

به نام خالق دنیای شگفت انگیز زنبور عسل



مهمترین شاخص های موثر بر خواص درمانی و دارویی عسل

دکتر اصغر زربان

استاد و عضو هیئت علمی دانشگاه علوم پزشکی بیرجند



a)

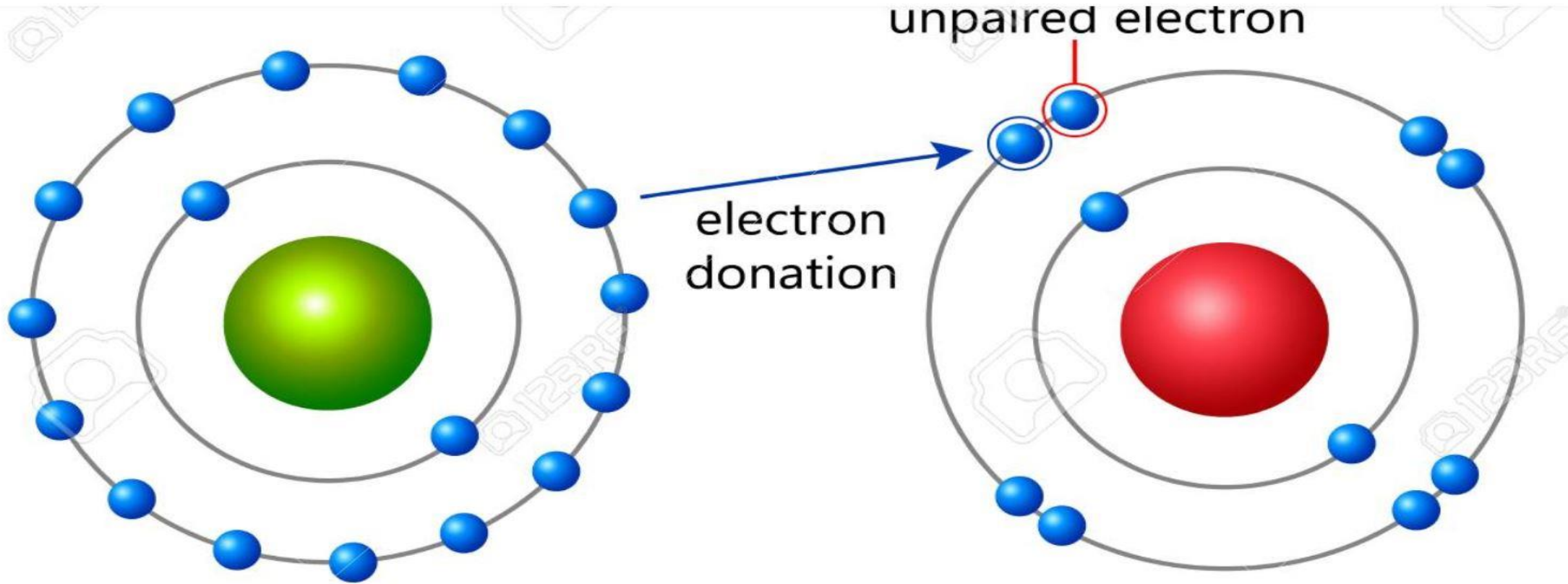


b)



c)

Figure 8. Frequency word clouds of (a) titles; (b) abstracts; (c) keywords.



ANTIOXIDANT

FREE RADICAL

chemically reactive unpaired electron + electron donation:
stable electron pair is formed, free radical is neutralised

