

## HONEY

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**Scientific Name:** Apis mellifera

**Kingdom:** Animalia

**Order:** Hymenoptera

**Genus:** Apis

**Species:** Mellifera

**Family:** Apidae

**Part of plant used:** Herb



**Synonyms:** Apis mellifera scutellata, Apis, Black bee, Apis mellifera adansonii, Apis mellifera.

**Uses:** Honey is used as weight management, Strengthens Immune system, Nourishes skin and face, Boosts memory, Remedy for Cough, Used for Healing Wounds, Prevents and helps control Eczema, Eases sinus issues

**Phytochemicals:** The components of honey, with antioxidant properties, Glycosides are phenolic acids and Flavonoids.

## LITERATURE AND PROPERTIES:

- Honey is one of the most appreciated and valued natural products introduced to humankind since ancient times.
- Honey is used not only as a nutritional product but also in health described in traditional medicine and as an alternative treatment for clinical conditions ranging from wound healing to cancer treatment.
- Honey contains an array of plant chemicals that act as antioxidants. Some types of honey have as many antioxidants as fruits and vegetables. Antioxidants help to protect your body from cell damage due to free radicals.
- Honey is sometimes used to treat digestive issues such as diarrhea, it contains beneficial prebiotics, meaning it nourishes the good bacteria that live in the intestines.
- Honey is produced by bees collecting nectar and honeydew for use as sugars consumed to support metabolism of muscle activity during foraging or to be stored as a long-term food supply.
- Honey is a folk treatment for burns and other skin injuries.

### Weight management:

Honey burns body fat even while when you are sleeping. It is one of the best foods for losing weight. helps increase the metabolism, which in turn helps reduce weight faster. Honey is also good for improving your overall health.

### Strengthens immune system:

Its antioxidants and bacteria-fighting assets also help against fighting infections that are caused by viruses, bacteria and fungi. honey has the highest number of antioxidants and when consumed daily can be beneficial for boosting immunity in the long run and this is why honey has known to be one of the best immunity boosting foods.

### Nourishes skin and face:

Honey for skin is very useful because of its moisturizing and nourishing properties. Honey is the best natural moisturizer, especially for dry skin. It also helps curing cracked lips during winters. Many people also use honey masks for skin tone correction. Also being a natural antiseptic, it is useful for treatment of wounds, bruises, cuts, burns and other infections.

## Boosts memory:

Boosting memory and concentration honey prevents metabolic stress and helps calm and soothe the brain, which helps in augmenting memory in the long run. The natural antioxidants and therapeutic properties in honey help in boosting brains' cholinergic system and circulation and receding cells that cause memory loss.

## Remedy for Cough:

Honey is known to be one of the best home remedies for dry cough as well as wet cough. Honey can reduce irritation in the throat. Honey is the preferred natural remedy for cough, especially for kids, as it helps to relieve nocturnal cough, allowing proper sleep.

## Used for Healing Wounds:

Honey has antibacterial, antifungal, and antioxidant properties, which is why honey is used for healing wounds. After any skin injury, bacteria that live on your skin can infect and penetrate the wound site. Honey, has been found to destroy these bacteria.

## Prevents and helps control Eczema:

Honey acts as a natural cleanser by removing dirt and making the skin smooth and soft. It can also be used for exfoliation of the skin by mixing it with oats in order to remove dead cells. Regular use of honey prevents eczema.

## Eases sinus issues:

Honey on the other hand is a natural anti-bacterium and anti-septic that helps to clear the infections and reduce inflammations. Honey also soothes throat and reduces coughs and strengthens the immune system thereby causing less sinus attacks.

## • We at Konark, provide •

Liquid, Soft extract and Dry Extract of Honey that can be used in formulating Ayurvedic, Nutraceutical and Cosmeceutical formulations

**Soft Extract | Liquid Extract | Dry Extract – Glycoside up to 5% by Gravimetric**

## Coenzyme Q10 (CoQ10)

- Coenzyme Q10, also known as CoQ10/ Ubiquinol, is a compound that helps generate energy in your cells.
- It is made by our body and stored in the mitochondria of cells. It is fat soluble compound.
- Our body produces CoQ10 naturally, but its production tends to decrease with age. Thus, we need to supply it through supplements or foods.
- Its other crucial role is to serve as an antioxidant and protect cells from oxidative damage.



