

# HONEY – ITS HEALING POWER

**WITH THE NAME OF ALLAH MOST GRACIOUS, MOST MERCIFUL.**

In Sura al-Nahl (ch.16) : verse 69 the Holy Quraan informs us that honey contains curative power for our physical ailments .

“... there issues from within their (bees) bodies a drink a varying colours , wherein is healing for mankind : verily in this is a sign for those who give thought .”

In the light of this verse early Muslims made much use of honey while preparing medicine . However , to the western world its medical importance was unknown .

Up till the 19th century in Europe , honey was considered only a liquid food . Late in the 20th century , European scholars found that honey contained antiseptic properties .

This is what an American magazine has to say about modern research on honey :

“Honey is a powerful destroyer of germs which produce human disease. It was not until the 20<sup>th</sup> century , however, that this was demonstrated scientifically. Dr W. G. Sackett formerly with the Colorado agricultural college at Fort Collins , attempted to prove that honey was a carrier of disease , much like milk. To his surprise all the disease germs he introduced into pure honey were quickly destroyed.”

“The germ that causes typhoid fever died in pure honey after 48 hours exposure .

Enteritidis , causing intestinal inflation , lived 48 hours .

A hardy germ which causes broncho - pneumonia and septicaemia held out for 4 days .

Bacillus coli communis which under certain conditions causes peritonitis , was dead on the 5th day of experiment .

According to Dr. Bodog Beck , there are many other germs equally destructible in honey .

The reason for this bacterial quality in honey , he said , is in its hygroscopic ability .

It literally draws every particle of moisture out of germs . Germs like any other living organism , perish without water . This power to absorb moisture is almost unlimited. Honey will draw moisture from metal , glass , and even stone rocks ."

**Worksheet**

1) What is meant by the expression, 'the hygroscopic ability of honey'?

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2) The verse quoted in the above lesson ends on the note, '**verily in this is a sign for those who give thought**'. Do comment on it.

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3) What do you understand by the expression, 'honey has antiseptic properties'?

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4) How do bees communicate with each other?

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