خواص درمانی و دارویی عسل

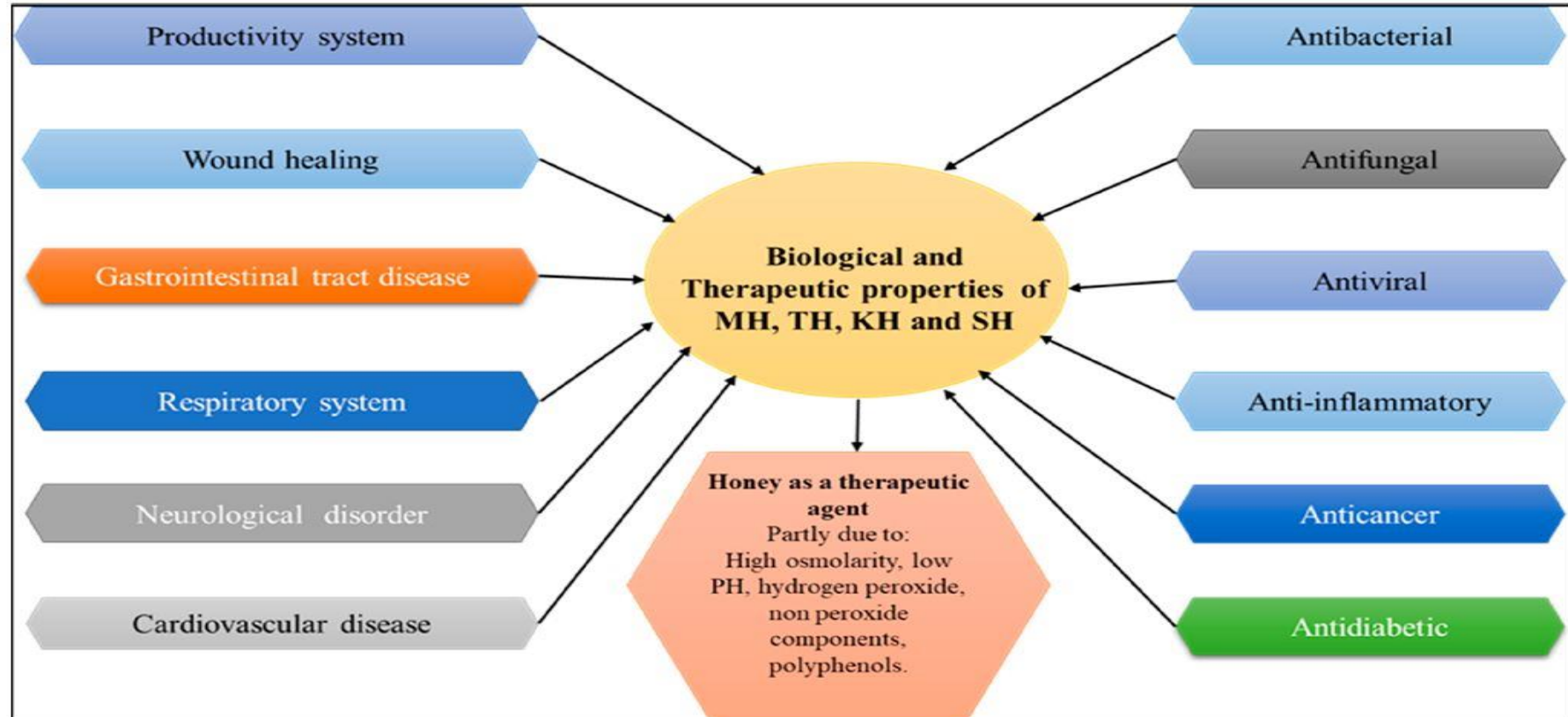


Figure 1. Schematic representation of the therapeutic effects of honey. Adapted from Nweze et al. (2019) [26], Vazhacharickal et al. (2021) [27], Al-kafaween et al. (2022) [28], and Rao et al. (2016) [61].

عسل و ديابت

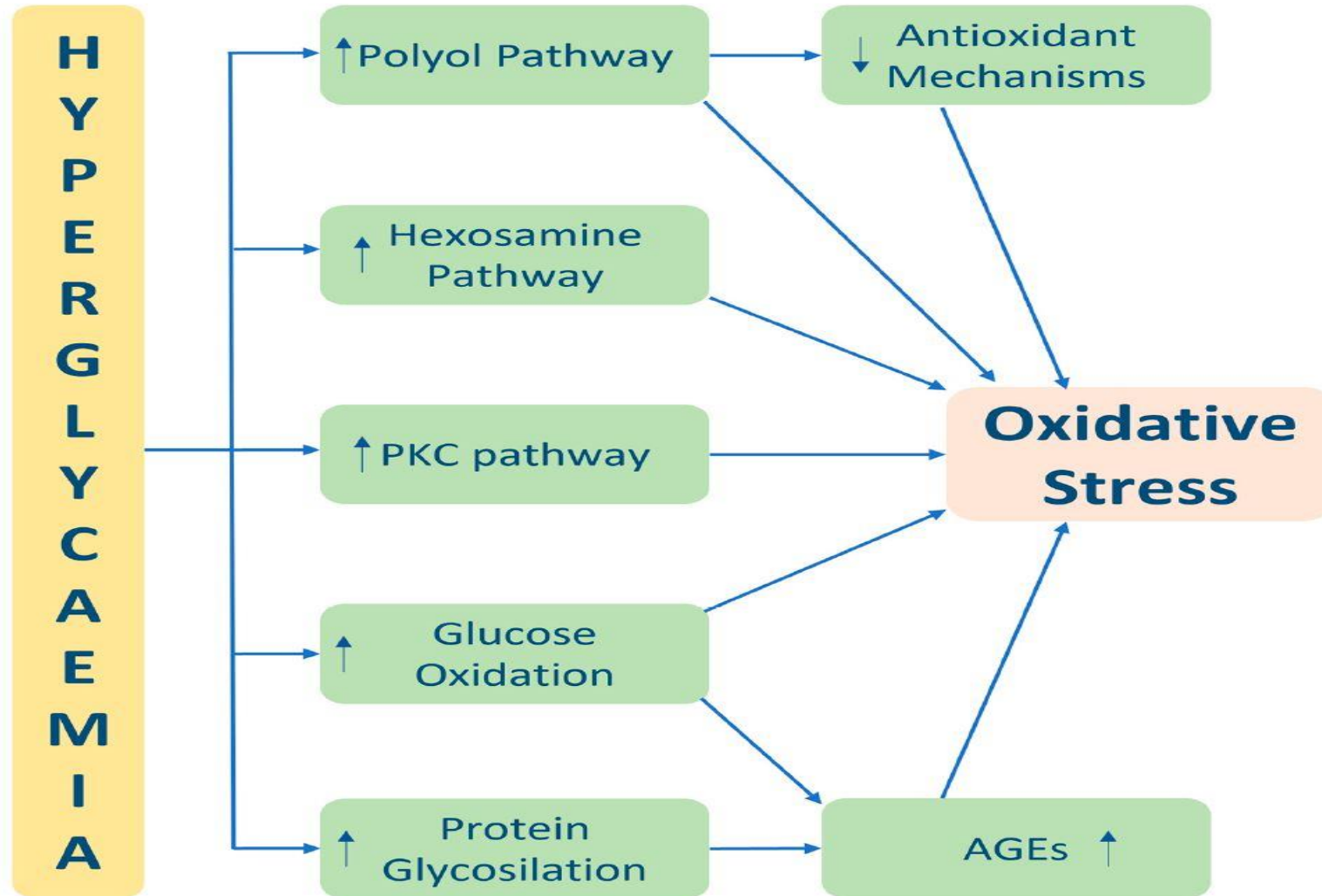


Figure 1. Main pathophysiological mechanism of hyperglycaemia induced oxidative stress. Abbreviations: PKC—Protein Kinase C and AGEs—advanced glycation end products.

