FEDERAL UNIVERSITY OF AGRICULTURE, ABEOKUTA

AGRICULTURAL MEDIA RESOURCES AND EXTENSION CENTRE

TRAINING WORKSHOP FOR RURAL DWELLERS ON HONEY AS MEDICINE

BY

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INTRODUCTION

In 1758 the great Swedish botanist and doctor, Carl Linne, named the honeybee Apis mellifera (honey-bearing); three years later he suggested that it should be named Apis millifera (honey-making); his first name has been broadly retained to this day (Joyrish, 1974). Honey bee, common name for several species of social, honey-producing bee, recognized as the most economically valuable of all insects. This reputation commonly rests on their production of honey and beeswax. The honeybee’s greatest usefulness, however, is actually in the pollination of crops, including fruits, nuts, vegetables, and forage crops, and of many uncultivated plants.

Bees are found all over the world, from the tropics to the arctic, in the rain forests as well as in deserts (Leven, Boot, Mutsaers, Seregen and Velthuis, 2005). There are over 20 000 species of bees (Apoidea) in the world. Most of these are solitary bees where each female makes her own nest and lays her eggs but does not usually live in it. A few bees are social; they live in a community known as a colony. Social bees make honey which is their food store (Jones, 1999). Bees that produce enough honey to make harvesting worthwhile belong to two subfamilies – honeybees (Apinae) and stingless bees (Meliponae). Apinae has only one genius - Apis – of which the species Apis mellifera is of much the greatest economic importance.

Apis mellifera in Africa are smaller than in Europe. Their colonies produce many more swarms and are easily alerted to sting and attack. The two main races of African honeybee are Apis mellifera adansonii which predominates in West Africa and Apis mellifera scutellata which dominates in East Africa from Ethiopia to Southern Africa (Jones, 1999).

The ancient Egyptians practiced nomadic beekeeping widely and with success.

In Babylonia, beekeeping was vigorously cultivated. In the first millennium B.C., Assyria was known as a land of honey and olives. The Assyrians were exceptionally skillful in the way they handled bees. They knew a ‘secret sound’ that gave them power over swarms and by which they could drive a swarm out of the hive and then send it back in again.

The ancient Greeks were extremely successful at nomadic beekeeping, transporting hives in boats to places where nectariferous plants were in flower. Aristotle (384-322 B.C.) was the first researcher into bees, and has been dubbed ‘the sun of ancient apiculture’.

The countries listed below accounted for almost 65% of global honey output in 2005 (Workman, 2007):

<table>
<thead>
<tr>
<th>Country</th>
<th>Metric Tonnes</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>China</td>
<td>298,000</td>
<td>21.5%</td>
</tr>
<tr>
<td>Turkey</td>
<td>82,300</td>
<td>5.9%</td>
</tr>
<tr>
<td>Argentina</td>
<td>80,000</td>
<td>5.8%</td>
</tr>
<tr>
<td>United States</td>
<td>79,200</td>
<td>5.7%</td>
</tr>
</tbody>
</table>
In 2004, the following countries exported the most honey (Workman, 2007):

<table>
<thead>
<tr>
<th>Country</th>
<th>Metric Tonnes</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>China</td>
<td>81,000</td>
<td>(24.2%)</td>
</tr>
<tr>
<td>Argentina</td>
<td>65,200</td>
<td>(18.6%)</td>
</tr>
<tr>
<td>Mexico</td>
<td>23,400</td>
<td>(6.9%)</td>
</tr>
<tr>
<td>Germany</td>
<td>22,400</td>
<td>(6.6%)</td>
</tr>
<tr>
<td>Brazil</td>
<td>21,000</td>
<td>(6.2%)</td>
</tr>
<tr>
<td>Vietnam</td>
<td>15,600</td>
<td>(4.6%)</td>
</tr>
<tr>
<td>Hungary</td>
<td>15,000</td>
<td>(4.4%)</td>
</tr>
<tr>
<td>Canada</td>
<td>14,000</td>
<td>(4.2%)</td>
</tr>
<tr>
<td>Uruguay</td>
<td>13,400</td>
<td>(4.0%)</td>
</tr>
<tr>
<td>India</td>
<td>10,400</td>
<td>(3.1%)</td>
</tr>
</tbody>
</table>

