

HONEY: CONTENT QUALITY AND ANTIBACTERIAL ACTIVITY AS A THERAPEUTIC AGENT

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Abstract

Honey is a natural substance derived from *Apis dorsata* and contains various pollens that have the potential to be therapeutic compounds with unique antibacterial, antioxidant and anti-inflammatory properties. The review aims to highlight the potential of honey and its many medicinal aspects. The antimicrobial effect of most honeys is based primarily on the enzymatic production of hydrogen peroxide. Other components are flavonoids and polyphenols as antioxidants which are the main bioactive groups in honey. Several scientific literatures have noted that honey is beneficial in the protective effects and treatment of various diseases such as diabetes mellitus, respiratory diseases, gastrointestinal tract, cardiovascular and nervous systems, and even in the treatment of cancer. In short, honey can be considered as a natural therapeutic agent for various medicinal purposes. Based on these facts, the use of honey in the clinical scope is highly recommended.

Keywords: antibacterial, honey, therapeutic agent