عسل و چاقی

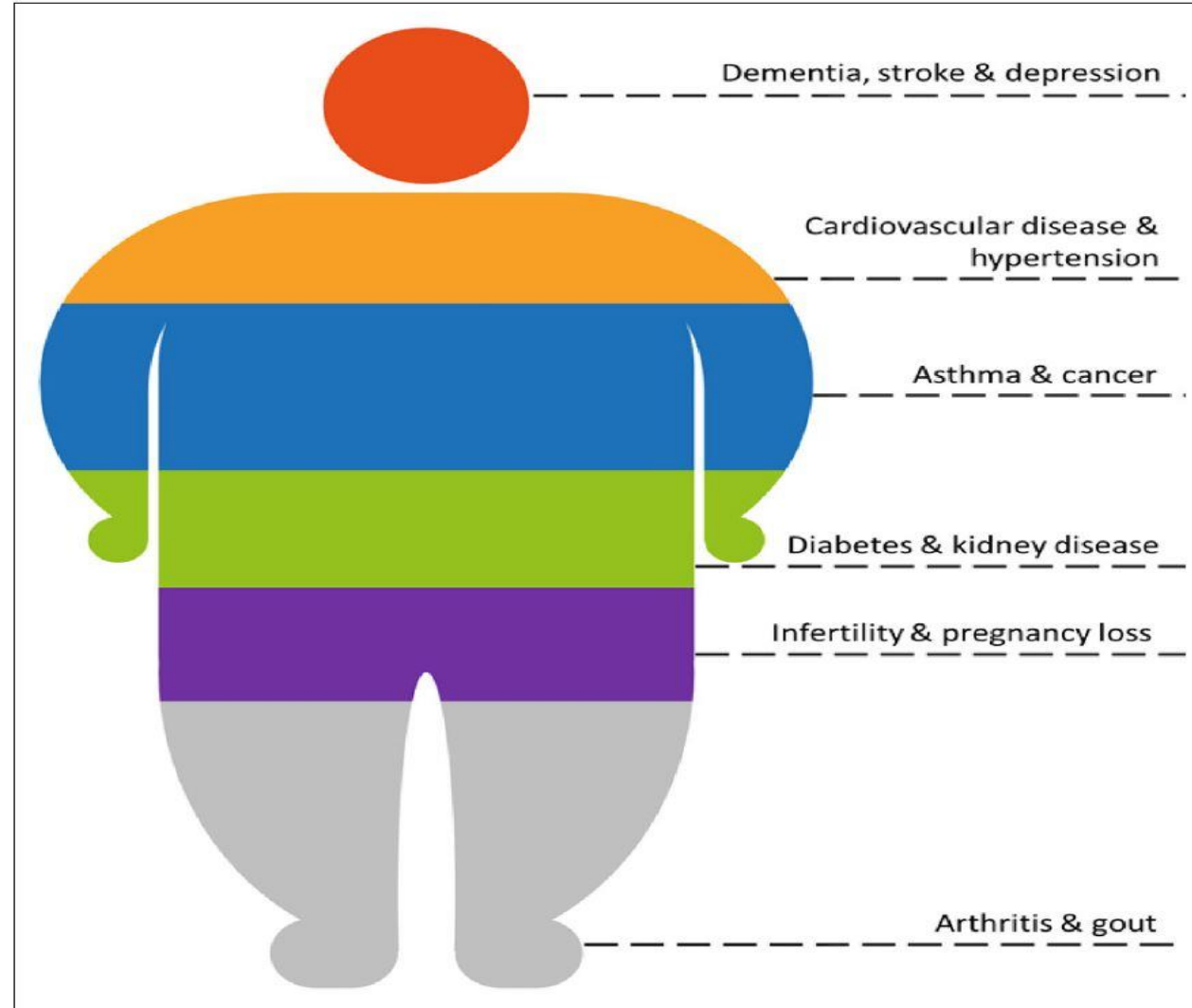


Figure 1. Complications due to obesity.

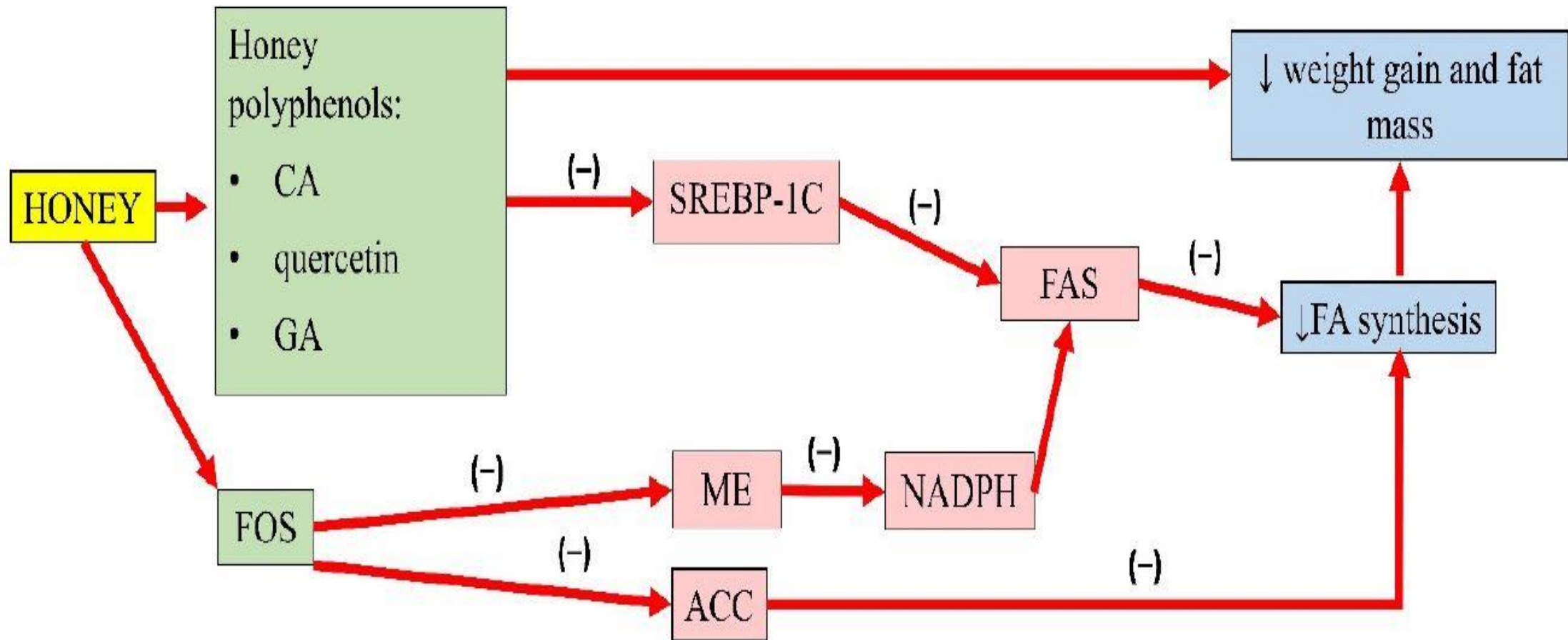


Figure 1. Summary of the antiobesity properties of honey. CA, caffeic acid; GA, gallic acid; FOS, fructo-oligosaccharides; SREBP-1C, sterol regulatory element-binding transcription factor 1C; ME, malic enzyme; ACC, acetyl-CoA carboxylase; FAS, fatty acid synthase; NADPH, nicotinamide adenine dinucleotide phosphate; FA, fatty acid; (-), inhibit; ↓, reduce.