The European Union countries and such countries as United States of America, Japan and Saudi Arabia depend heavily on honey imports. For example, Americans consume more than 181,818,182 kilograms (181,818 metric tonnes) of honey each year while U.S. annual production is only 81,818,181 kilograms (81,818 metric tonnes). Similarly, Britain produces only 10% of the honey that the British consume.
The following countries spent the most on honey imports in 2004 (Workman, 2007):

<table>
<thead>
<tr>
<th>Country</th>
<th>US$</th>
<th>% of Top Ten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Germany</td>
<td>230,700,000</td>
<td>27.5%</td>
</tr>
<tr>
<td>United States</td>
<td>149,600,000</td>
<td>17.8%</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>75,100,000</td>
<td>8.9%</td>
</tr>
<tr>
<td>Japan</td>
<td>65,000,000</td>
<td>7.7%</td>
</tr>
<tr>
<td>France</td>
<td>54,500,000</td>
<td>6.5%</td>
</tr>
<tr>
<td>Italy</td>
<td>41,600,000</td>
<td>5%</td>
</tr>
<tr>
<td>Spain</td>
<td>31,500,000</td>
<td>3.7%</td>
</tr>
<tr>
<td>Saudi Arabia</td>
<td>26,000,000</td>
<td>3.1%</td>
</tr>
<tr>
<td>Switzerland</td>
<td>23,100,000</td>
<td>2.8%</td>
</tr>
</tbody>
</table>

Beekeeping is an activity that could offer families and individuals the micro-enterprise that tips the economic balance in favour of constructive growth. Beekeeping provides rural people in developing countries with sources of income, food and medicine. It is a sustainable form of agriculture that is beneficial to the environment and provides economic reasons for the retention of native habitats and potentially increased yield from food and forage crops (Jones, 1990). It fits in well as part of integrated rural development programmes. The best way to learn about beekeeping is by practical experience. Participating in a practical course or working with an experienced beekeeper are good ways to learn (IBRA, 1990).

The history of the use of honey is parallel to the history of man and in virtually every culture evidence can be found of its use as a food source and as symbol employed in religious, magic and therapeutic ceremonies (Cartland, 1970; Crane, 1980; Zwaenepreel, 1984) an appreciation and reverence it owes among other reasons to its unique position until very recently, as the only concentrated form of sugar available to man in most parts of the world.

During the Roman Empire, honey was used instead of gold to pay taxes. Even earlier before then, in the accounts of the Ancient Egyptian Pharaoh Seti I, one hundred pots of honey were equivalent in value to an ass or an ox (http://www.bbc.co.uk/food/recipes/mostof_honey.shtml; Answers.com;).

Honey is the oldest sweetener known to humans and has been an eagerly sought commodity since prehistoric times (Ciesla, 2002).
HONEY AS MEDICINE AND REMEDY

Honey has long been used in medicine not only as a valuable item in the diet but as a remedy and a means of healing (Ioyrish, 1974). The ancients used honey as a remedy for everything from arthritis and asthma, to burns, constipation, and hangovers, from hay fever to hemorrhoids, migraine, and shingles, from varicose ulcers to battle wounds (Dubin, 1999).

Honey always played an important role in all religious festivals and especially in funeral ceremonies. Honey was used to embalm the dead.

Cleopatra took baths of milk and honey, Madame du Barry, the infamous last mistress of Louis XV, who used honey as a form of facial mask (Pearce, 2001).

The Pharaohs also used honey in their wedding celebrations. In medieval Europe, Newly-weds drank honey-wine (mead) for a month after the wedding ceremony for good-luck and happiness. The ritual gave rise to the word honeymoon, a custom still practiced today (Hajar, 2003). It was also to insure fertility; to sweeten the marriage bed, a posset of honey, milk and wine was given at the bedding of the bride (The Endicott Studio).

There was also the Eastern custom of smearing a newlywed couple’s hands with honey. They lick the honey off each other’s hands to show they will now take their food together (just as people today share and feed each other a piece of wedding cake). It also insures the husband will only touch his wife with caresses and only sweet words will leave her mouth, not just during the first month of marriage (the ‘honey moon’) but forever (Pierce). In some parts of Greece, it was formerly the custom for a bride to dip her fingers in honey and make the sign of a cross before entering her new home. This was meant to ensure sweetness in her married life, especially in her relationship with her mother in-law (Answers.com).

