

Asst. Prof. Dr. Chatpa Hattakosol. (2022, March), Manuka Honey and Immunity : Gourmet & Cuisine : 260 : 74-75

Honey is a naturally sweet product. More than 80% of honey is composed of glucose and fructose and 20% is water, vitamins and minerals. But there is another type of honey that has great health properties. And it is widely accepted and has a higher price than other types of honey.

**Manuka honey** is the nectar obtained from the pollen of the Manuka plant. It is found in New Zealand and the east coast of Australia. The honey obtained from the Manuka tree is said to be very useful in terms of its pharmacological properties.

There is currently scientific and clinical evidence supporting the use of honey in wound healing, various reactions that happens to the skin or even damage to the epithelium after radiation or chemotherapy. antibacterial anti-inflammatory It is also rich in many types of phytochemicals that act against free radicals. With properties that can be antibacterial and anti-inflammatory. Manuka honey thus helps in the functioning of the immune system of the body.

In addition, Manuka honey has a low pH (pH 3.5-4.5), which makes it difficult for bacteria to thrive. This makes it possible to capture germs by surrounding and swallowing. (Phagocytosis) is better.

Manuka honey has a variety of benefits. But the amount of consumption in order to be safe for the body should be consumed in the right amount. When purchasing Manuka honey, you should choose a product that has been approved by the Food and Drug Administration. To reduce the risk of contaminant exposure during the manufacturing process

**However, people with high blood sugar or diabetic patients Should consult a doctor before making a decision to consume. Because honey contains sugar, it can affect the health of these people if consumed improperly.**

