

Traditional medicinal uses of honey in the district Gujranwala, Punjab, Pakistan

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ABSTRACT

Introduction: Different body parts of domestic and wild animals are being used as ethnomedicine and food. It has been documented that almost 15 to 20 percent of the traditional medicines is based on animals. Honey is produced by *Apis*. Honey was used from 10,000 years ago. Beekeeping had been established and honey had been used as a food since 2400 BC and later as a medicine. It is used as a remedy for burns, eye diseases, heart diseases (Aluko *et al.*, 2014), cancer, diabetes and kidney diseases. Many researchers have scientifically proved that honey has the ability to control many diseases. So this study was designed to know the utilization of honey in district Gujranwala.

Material and Method: Data collected through the questionnaire (n=120) from May 2017 to April 2018. Questionnaire was consist of following points i.e. respondents profile and medicinal uses of the honey.

Results: Honey of is used to treat different diseases i.e. cold, stomach pain, reduce acidity, reduce fat, reduce thirst, enhance immunity, remove allergy, remove wound, skin infection, diabetic wounds, remove depression, tension, wounds, teeth pain, burn, scorpion bite, child abdominal pain and enhance sexual power.

Conclusion: It is concluded that honey is important for human as food as well as medicine, and has ability to cure many diseases related gastrointestinal, cardiac, liver, eyes, skin and others.

Key words: Immunity, Diabetic wounds, Allergy, Depression

INTRODUCTION

Different body parts of domestic (Altaf *et al.*, 2017) and wild animals (Adeola, 1992) are being used as tradition medicine (Costa-Neto, 2005) and food (Altaf *et al.*, 2017). It has been documented that almost 15–20% of the medicines is based on animals (Unnikrishnan, 1998). Honey is produced by *Apis* (honey bees) (Moniruzzaman *et al.*, 2013). Wild honey was used from 10,000 years ago (Adebiyi *et al.*, 2004; Durrani *et al.*, 2011; CO *et al.*, 2013). Beekeeping had been established and honey had been used as a food since 2400 BC and later as a medicine (Altaf *et al.*, 2018; Arawwawala and Hewageegana, 2018).

Honeybees are flying insect (GBIF, 2017), belong to genus *Apis* (Engel, 1999). These are highly social (Bonabeau *et al.*, 1997) and produce honey (Bogdanov and Martin, 2002) and produce colonial nests by wax secreted by workers honeybees in colony (Ribbands, 1952; Engel, 1999). Honey is an organic natural substance (Wilkins *et al.*, 1995) that is produced by *Apis* (Bogdanov and Martin, 2002) and is a sweet (Coulston, 2000). It contains sugars (Kamal and Klein, 2011), small quantities of proteins (Won *et al.*, 2009), amino acids (Iglesias *et al.*, 2006), minerals (Alqarni *et al.*, 2014), and vitamins (Bonté and Desmoulière, 2013). It is commonly used as food (Arawwawala and Hewageegana, 2018) and medicine (El-Soud, 2012) by all generations, traditions and civilizations, both ancient (Adebiyi *et al.*, 2004; Durrani *et al.*, 2011; CO *et al.*, 2013) and modern (Arawwawala and Hewageegana, 2018).

Honey is used by Asian countries viz. Sri Lanka (Robinson, 1988), India, Pakistan (Marwat *et al.*, 2014) and Nepal (Bhattarai *et al.*, 2006) in their traditional medicinal systems. It is used as a remedy for burns (Nasir *et al.*, 2010), eye diseases (Rhone and Basu, 2008; Kwapong *et al.*, 2017), heart diseases (Aluko *et al.*, 2014), cancer (Erejuwa, 2014), diabetes (Erejuwa, 2014), kidney diseases (Francis *et al.*, 2015), etc. Many researchers have scientifically proved

that honey has the ability to control many diseases (Arawwawala and Hewageegana, 2018). So this study was designed to know the utilization of honey in district Gujranwala.

MATERIALS AND METHODS

Methodology: Data collected through the questionnaire (n=120) from May 2017 to April 2018. Questionnaire was consist of following points i.e. respondents profile and medicinal uses of the honey.