Honey was to the ancient Egyptians what aspirin is to modern medicine: the most popular among drugs. Honey was used for treatment of stomach pain, urinary retention and as ointment for dry skin. It was used as ointment for wounds and burns, skin irritation, and eye diseases.

The Roman, Pliny the Elder, said that mixing fish oil with honey was an excellent treatment for ulcers (Hajar, 2003). The Greeks and Romans knew that honey rubbed into wounds served as a rapid and effective healer (Colbert, 2002).

Different Applications of Honey as Medicine and Remedy

1. After-shave rashes:
   - Aloe vera gel
   - Lime orange juice - Citrus aurantifolia (Christ.-Panz.) Sw.
   - Honey
Aloe vera gel, lime juice and honey in equal proportions are mixed together to make a very good after-shave lotion. The lotion is applied to the shaved skin and allow for 10 minutes after which it is washed off with water.

2a. Amnesia (Memory Loss)
- The powder of 5 seeds of *Piper nigrum Linn.
- 1 teaspoonful of honey

The powder is mixed with the honey and mixture is taken once twice daily, morning and evening for memory loss.

2b. Amnesia
- A pinch of finely ground pepper
- Honey

The pepper and honey are mixed together and licked as an effective cure for amnesia. The application is repeated twice daily.

3. Anaemia
- 3 leaves of basil (*Ocimum gratissimum Linn.)
- Milk
- Honey

The leaves are infused in boiling milk and honey is added. This is a very good tonic.

4a. Anthelmintic, Ascaricides and Hookworm expulsion
- *Chenopodium ambrosioides Linn.
- Honey

The decoction of the whole plant or powdered plant with honey is used as anthelmintic, ascarides and to expel hookworms.

4b. Expulsion of Intestinal worms
- The powdered hairs on the pods of *Mucuna pruriens (Linn.) DC.
- Honey
The powdered hairs mixed with honey are taken for expelling intestinal worms. The action is purely mechanical.

Dosage: One tablespoonful twice daily for adults.
Half teaspoonful twice daily for children.

4c. Roundworms
- Milky juice of unripe pawpaw/papaya (Carica papaya Linn.)
- Honey

Mix a tablespoonful of fresh juice and an equal quantity of honey with 3-4 tablespoonful of water and taken as a dose by an adult. To be followed 2 hours later by a dose of 30-60 ml of castor oil mixed in 250-375 ml of lukewarm milk. Repeat treatment for two days if necessary.

Half dose to be given to children of age 7 to 10 years.

For children under the age of three years, give only one tablespoonful.

4d. Roundworms
- Seeds of pawpaw/papaya – Carica papaya Linn. (preferably pulverized)
- Honey

The seeds mixed with honey are given for expelling roundworms.

4e. Roundworms
- 4 tablespoonfuls of crushed fresh ginger
- 4 tablespoonfuls of honey

The crushed fresh ginger and honey are mixed together and this is eaten three times a day to expel roundworms. This is a part of Traditional Chinese medicine (TCM).

5. Arteriosclerosis
- 1 teaspoonful of lemon orange juice - Citrus limon (Linn.) Burm.
- 1 teaspoonful of honey
- 1 glassful of water

The lemon juice and honey are dissolved in the water and the mixture is taken before going to bed for arteriosclerosis.
6a. Arthritis
• Bitter leaf (Vernonia amygdalina Del.) extract
• Honey
Add honey to extract, and take 2 glassful of mixture every night.

6b. Arthritis
• 1 bottle of lime orange juice – *Citrus aurantifolia (Christ.-Panz.) Sw.
• 1 bottle of grape orange juice – *Citrus maxima (Burm.) Merr.
• 1 bottle of honey
All mixed, 2 tablespoonfuls taken twice daily for two weeks.

6c. Arthritis
• Fresh onion juice
• Lemon orange juice – *Citrus limon (Linn.) Burm.
• Fresh tomato juice *Lycopersicon lycopersicum (Linn.) Karst., or, fresh carrot juice
• Honey
The juices are mixed together with honey, and taken by spoonfuls. Half a glass cup, two or three times a day.
The juice and honey mixture alkalinizes the pH (reduces the acidity) of the urine, thus promoting the elimination of uric acid and other metabolic toxic wastes.