عسل و پدیده پیری و پوکی استخوان

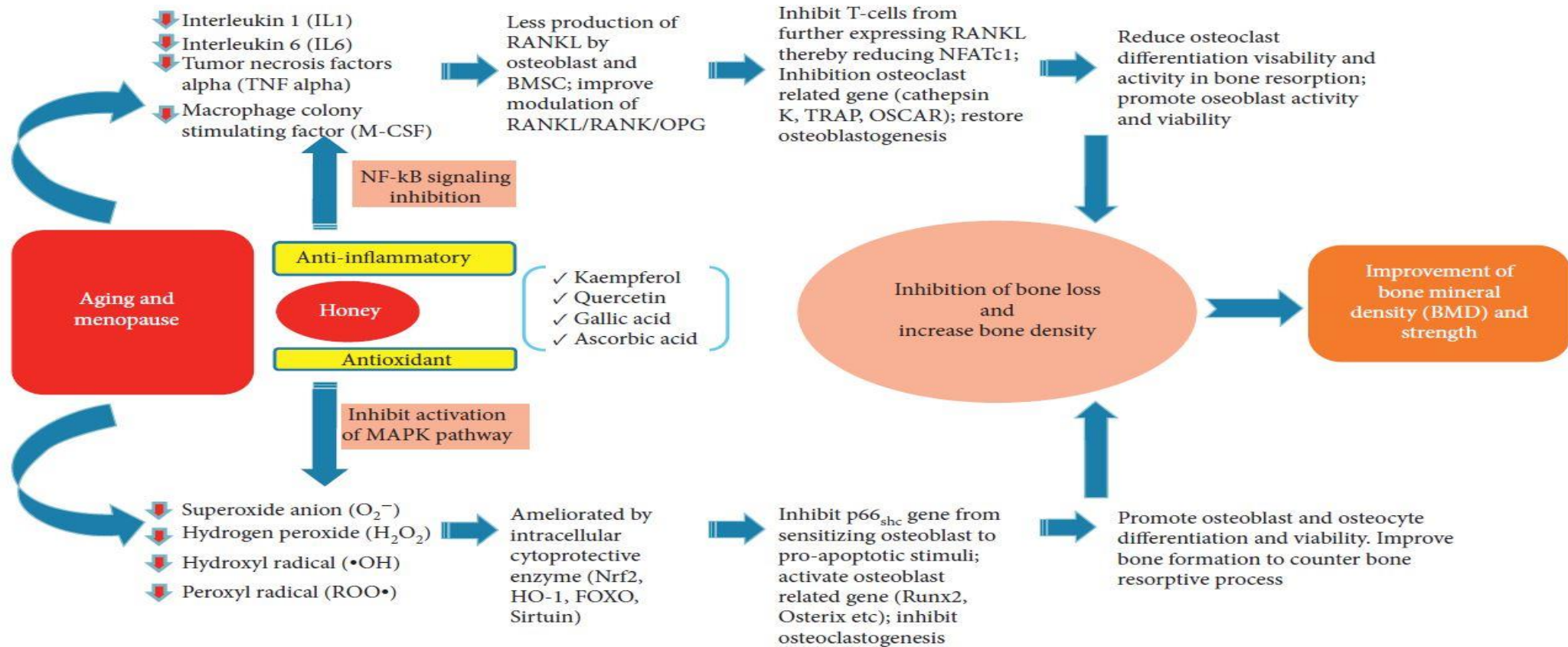


FIGURE 1: Potential effects of honey on bone health. Menopause and ageing give rise to oxidative stress and chronic low-grade inflammation, which cause bone loss. Phytochemical components found in honey, such as quercetin, kaempferol, gallic acid, and ascorbic acid, exert antioxidant and anti-inflammatory action by inhibiting activation of MAPK pathway and NF-κB signalling, respectively. This action will prevent the formation of osteoclasts and favour bone formation by osteoblasts, subsequently preserving bone density.

عسل و بیماریهای نورودژنراتیو (آلزایمر، افسردگی و ...)

