

Honey - Healing without the Sting!

The History of Honey

Wound-healing properties of honey – more than 4,500 years of results

Honey is a most valued natural product not only for consumption, but also for its healing properties. Records of people covering wounds with honey stretch back to ancient Egypt and as Dioscorides reported in 50 AD, honey is “good for all rotten and hollow ulcers”. With the development of sophisticated dressings and effective antibiotics during the 20th century, the value of honey for wound care was overshadowed but has now more recently been ‘rediscovered’ by the medical profession.

It is now widely known that medical products containing honey may actively promote the wound-healing process. Research to support the clinical observations has mainly focused on honey's antibacterial properties and is an effective treatment for infected wounds. Studies have shown that certain types of honey stop bacteria from growing – even strains such as MRSA (methicillin-resistant *Staphylococcus aureus*).

Today, the body of reliable evidence supporting a role for honey dressings continues to grow and there is a clearer understanding of the mechanisms of activity behind honey's positive effects which include:

- **Accelerating debridement**
- **Controlling malodour**
- **Encourages the healing process**
- **Bacteriostatic**
(stop the growth of bacteria in the wound)



"Preparation of Medicine from Honey"

Leaf from an Arabic translation of the Materia Medica of Dioscorides (AD 1225 Baghdad, Iraq)