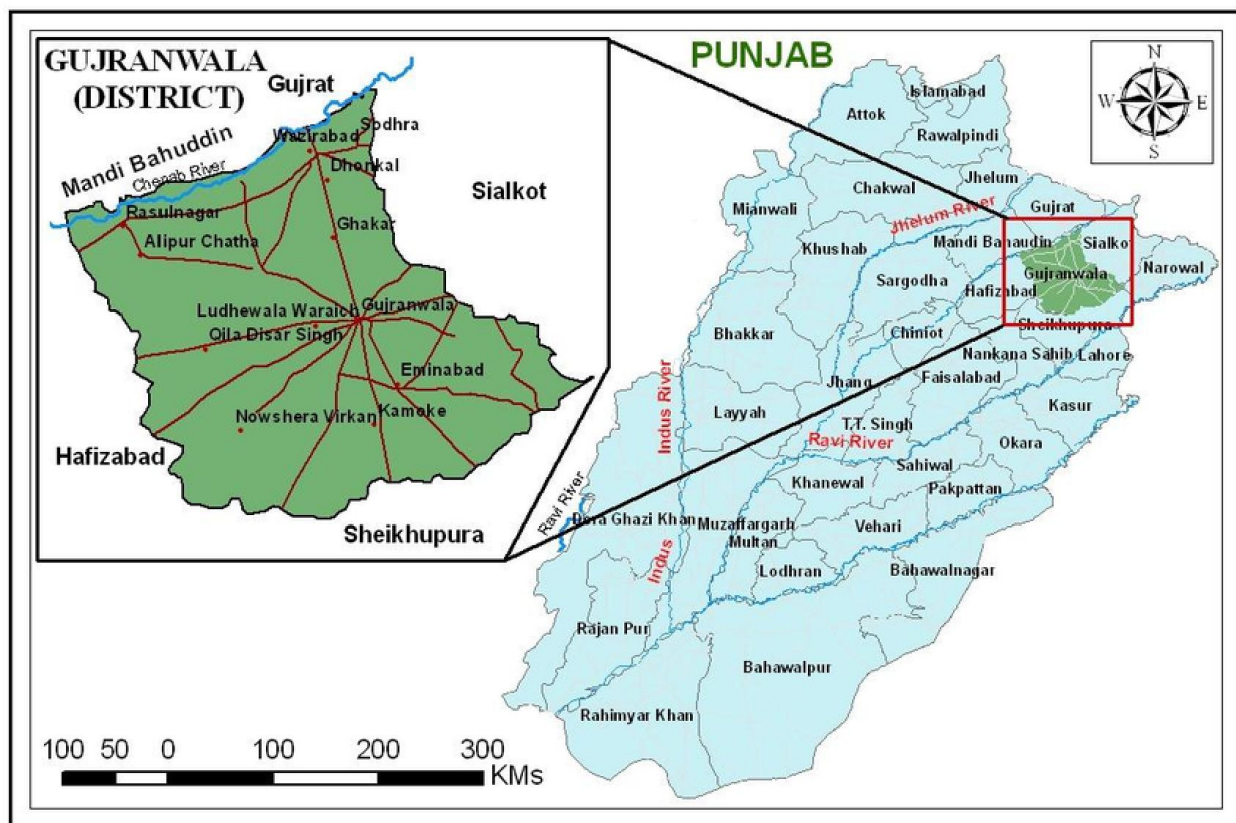


Figure 1: Map of the study area (Minallah *et al.*, 2016).

Demography and ethnography: According to Government of Punjab that male population of the study area is 52% while other 48% are female. Total population of areas is 4,248000 and total area is 3,622 Square Kilometers (Figure 1). Out of total about 35% population is distributed in urban and other 65% in rural areas. Muslims are dominant in these areas. Very few numbers of

Christens are also present. Arain, Gujjar, Mughal, Jutt, Sheikh, Malik and Rana are the major casts of this district. About all people can speaks Punjabi and Urdu (Sheikh, 2012).

RESULTS AND DISCUSSION

Data collected from Muslims male (119) and female (1) respondents, most of the respondents' age was above 50 and educated (82.5%). While the cast of respondents as Raja (numbers were as 40), Arain, Gujjar, Mughal, Jutt, Sheikh, Malik and Rana (Figure 2). Altaf (2016) is used similar respondent profile.