7a. Asthenia
• Powdered seeds of *Dioclea reflexa Hook. f.
• Honey
The powdered seeds are mixed with honey and licked as general tonic for debility.
Dosage: Two tablespoonfuls of the mixture per day.

7b. Asthenia
• Black pepper, the powder of the mature, unripe fruit of *Piper nigrum Linn.
• Honey
The powder of the mature, unripe fruit is mixed with honey and licked for debility.

8a. Asthma

- The juice of ginger (Zingiber officinale Rosc.)
- Honey

The juice of the rhizome is mixed with honey and taken as a very efficacious remedy for asthma.

8b. Asthma

- The pulp powder of the bark of baobab tree (Adansonia digitata Linn.)
- Honey

The pulp powder mixed with honey is taken for asthma.

NOTE: Water could be used in place of honey.

8c. Asthma

- A glassful of fresh tomato juice - *Lycopersicon lycopersicum (Linn.) Karst.
- Honey
- Pinch of cardamom seeds (Elettaria cardamomum)

Mix all and drink after swallowing three peeled cloves of garlic every night before going to bed.

8d. Asthma

- Bitter gourd (*Momordica charantia Linn.) root paste
- Honey

A teaspoonful of the paste mixed with equal amount of honey is given once every night for a month.

8e. Asthma

- Sesame (Sesamum indicum Linn.) seeds
- 1 tablespoonful of linseed
- Pinch of salt, preferably, Himalayan crystal salt prepared as ‘Sole’
- A dessertspoonful of honey

Infuse once at night for asthma. It acts as an expectorant.
8f. Asthma

- Amaranthus (Amaranthus gangeticus) leaf juice
- Honey

The mixture of juice and honey is drunk for asthma.

8g. Asthma

- 30 gm of leaves of lemon orange - Citrus limon (Linn.) Burm.
- 1 litre of water
- Honey

The leaves are infused in the water. Three or four cups are drunk a day, sweetened with honey.

8h. Asthma

- Black pepper, the powder of unripe fruit of *Piper nigrum Linn.
- Ginger juice
- Honey
- Salt, preferably sea salt

A mixture of black pepper powder, ginger juice and honey in equal quantities, when consumed thrice daily helps to relief the symptoms of asthma.

8i. Asthma

- ¼ cup of onion juice
- 1 tablespoonful of honey
- ½ tablespoonful of black pepper powder - *Piper nigrum Linn.

Mix the onion juice, honey and black pepper powder and take for the cure of asthma.

8j. Asthma

- Black pepper, the powder of unripe fruit of *Piper nigrum Linn.
- Honey

A mixture of small amount of black pepper powder and honey when taken thrice daily helps to relief the symptoms of asthma.
9. Bleeding Piles

- Onion
- Water
- Honey

Rub about 30 gm of onions in water and 60 gm of honey added to it. This is taken twice daily. It will bring relief within three days.

10. Breast problems in women

- Honey
- A pinch of turmeric powder (Curcuma longa Linn.)
- Onion juice

The honey, turmeric powder and onion juice are mixed together and rubbed over the breasts before going to sleep. This helps to develop the women breasts. It also helps to prevent the loosening of breasts.

11. Burns

- Honey

Honey is applied freely on burns. The honey cools, removes pain and aids fast healing without scarring.

12a. Cancer

- 4 litres coconut water (Cocos nucifera Linn.)
- 1 bottle honey

Take half a glassful of the mixture daily.

12b. Stomach Cancer

- Honey
- Fresh warm cow milk
- Dried and pulverized banana peel

Mix a cup of honey, a cup of fresh warm cow milk and a tablespoonful of pulverized banana peel. Drink mixture and repeat twice daily for 2 months.
12c. Prostritis (Prostrate cancer)

- Plantain (Musa paradisiaca Linn.) root juice (PRJ)
- Honey

Cut plantain root, wash, pound and press.

One bottle PRJ is mixed with half-a-bottle honey and 3 tablespoonful of mixture is taken thrice daily.

13. Chest pain

- Leaves of Lemon grass - *Cymbopogon citratus (DC.) Stapf.
- Onion
- Hot water
- Honey

The leaves and onion together are infused like tea. Honey is added to the extract and drunk to cure chest pain.

