

The Efficacy of Honey as Antibacterial and Ulcer Healing Agent

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Abstract

Honey is effective in the treatment of a broad range of wounds including, amongst others, ulcers. It has, also, been known for its antibacterial potential as well as for its antioxidant properties.

Gastric ulcers have been considered as a major problem worldwide. The use of conventional drugs in the treatment of ulcers have had side effects and have not been very effective in many instances. For this reason, new products have been sought. Honey been used for treatment of several disorders including gastrointestinal ones especially stomach ulcers. It promotes the healing of ulcers via its antioxidant activity.

Extensive research has been conducted on the antibacterial activity of honey and indicated that honey is potent against both Gram positive and negative bacteria as well as against *Helicobacter pylori* which causes ulcers. Honey had a more pronounced inhibitory effect on Gram negative bacteria (*Pseudomonas aeruginosa*, *Enterobacter* spp., *Klebsiella*) in comparison to commonly used antimicrobial agents. A synergistic effect was achieved upon the application of honey together with the antimicrobial agents in both Gram negative and positive bacteria. Honey resulted in modulation of the bacterial resistance to commonly used antimicrobial agents. In this presentation, I will focus on the antibacterial and ulcer healing activity of honey with emphasis on our published studies.