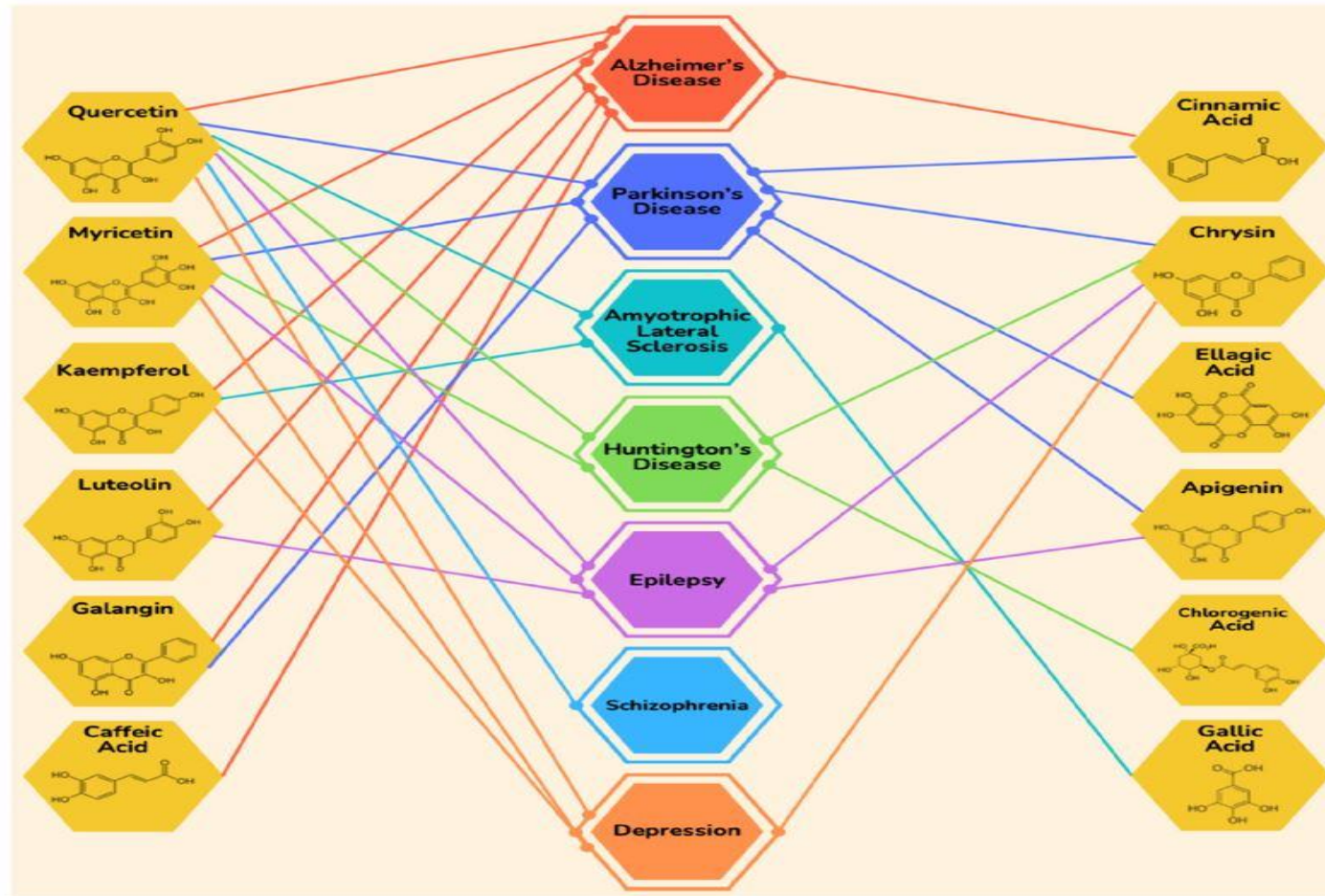
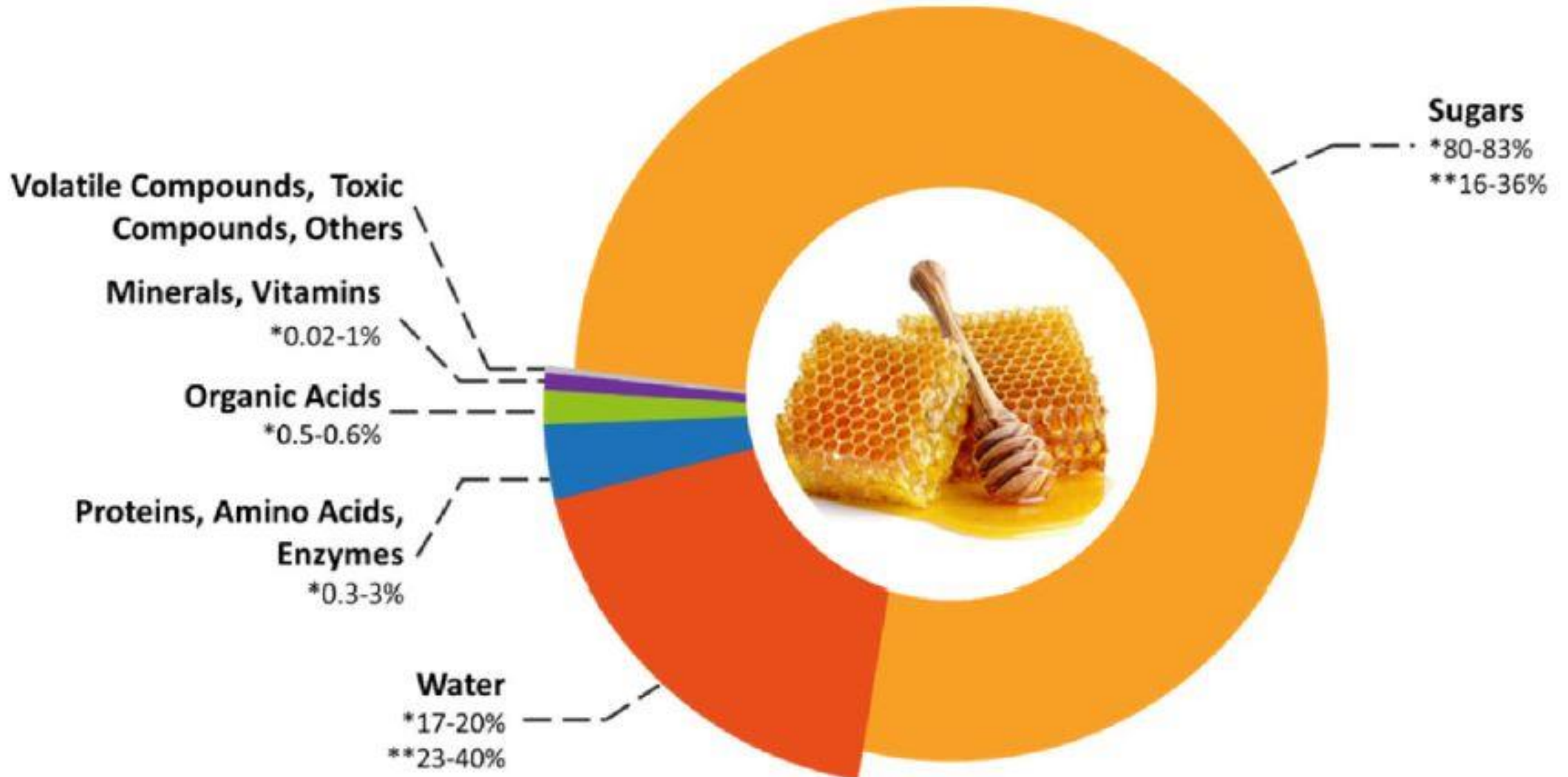


Figure 1. The therapeutic potential of various polyphenols in honey in different neurological disorders. Various types of honey have a wide range of these vital polyphenols, suggesting honey as a potent complementary and alternative medicine for the management and treatment of a variety of neurological diseases.

