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## **THE BEEKEEPING PRODUCTS IN THE MEDICAL, PHARMACEUTICAL AND COSMETIC PRACTICE**

**Introduction.** Apitherapy is the medical use of bee products. Honey, parchment, wax, propolis, royal jelly and bee venom, bee mortar, wax moth, drone homogenate are used. Apitherapy originates from Ancient Egypt, Greece and China. There are references in the Vedas, the Bible and the Quran [2, c.341]. Nowadays, when the pharmacological market is teeming with an abundance of synthetic drugs, which in addition to the therapeutic effect have an adverse effect on the human body, people are increasingly turning to traditional medicine, in particular apitherapy. Natural biologically active substances, although they do not have an instant effect on one or another side of the pathological process, nevertheless, treat the causes of the disease, and not their symptoms. Undoubtedly, beekeeping products can be attributed to the group of naturally occurring most biologically active substances. People have long been engaged in beekeeping. In folk medicine, hundreds of recipes are known for using this.

**Objectives.** The basic objectives of this research are:

- to investigate apitoxinotherapy, propolisotherapy, apilotherapy, wax therapy;
- to analyze the properties of bee honey, bee venom, propolis, royal jelly, wax;
- to identify and evaluate the impact of drugs on human health.

**Presenting main material.** The most common use of apitherapy is the treatment of bee venom. The most active component in the venom is Mellitin, which has many healing properties. Mellitin has a wide antibacterial spectrum of action. Apitherapy is effective and safe for the treatment of psoriasis. The components of bee

venom organically fit into the cell structure, into biochemical processes, resulting in the mobilization of the body's defenses. The bee venom contributes to the expansion of cerebral vessels, reduces blood pressure, tones the heart muscle, lowers blood cholesterol, has the property of thinning blood. Therefore it prevents blood thrombosis.

The biological composition of honey is similar to our blood serum. That is why it so well normalizes metabolism and helps in the treatment of many diseases. Beekeepers are convinced that if you eat at least 60 grams of honey a day, there will be no health problems [1]. After all, honey has an extremely valuable complex of nutrients. Its chemical composition is quite complex and varied. These are, in particular, carbohydrates, organic acids, nitrogenous compounds, minerals, vitamins, hormones, enzymes, essential oils, etc. Honey also contains vitamins: C, B1, B2, B6, PP (niacin), biotin, pantothenic acid and folic acid. There is evidence of the presence of vitamins A, K, E and some others. The content of vitamins in honey varies depending on the species composition of the plant and the time of nectar collection. I must say that honey is absorbed by 100%, which is not true of any other product. Honey is necessary for the elderly to improve the normal state of blood vessels and metabolism, to preserve memory, and to children – for growth and development. Honey is a great tool for successful development of organism. However, it is impossible to overestimate the importance of honey. Honey stored in honeycomb has unique properties. Therefore, their chewing has a beneficial effect on the mucous membrane of the respiratory tract. But most of all for the treatment of the respiratory system is the so-called zabrus – wax lids of honeycombs, which are cut off before pumping honey.

In folk medicine, bee pollen is widely used. Pollen is often collected in the morning when there is warm and quiet weather. It has high nutritional and medicinal value [1]. Many people who buy and use pollen often do not adhere to the required doses of these drugs. It is no secret that treatment is important to follow your doctor's

advice. The same pollen has different effects and can help with various diseases. In combination with honey, pollen has long been used to restore health after serious infectious diseases. The positive effect of pollen in the treatment of ailments of the gastrointestinal tract, kidneys, liver, cardiovascular disorders, prostate hypertension was noted. In anemia, pollen increases the content of hemoglobin and erythrocytes in the blood. In this case, you should take pollen for 1 teaspoon three times a day before meals, drinking water. Beekeepers recommend: to mix pollen with honey. Be sure to adhere to the following composition: 1: 1 or 1: 2. The systematic use of pollen reduces blood pressure, increases appetite and performance [1]. Pollen is also a natural antibiotic, improving the mental neurasthenic state of the body. This beekeeping product is a great biological stimulant and is used to prevent premature aging of the organism, contributes to clarity of thought and regains physical strength. In any case, pollen should be taken for a long time (1-3 months) and always systematically 10-15 minutes before eating in the morning or before the second breakfast. This is especially important for children, the sick, or the weak.

**Conclusions.** Beekeeping products such as honey, wax, propolis, pollen and royal jelly act as biogenic stimulants and have valuable medicinal properties. They are completely harmless to the body, because they do not have side effects, contribute to the removal of poisons and salts of heavy metals, and have a protective effect. Bee venom has no less curative properties, but it is not recommended for patients with allergic reactions. Beekeeping products increase efficiency and endurance, are indispensable in extreme conditions, strengthen the immune system. The greatest effect is obtained by the integrated use of honey with other biologically active beekeeping products.

## REFERENCES

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