



HONEY - BENEFITS, MEDICINAL PROPERTIES, 7 GOLDEN RULES OF
SELECTION

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Abstract: *Honey is a sweet product obtained as a result of the processing of flower nectar by bees. The smell, color and taste of honey depends on the plants from which the nectar is collected. Light colored honey is usually more expensive.*

Flower nectar consists of 80% water. After processing by bees, the amount of water in it is reduced to 20%. The liquid in the honey evaporates as a result of the wind generated in the hive. In turn, the wind is formed in the process of repeatedly flapping the wings of bees. When the honey reaches the desired thickness, the hives are covered with wax.

How to get honey

Honey is extracted from the beehive in two ways.

Method 1

This involves forcing the bees out of the hive by putting them to sleep or using smoke. Then the hives are removed, heated and the honey extracted. Honey may also contain wax, pollen and yeast.

Method 2

It involves the use of devices that separate honey from hives under the influence of centrifugal force. Such honey will not contain any other additives, because the integrity of the beehive will not be damaged and it will be reusable.

The benefits of honey

Honey has been used as a healing agent by humans for centuries. Its amino acids help the body effectively absorb calcium, which is the main component of bone tissue. Calcium prevents brittle bones and makes them resistant to stress.

Honey is especially useful when taken together with nuts, dried fruits, cereals and cottage cheese.

Honey has a positive effect on the treatment of diabetes. By using it instead of sugar, you can reduce the risk of developing the disease. However, it is necessary to consult with a specialist first.

Vitamin C in honey reduces the risk of ischemic heart disease. Taking it regularly normalizes blood pressure, lowers cholesterol and helps to eliminate blood clots.

Rich in antioxidants, honey has antidepressant and anticonvulsant effects. They normalize the activity of the central nervous system, strengthen memory and improve concentration.

Honey is used as a remedy for eye problems. Such ophthalmological diseases include conjunctivitis, blepharitis, keratitis and corneal injuries. Local application of honey



accelerates the healing of thermal and chemical burns of the eye, removes redness, reduces swelling and kills bacteria.

Natural honey is nature's gift against cough. Coughing occurs as a result of an infection of the upper respiratory tract. Substances in honey eliminate the causes of cough and "clean" the lungs. It also relieves the symptoms of asthma and bronchitis. It is enough to eat a small amount of honey every day.

Another field of honey application is the treatment of diseases of the oral cavity. Honey eliminates the symptoms of stomatitis, bad breath and gum disease. It is used to get rid of toothaches, mouth ulcers and gingivitis.

It is also an effective remedy when used against diarrhea - it replenishes potassium and water reserves in the body.

Honey reduces the possibility of acid falling from the stomach into the esophagus, prevents the development of inflammation, and has a good effect against heartburn. In addition, it destroys viruses in the intestines and prevents the formation of gastroenteritis.

When honey is consumed, it protects the pancreas and prevents blood sugar levels from falling below 3.5 mmol/l.

Despite the benefits of honey, it is not recommended for the following categories of people:

Babies under 1 year old.

People who are allergic to honey.

Its harm may depend on excessive consumption. Excessive consumption of honey can cause dehydration, high blood sugar, and food poisoning.

Honey is a universal tool that has a positive effect on the body. It is used in cooking, cosmetology and medicine, and is also considered a useful and tasty substitute for sugar. Nevertheless, one should not forget the saying "A little honey is sweet."

Insomnia

In case of insomnia, it is recommended to drink warm milk or water with 1 tablespoon of honey 30-40 minutes before going to bed.

Tips for falling asleep quickly→

In diseases of the oral cavity

Rinsing with a mixture of natural honey and chamomile removes inflammation of the mucous membrane.

1-2 tablespoons of dried chamomile flowers are taken and 400 ml of boiling water is poured over it.

It is heated in a water bath for 10-15 minutes.

1-2 teaspoons of honey are added to the filtered and cooled tincture and the oral cavity is rinsed several times a day.

In cardiovascular diseases

The following recipe based on honey has a positive effect on atherosclerosis.

1 cup of ground pepper is removed from the grater and left to rest for 1.5 days.

One tablespoon of honey, beets and carrots and one lemon juice are taken.



Everything is mixed and taken 2 times a day 40-60 minutes before meals. The duration of the course is 1.5 months.

In bronchitis

A butter remedy helps with long-term cough.

Mix 100 grams of butter, melted animal fat, honey, cocoa and 15 grams of aloe juice.

It is heated without boiling.

It is taken every morning and evening by adding 1 tablespoon of the mixture to 1 glass of milk.

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