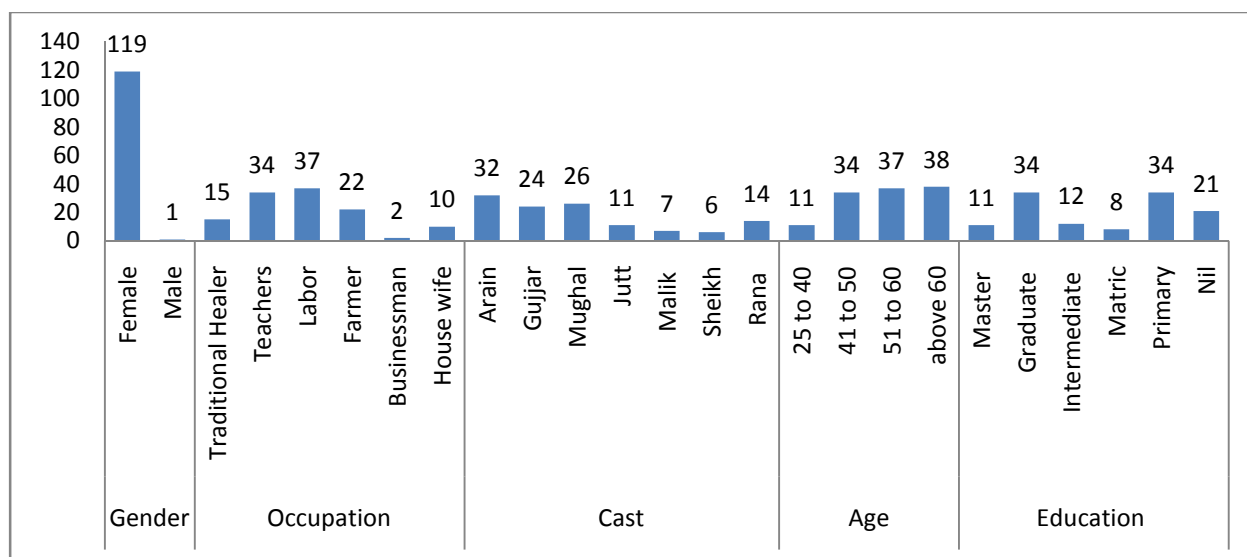


Figure 2: The profile of the respondents of the districts Gujranwala.

Honey of *Apis mellifera* L., (in Punjabi known as Shahd di makhi) is used to treat different diseases i.e. cold, stomach pain, reduce acidity, reduce fat, reduce thirst, enhance immunity, remove allergy, remove wound, skin infection, diabetic wounds, remove depression, tension, wounds, teeth pain, burn, scorpion bite, child abdominal pain and enhance sexual power (Table 1).

Honey is also used against many disease in previous reports i.e. cold, cough, obesity (Altaf *et al.*, 2018), stomach ache, (Sreekeesoon and Mahomoodally, 2014), tonsils (Vallejo and

González, 2014), throat pain (Chinlapianga *et al.*, 2013), urinary system (Deb and Haque, 2011) and aphrodisiac (Dixit *et al.*, 2010).

Table 1: Uses of Honey in the study area.

Recipes	Method of use	Treatment
Honey and cinnamon	Oral	Cold, stomach pain and reduce acidity.
Honey	Oral	Reduce fat, reduce thirst, enhance immunity, remove allergy, remove wound.
Honey, ginger, lemon and mint	Topical	Skin infection.
Honey and nigella seeds	Oral	Diabetic wounds, remove depression and tension.
Honey and olive oil	Oral	Wounds, teeth pain and burn.
Honey and garlic	Topical	Scorpion bite.
Honey, rose water, fennel water, and mint water.	Oral	Child abdominal pain.
Honey, date palm and cow milk	Oral	Enhance sexual power.

Conclusion: It is concluded that honey is important for human as food as well as medicine, and has ability to cure many diseases related gastrointestinal, cardiac, liver, eyes, skin and others.

Availability of data: We have included all relevant data in the manuscript that were collected during the field survey.

Authors' contributions: Umair and Yaqoob has designed this study, performed the research and data are written; both critically analysis article and approved as final manuscript.

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