ضرورت انتخاب و دست‌رسی به عسل‌های با خواص
درمانی و دارویی مناسب

چالش‌های موجود

ترکیبات و اجزاء عسل



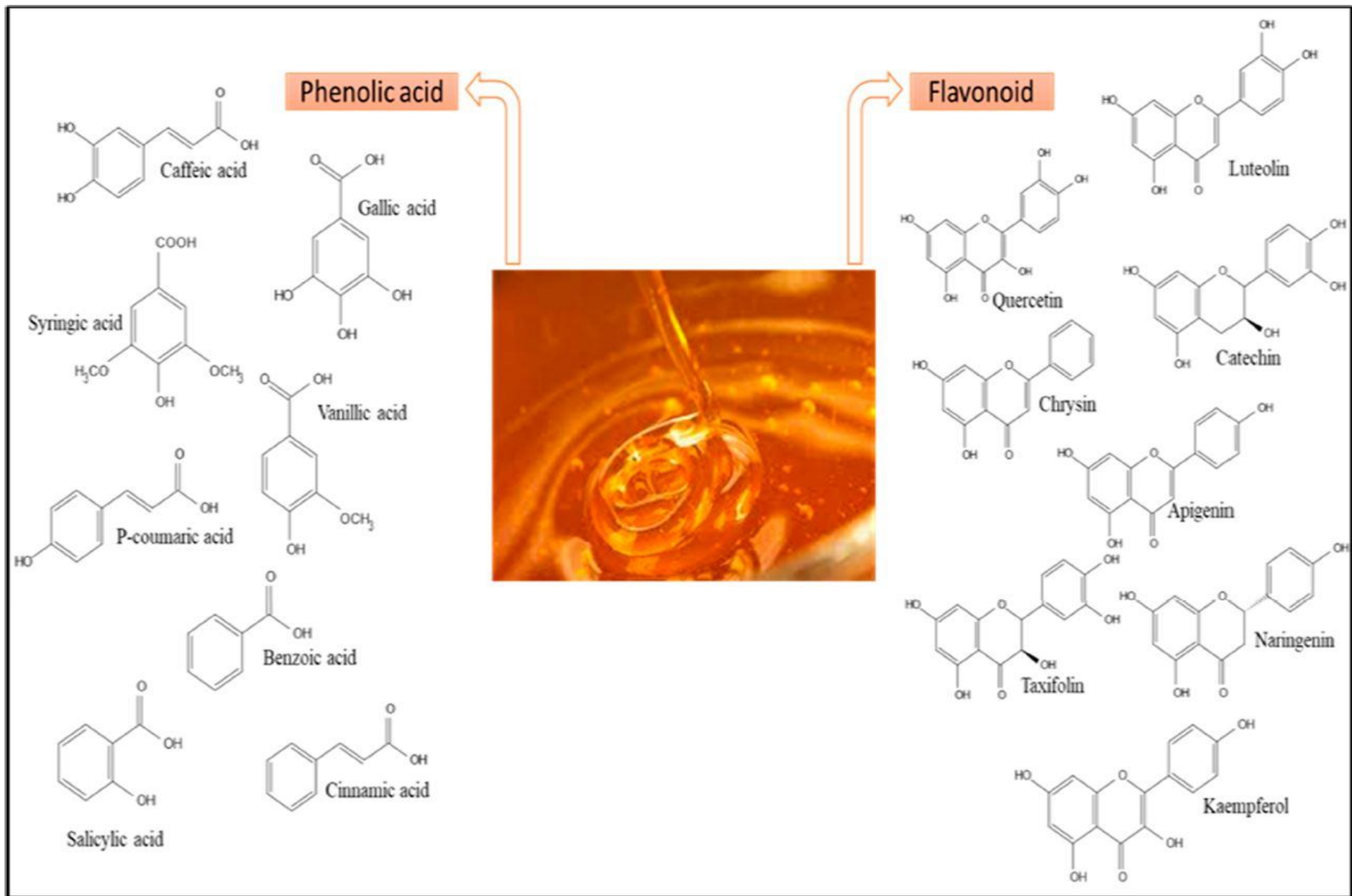


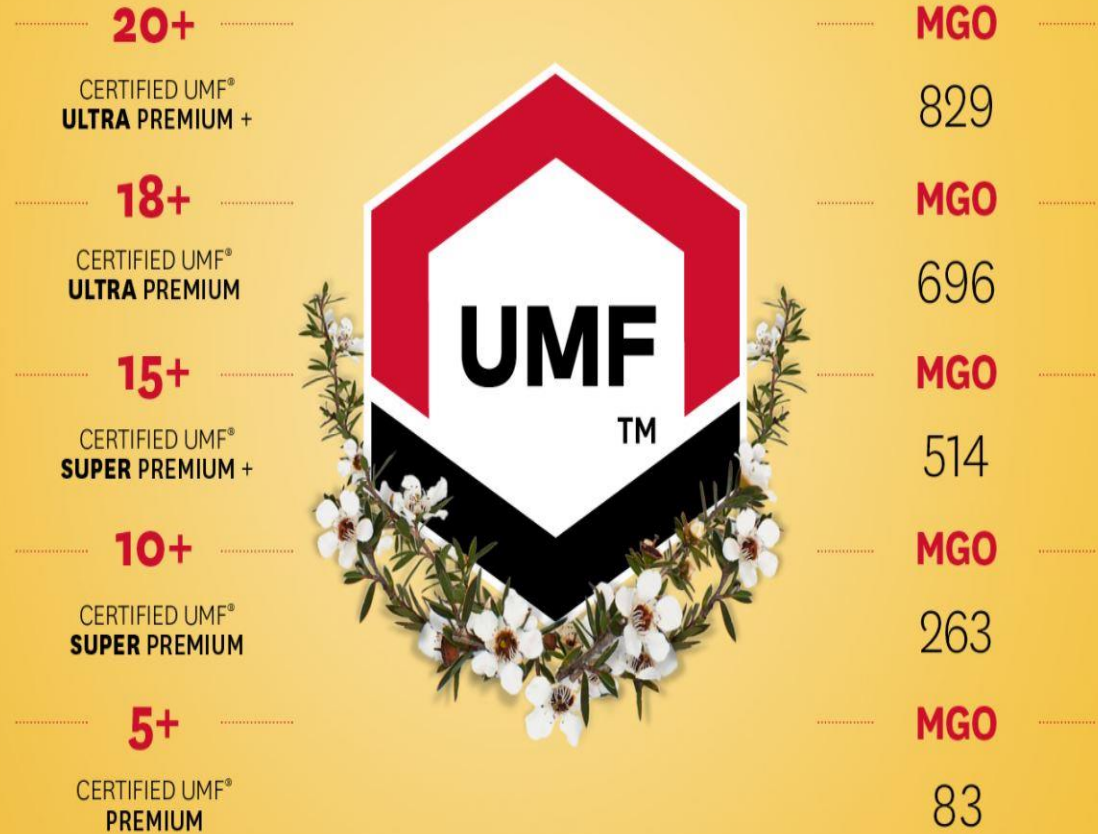
Figure 2. Most common phenolic compounds identified in honey. Adapted from Cianciosi et al. (2018) [67].

