



CHAKRAPANI AYURVEDA

BENEFITS OF ORGANIC HONEY IN ALLERGY



Editors' Note

Dear Readers,

Honey has always been an important medical remedy for many millennia. Its value, beyond a sweetener, is being rediscovered. Today, honey is the focus of much scientific research, which confirms the many uses of honey Ayurveda texts have mentioned. Honey is an excellent co drink for many Ayurvedic medicines. It acts as a Yogavahi (catalyst) and helps to deliver medicines to the target area at a faster pace. Honey is a pacifier of Pitta and Kapha dosha. As honey is hygroscopic it speeds up healing and helps in growth of new tissues. Constant use of honey strengthens the white blood corpuscles to fight bacteria and viral diseases. In this newsletter we shall see the benefits of organic honey in allergy.



We welcome your suggestion and submissions.

Enjoy reading and get benefited by Ayurveda.

Vaidya Lakshmi Anoop

Benefits of Organic Honey in Allergy

Honey is one of the healthiest animal products available today. It is a sweet fluid produced in beehives by the honeybees that are housing in it. There is a tedious manufacturing process involved behind the production of this sweet appetizing fluid honey. Honey is an ancient household product that has been used in a number of food recipes, desserts, mock tails etc. It is a great natural sweetener that is highly nutritious and is considered better for use in comparison to all other sweeteners natural as well as synthetic.

Organic Honey

Nowadays, due to the widespread contamination of the farmlands and harmful methods of farming for obtaining maximum produce at cheaper rates, most countries have set up standards for producing high quality organic food products that have been grown under strict government rules. Guidelines for organic farming varies from country to country and are mainly aimed at ensuring best quality of food production, which is not contaminated by any pollutant or pesticide. Regular testing of the food and close monitoring of the whole process is done right from cultivation until it reaches the supply in the market. The products that go through this stringent process are thus labeled as organic.



Organic honey is one such product formulated under stringent guidelines and is said to have a superior taste and nutrition quotient as compared to the ordinary varieties. Raw honey is said to contain a substantial amount of the pollens of the plant from which it is obtained. As a result, it becomes extremely harmful for people who have a weak immune system and are thus prone to allergies. Therefore, organic honey should be the preferred choice as it is free from any such allergens that are naturally present in raw honey.

How honey can be beneficial for people with allergies?

Before discussing the awesomeness of organic honey, let us first get into the depth of how honey can be beneficial for people with allergies. Honey is a natural sweetener that has a soothing effect on the body. It has great anti-inflammatory properties that makes it extremely beneficial in wound healing, burns, cuts and other inflammatory conditions affecting the human body. It counter balances the inflammation producing substances in the body which are secreted at the time of an allergic reaction e.g. Prostaglandins, histamines etc.

Honey is a tremendous anti-microbial, anti-inflammatory and tissue healing agent. Be it any kind of allergic reaction seasonal, dust or pollen grain allergy, honey directly acts on the histamines produced by the body in response to an allergic reaction and neutralizes them helping the person to achieve better control over the symptoms. Realizing the importance of honey in the field of health and medicine, a proper therapeutic branch has been made called as APITHERAPY that deals with the usage of honey as a nutritional substitute and as a therapeutic natural remedy.

Ayurveda texts have immense matter that explains why pure Honey (Organic honey available nowadays) or Madhu has a wide therapeutic spectrum in the natural treatment of many diseases. There are eight types of honey mentioned in Ayurveda namely, Bhramara, Makshika, Pauthik, Kshaudra, Chathram, Ardhyam, Oudalakam and Daalam. These are used in the treatment of various disorders according to their individual therapeutic properties. Other than this, it is also said that the properties of honey greatly vary depending upon the place of origin, the source of beehives and the flowers from which the bees collect their nectar for producing Honey. According to Ayurveda, the cause of developing an allergy is an accumulation of "Ama" or toxins in the body and a vitiated Kapha dosha. Honey has its activity against the kapha (Water body humor) dosha and also has a detoxifying action on the body. It not only expels out all the harmful toxins but also strengthens the immunity to catch any such infection.

Thus, we can say that regular use of pure honey can be a boon to the people suffering from serious allergic conditions or are simply prone for developing one. Since, purity of raw honey is questionable, it is advisable to use organically prepared honey for external as well as internal use.

Author: Dr. Vikram Chauhan MD, an expert Ayurveda consultant from Chandigarh practicing in Mohali, India.

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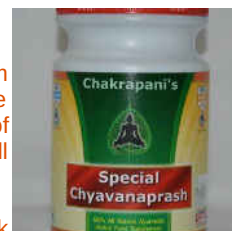
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Product of the Month - Chyavanaprash

Chyavanaprash is an herbal jam prepared from almost 49 Ayurvedic herbs in honey and ghee base. It is an immune promoter good for people of all ages. It helps in proper functioning of all systems and improves strength.



Dose: For adults- 1-2 tablespoon with warm milk 1-2 times daily and for children- ½-1 tablespoon with warm milk 1-2 times daily.

To read more about Chyavanaprash please [click here](#)

Home remedies with Honey

- **Wounds and ulcers** - External application of honey is beneficial as honey has healing property.
- **Mouth ulcers** - Gargling with a solution of salt, water and honey helps in healing mouth ulcers.
- **Sore throat and Hoarseness of voice** - Honey should be licked constantly. As honey is an expectorant, it helps bringing the phlegm out.
- **Cough** - Mixture of black pepper and dry ginger mixed with honey helps in cough.
- **Asthma** - Honey mixed with long pepper is beneficial.
- **Wrinkles and Aging skin** - External application of honey is beneficial.
- **Obesity** - Lukewarm water mixed with lemon juice and honey.
- **Conjunctivitis** - Instilling pure honey as eye drops will help.

Do's and Don't with honey

- Honey should not be taken with equal quantities of ghee.
- Honey should never be heated and consumed.

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