
AN OVERVIEW ON HONEY IN MEDICINE

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DOI: **10.5958/2249-7307.2021.00059.1**

ABSTRACT

Honey has been utilized for a long time. Honey has been utilized for its nutritive and medicinal properties since ancient times. For thousands of years, honey has been utilized as a sweetener and flavoring ingredient. Honey is a product that is produced all around the globe. The most essential elements in honey are monosaccharides, fructose, and glucose, which exist in the form of monosaccharides, fructose, and glucose. Honey is an antioxidant, anti-inflammatory, and antibacterial agent that aids wound healing and skin graft adhesion. Honey's antibacterial and antioxidant properties, as well as its impact on cough prevention, fertility, and wound healing, have all been scientifically verified. However, its use has been disputed, and it is not widely acknowledged in contemporary medicine. The goal of this study was to investigate and emphasize the importance of honey in contemporary medicine.

KEYWORDS: *Benefits, Glycemic Index, Health, Honey, Nutrition.*

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