*Cymbopogon citratus (DC.) Stapf., synonym Andropogon citratus DC. is called in Nigeria, ‘waapa’, ‘koriko-oba’ by the Yoruba; ‘iti’ by the Urhobo.

14a. Cold

- Onion juice
- Honey

Equal amounts of onion juice and honey should be mixed and three to four teaspoonfuls of the mixture should be taken daily.

14b. Cold

- Lemon juice - Citrus limon (Linn.) Burm.
- Salt
- Honey

Lemon juice with salt and honey in the ratio of 2:1:10 is drunk for cold.

14c. Cold

- Fresh lemon juice - Citrus limon (Linn.) Burm.
• Pinch of pepper
• Hot water
• 1 tablespoonful of honey

The lemon juice is put into hot water with the pepper and the honey is added. It should be taken at the first sniffle, then freely. This is a traditional cold remedy.

14d. Cough and Cold

• Ginger (Zingiber officinale Rosc.)
• Honey

The ginger is cut into small pieces and boiled in a cup of water, strained and a teaspoonful of honey is added. This should be drunk while hot.

14e. Cold, cough and congested chest

• Two teaspoonfuls of honey
• Two teaspoonfuls of ginger juice

The mixture of honey and ginger juice should be consumed frequently to treat cold, cough and congested chest.

15a. Cough

• 6 chopped white onions
• 170 gm of honey

Put the six chopped white onions in a double boiler and add 170 gm of honey. Cook slowly over a low heat for two hours and strain. This is an onion cough syrup. Take at regular intervals, preferably warm.

15b. Cough

• Onion juice
• Ginger juice (Zingiber officinale Rosc.)
• Honey

Equal amounts of onion juice, ginger juice and honey are mixed together and three to four teaspoonfuls of the mixture should be taken daily. The mixture acts as an expectorant.
15c. Cough

- Ginger (Zingiber officinale Rosc.)
- Honey

The ginger is cut into small pieces and boiled in a cup of water, strained and a teaspoonful of honey is added. This should be drunk while hot.

15d. Cough

- Juice of the leaf of *Aloe barteri Baker
- Honey

The juice of a roasted leaf of Aloe barteri taken with honey is a good remedy for cough.

15e. Cough

- 10 pieces of bitter kola (Garcinia kola Heckel), pulverized
- 35cl of undiluted honey

They are thoroughly mixed together.

Adults: 3 tablespoonfuls 3 times daily.
Children: 1 tablespoonful 3 times daily.

15f. Cough

- Leaves of *Abrus praecatorium Linn.
- Honey

The leaves are mixed with honey and chewed for cough.

*Abras praecatorium Linn. is a woody twinning shrub and is called ‘Jequirity’ (Brazil), ‘Indian liquorice’, ‘Liane réglisse’. The seeds are known as ‘Prayer beads’ and ‘Crab’s eyes’.

16. Diabetes

- Fresh onion juice
- Lemon juice – Citrus limon (Linn.) Burm.
- Fresh tomato juice, or, fresh carrot juice
- Honey
The juices are mixed together with honey, and taken by spoonfuls. Half a glass cup, two or three times a day.

17a. Heart disease (Sharp spasm (of pain) in the chest)

- Distilled or boiled water
- Honey

Two tablespoonful of honey are mixed with the water, to be taken daily before breakfast for one week.

17b. Heart disease (Hypertension)

- Honey

A tablespoonful of honey is taken after each meal for one month. Additionally, half a cup of carrot juice is taken daily.

17c. Heart disease symptoms (e.g. palpitations, tightness of chest, shortness of breath, suffocation)

- 12 leaves of basil (*Ocimum gratissimum Linn.)
- Half a litre of water (preferably filtered or distilled water)
- Honey

The leaves are boiled in water for 5 minutes and honey is added.

One teaspoonful is taken in the morning and one teaspoonful is taken at night for 5 to 6 days.

17d. Heart diseases

- Honey

A prolonged prescription of honey (on an average of 70 grams of honey daily for one to two months) helps patients to feel better in themselves, with the composition of their blood returning to normal, the haemoglobin level increasing, and cardiovascular tones improving.

18a. Hypertension

- 1 bottle Coconut water (Cocos nucifera Linn.)
- Immature coconut pulp (Cocos nucifera Linn.)
- Honey

Coconut pulp blended with coconut water and honey added.
2 tablespoonfuls of mixture are taken every night.

