, this honey-cinnamon mixture may reduce the risk of heart attacks.^{3TM}

14) It soothes indigestion

Uses: 1 or 2 table spoons of honey before meal.

Value derived: Before heavy meals taking of honey is the best way to thwart indigestion Honey relieve acidity in the stomach and alleviate digestion. Honey also neutralizes gas, becoming the ultimate stomach soother when it comes to overeating. If we over eat than after one hour of meal mixture of 1 glass of warm water + juice of 1 lemon+ 1 tablespoon of honey should be taken which helps to move food through the digestive track smoothly. The person who is suffering from acidity can take the mixture of honey and warm water as honey contains antiseptic properties which relieve acidity in the stomach and alleviate digestion. Honey also neutralizes gas and the stomach smoother.^{5TM}

15) It bolsters our energy level:

Uses: 1 table spoon of honey.

Value derived: The natural sugars in honey provide a healthy source of calories and energy for the body. Honey contain natural sugars and sweetness so the person who has craving for

something sweet can also use honey to protect the body by eating of chocolates or any other sweets. Even the person who is suffering from diabetes can also take tablespoon of raw organic honey which boost up their energy level and maintain the sugar level of the body.^{5TM}

16) It clears up the skin:

Uses: Apply mixture of 5g of almond seed powder into 5ml of honey on the skin and let the skin absorb its medicinal properties. Remain it for 1hrs. And then wash it off. If you use regularly the skin become clear and gives us freshness.

Value derived: Honey has anti-microbial and anti-fungal properties so honey is used in skin care brand.

Honey is also an effective treatment for skin problems like eczema, ring worm and psoriasis.^{5TM}

Conclusion

Honey is a valuable product of nature which is universally accepted by all over the world. It has some cultural and religious significance too. Honey can be used singly or in combination with other ingredients in various diseases. It is also an important ingredient in beauty culture as a moisturizer and a conditioner. So it can be concluded that honey is an invaluable natural substance with many diverse usages. It is an effective medicine, a safe home remedy, cosmetic and a nutrient usable by people of all ages.

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