مشهور ترین عسل دنیا چیست و چرا ???



**Manuka
Honey**

how the ratings compare
UMF vs MGO





Time to rediscover
MEDICINAL HONEY

Select the best based on:



Current general analysis

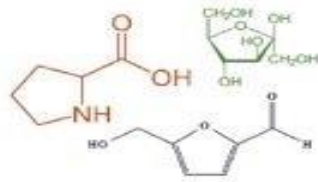


Current advanced analysis

h-PAD score



Routine tests to evaluate the quality of honey:
Measurement of hydroxyethyl furfural (HMF)
Determining the ratio of fructose to glucose
Determining the amount of sucrose
Determining the diastase activity
Determining the amount of proline



Though high tech facilities can be used for confirmation and validation, the use of advanced laboratory equipment is time-consuming and demands high costs.



But we suggest you a better option!

Among the routine indicators, measuring the level of phenolic compounds as well as the antioxidant capacity of honey samples is not discussed, although these two groups of biomolecules play a pivotal role in the biological effects and medicinal value of honey.



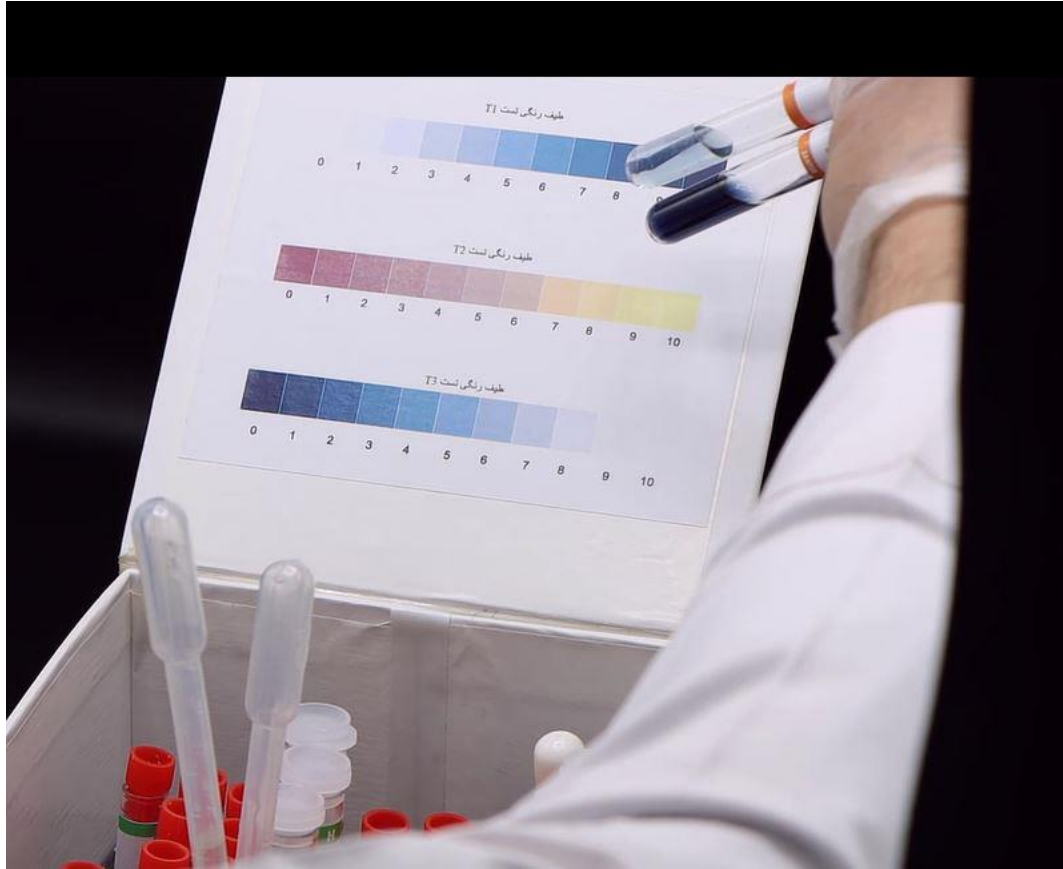
Qualitative

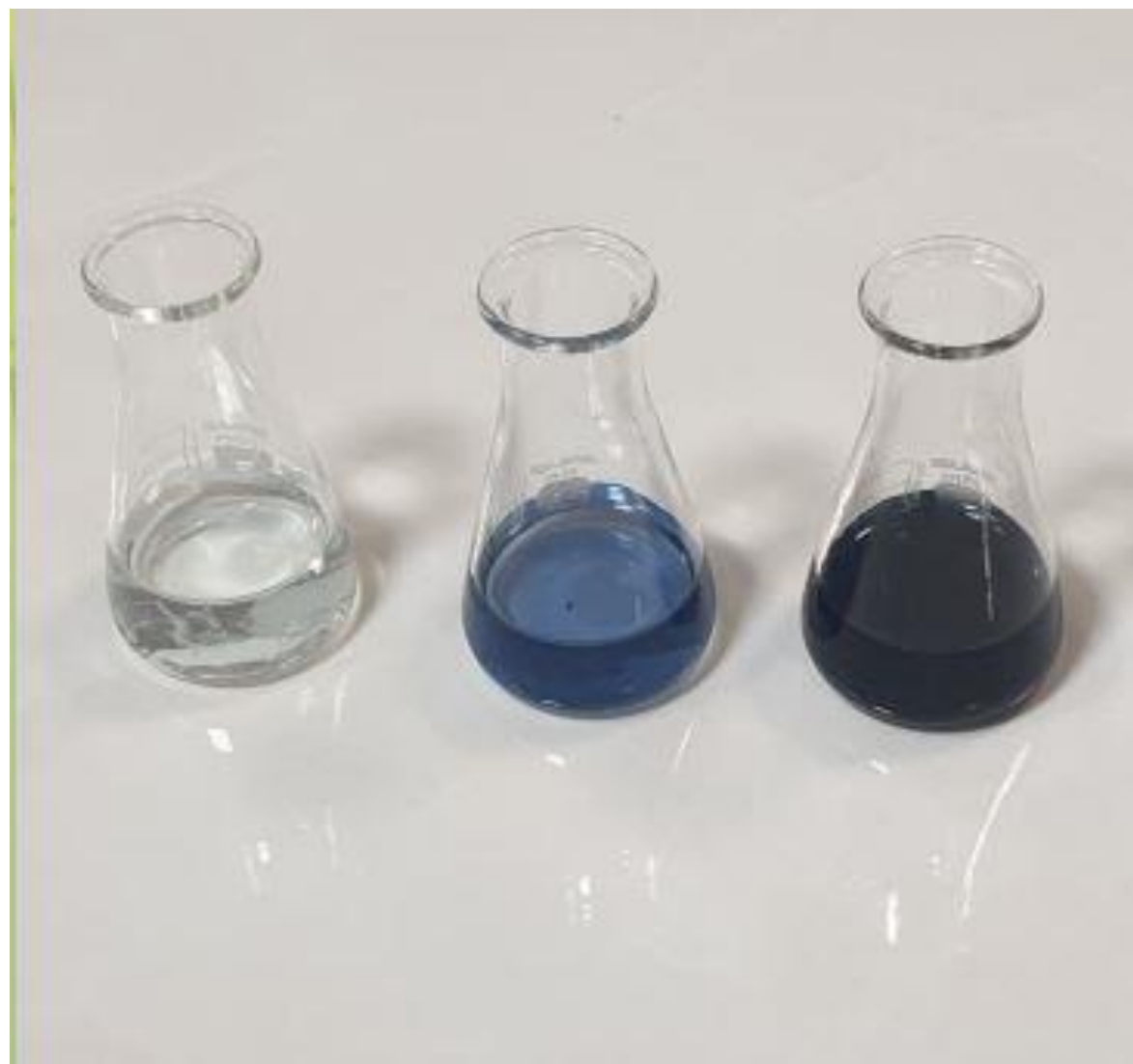
Kavosh Arian Azma Company (KAA Co)



Quantitative









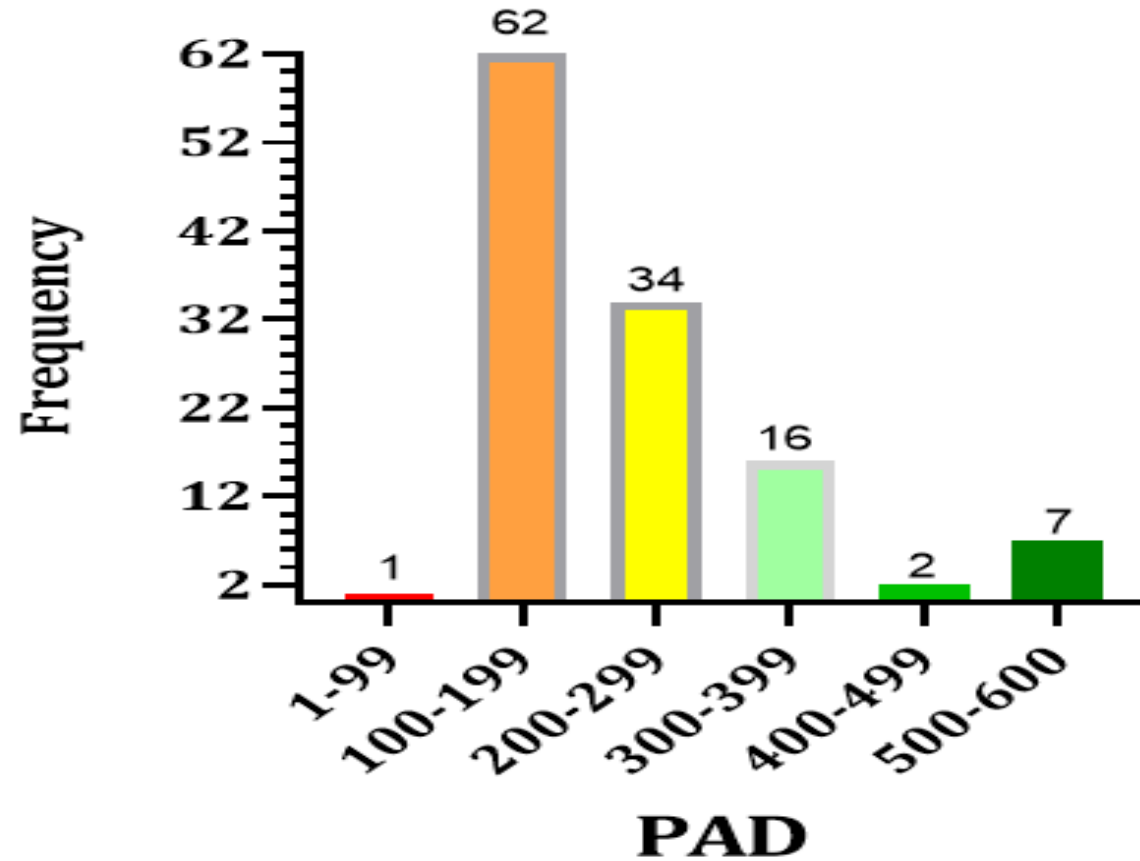


PAD

VS.

MGO

فراوانی انواع عسل بر اساس شاخص پاد





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تشکر از همراهی