18b. Hypertension

- Mistletoe leaves or one teaspoonful of powdered dry leaves of mistletoe (Viscus album)
- 1 cupful of water
- Honey

A tea infusion of mistletoe leaves is made by soaking the leaves in one cupful of water overnight. The decanted infusion is warmed the following morning by placing the cupful in a container containing hot water. The tea is mixed with one tablespoonful of honey and sipped freely 2 to 4 times daily.

For the powdered dry leaves, one teaspoonful of the powder is put in a cupful of warm water and allowed to stand for about 30 minutes, then mixed with honey and sipped.

18c. Hypertension

- Fresh onion juice
- Lemon juice – Citrus limon (Linn.) Burm.
- Fresh tomato juice, or, fresh carrot juice
- Honey

The juices are mixed together with honey, and taken by spoonfuls. Half a glass cup, two or three times a day.

18d. Hypertension

- One teaspoonful of garlic juice
- Two teaspoonfuls of honey

Regular use of the mixture of garlic juice and honey helps to control blood pressure.

18e. Hypertension and Chest Diseases

- 5-6 leaves of basil (*Ocimum gratissimum Linn.)
- Half a litter of water
- Honey

The leaves are infused in the water and two tablespoonfuls of honey are added. This is drunk twice daily for cardiovascular and respiratory system treatment of hypertension and chest.
19a. Impotence

- White onions
- Garlic
- Honey

The onion and garlic are juiced separately. Two tablespoonfuls each of the juice of onion and garlic are mixed together with two tablespoonful of honey. The mixture is taken once and repeated twice daily for 40 days to restore declining libido or erection especially in cases caused due to chronic sexually transmitted diseases.

The preparation taken for 90 days promotes spermatogenesis.

19b. Impotence

- Ginger (Zingiber officinale Rosc.)
- Honey

A teaspoonful of fresh juice extracted from ginger is mixed with a tablespoonful of honey and taken at bed-time with half-boiled egg (preferably from free range chicken). Repeated for 30 days it is a cheap and safe remedy in reversing and preventing most problems associated with the male reproductive organs such as sexual weakness, premature ejaculation, impotence, etc.

19c. Impotence

- Fresh root of *Cnestis ferruginea DC.
- Honey

30 grams of the chopped pieces of the roots in about 500 ml of clean water (distilled water is to be preferred) are boiled for 20-30 minutes. The decoction is mixed with a teaspoonful of honey and taken once daily.

*Cnestis ferruginea DC. is a shrub or tree of deciduous and secondary forest, common in West Africa and in other parts of tropical Africa. The Makanya of Senegal call it ‘kadéra’, ‘kadira’; the Diola of the Gambia call it ‘fupéléen’; in Guinea Bissau, the Balanta call it ‘trenti-ito’; in Ghana, ‘akitase’ by the Fante, ‘apisẹ’ by the Twi; in Nigeria the Anaang call it ‘útìn éwà’; ‘üsìèrè ébuà’, ‘útìn ébuà’, ‘ébuà’ by the Efik; ‘fura amarya’ by the Hausa; ‘ámụ ụkụtụ’ by the Igbo; ‘àkàrà àjọ’, ‘oyàn àjọ’, ‘gbóyingbóyin’ by the Yoruba; the Bulom of Sierra Leone call it ‘beltampel-le’; in Burkina Faso, ‘tangolo sébé’ by the Manding-Dyula.
19d. Impotence

- Powdered kernel of mango (Mangifera indica Linn.) fruit
- Honey

The powdered kernel of mango and honey are mixed in equal proportions and taken to cure impotence in men.

19e. Impotence

- 2 tablespoonfuls of honey

An old ayurvedic remedy has men taking 2 tablespoonfuls of honey before going to bed to treat impotence.

20. Abnormal pain during Menstruation

- Honey

2 tablespoonfuls of honey are taken every 4 hours for three days.

21. Prolonged Menstruation

- Honey
- Pulverized cotton pods

Half a tablespoonful of pulverized cotton pod is mixed with a cup of water, and honey is added. It is taken once daily for 3 days.

22a. Obesity

- Lime juice (Citrus aurantifolia (Christ.-Panz.) Sw.
- Water
- Honey

Fresh juice of a lime mixed in a glassful of water and sweetened with honey. To be taken every morning on empty stomach. It reduces weight in 2-3 months.

Take low calorie diet for desired results.

22b. Obesity

- Fresh onion juice
- Lemon juice – Citrus limon (Linn.) Burm.
• Fresh tomato juice, or, fresh carrot juice

• Honey

The juices are mixed together with honey, and taken by spoonful. Half a glass cup, two or three times a day.

22c. Obesity

• One glass of warm water
• Two teaspoonfuls of honey
• One teaspoonful of lemon juice - Citrus limon (Linn.) Burm.

The honey and lemon juice are dissolved in the warm water taken early in the morning reduces fat and purifies blood.

22d. Obesity

• Juice of a ripe, fresh lemon- Citrus limon (Linn.) Burm.
• Four tablespoonfuls of honey
• One glass of water

The lemon juice and honey are mixed in the water. The mixture is drunk every morning on empty stomach. This will stop any further increase of fatness.

Regular intake of this mixture for 5-6months will reduce obesity.

23. Problems of Pregnancy at early stage (excessive vomiting, severe headache, loss of appetite, abdominal pain, and body weakness)

• Honey

2 tablespoonfuls of honey are taken twice daily (morning and night before going to bed).

24. Oedema during pregnancy

• Corn silk
• Honey

A handful of corn silk is steeped into ½ glass of hot water and infused for 10-15 minutes. Add 1 tablespoonful of honey and take for oedema in pregnancy. This is repeated twice daily, early morning and late evening.
25. Birth labour
• Honey
Half a cup of honey is drunk in labour to reduce labour pain.

26. Abdominal pain after delivery
• Honey
• Hot water
2 tablespoonfuls of honey is taken thrice daily for 3 months.
In addition honey is mixed with hot water and used as compress on the abdomen.

27. Weak Libido and Poor Penile Erection
• Onion
• Water
• Honey
3 bulbs of onion are boiled in water, squeezed and filtered.
The filtrate is mixed with equal quantity of honey and drunk.

28. Sexual weakness, Impotence
• Guava (Psidium guajava Linn.) fruit
• Water
• Honey
Syrup which is prepared with the water, guava fruit and honey is a very good remedy for sexual weakness and impotence.

29. Sexual fertility and virility in men
• Honey
Honey should be taken by men, especially older men to keep and improve their sexual fertility and virility.

30a. Tuberculosis
• Ginger (Zingiber officinale Rosc.)
• Garlic
• Bitter kola (Garcinia kola Heckel)
• 1 bottle of honey

Grind ginger, garlic and bitter kola and honey added.

2 tablespoonfuls of mixture should be taken thrice daily for two months.

30b. Tuberculosis

• The crushed leaves of *Solemonestemon monostachyus (P. Beauv.) Brig. ssp. monostachyus
• Honey

The crushed leaves are eaten with honey for tuberculosis.

*Solemonestemon monostachyus (P. Beauv.) Brig. ssp. monostachyus is an erect, branched, annual weedy herb.

30c. Tuberculosis

• The powdered bulb of Crinum jagus (Thomson) Dandy
• Honey

The powdered bulb is taken orally with honey as a remedy for tuberculosis.

Crinum jagus (Thomson) Dandy has the English names ‘The Forest Crinum’, ‘Poison Bulb’. In Nigeria, it is called ‘Iüméri’ by the Yoruba; ‘albasar kwadi’ by the Hausa; ‘ozu’, ‘olodi’ by the Igbo; ‘ekopeyei okoro-ison’ by the Efik; ‘ebe-eyen’ by the Akoko-edo.

30d. Tuberculosis

• 5 gm of powdered basil leaves - *Ocimum gratissimum Linn.
• 5 gm of powdered black pepper, the powder of the mature, unripe fruit of *Piper nigrum Linn.
• 1 tablespoonful of honey

The powdered basil and black pepper are mixed with the honey. The patient should take this mixture twice daily for two months. When the weather is cold as in winter and harmattan, a little ginger juice and a pinch of salt may also be added. Externally, a mixture of basil and ginger juice may be rubbed over the chest.

**Summary:** Honey has a variety of medicinal uses that are beneficial to man and it comes to the rescue of man in his hours of distress. Beekeeping should be encouraged at every level of farming.