### BENEFITS



#### It helps keep your skin young

Applying CoQ10 directly to the skin can reduce the damage from internal and external agents by increasing energy production in skin cells and promoting antioxidant protection. In fact, CoQ10 applied directly to the skin has been shown to reduce oxidative damage caused by UV rays and even decrease the depth of wrinkles.



#### It helps to treat heart failure

Coenzyme Q10 plays an important role in conducting signals within the heart muscle & in generating energy. The concentration of Coenzyme Q10 has been inversely related to the severity of heart failure. Supplementation with Coenzyme Q10 improves heart failure.



#### It helps to improve Fertility

CoQ10 supplementation has been shown to improve egg quality, sperm quality, and pregnancy rates. Taking CoQ10, Sperm and eggs both take about 90 days to develop.



#### It helps with Exercise Performance

Oxidative stress can affect muscle function, and thus, exercise performance. CoQ10 can help lower oxidative damage, promote exercise capacity, and decrease fatigue.





## It Prevents headache

Abnormal mitochondrial function can lead to an increased calcium uptake by the cells, the excessive production of free radicals and decreased antioxidant protection. This can result in low energy in the brain cells and even migraines. Supplementing with CoQ10 seems to help prevent and treat migraines, as it increases mitochondrial function and reduces inflammation.



## It helps with Diabetes

Oxidative stress can induce cell damage. This can result in metabolic diseases like diabetes. CoQ10 has been shown to improve insulin sensitivity and regulate blood sugar levels.



## It plays a Role in Cancer Prevention

Oxidative stress is known to cause cell damage and affect their function. Co Q10 plays a critical role in the protection of cell DNA and cell survival, both of which are strongly linked to cancer prevention and recurrence.



## It is good for the Brain

Coenzyme Q10 increases both brain and brain mitochondrial concentrations. CoQ10 levels naturally decrease with age, the mitochondrial function may decrease as well. With lower levels of CoQ10, the number of free radicals in the brain can increase and cause oxidative stress. As such, CoQ10 supplements may reduce free radicals in the brain and protect cells from oxidative damage.



## CoQ10 protects the Lungs

Of all your organs, our lungs have the most contact with oxygen. This makes them very susceptible to oxidative damage. Increased oxidative damage in the lungs and poor antioxidant protection, including low levels of CoQ10, can result in lung diseases like asthma and chronic obstructive pulmonary disease (COPD). Supplementing with CoQ10 reduces inflammation in individuals who have asthma, as well as their need for steroid medications to treat it.

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Co-Enzyme Q10 that can be used in formulating Nutraceutical and Cosmeceutical formulations.

## Notes





## SANDAL FLORA

Sandal Flora is woody, floral fragrance specially developed for soap. This rich traditional fragrance has exotic, floral, creamy, smooth, woody, powdery, musky note.

This fragrance is open up with the fresh woody floral note of sandalwood, rose, mint and citrus oil. Middle note are geranium, Orange flower, Ylang Ylang and fresh cream. The base note is Patchouli, Cedar wood, Civet and Musk.

The sweet woody floral essence of this fragrance is linger on skin also that graceful aroma of sandalwood provides soothing, relaxing and warm effect like sandal wood oil.

**Uses:** - This fragrance uses for soap.

**Recommended dose:** - for soap is 1-1.2%



## FLORAL BOUQUET-KNK977

- Sandal Flora is woody, floral fragrance specially developed for soap. This rich traditional fragrance has exotic, floral, creamy, smooth, woody, powdery, musky note.
- This fragrance is a beautiful combination of floral, sweet, powdery, fresh, musky, smoky, amber, woody notes.
- After burning, this incense stick release soothing fresh, sweet, floral, powdery aroma of rose, geranium, amber, sandal wood and vanilla. This incense stick helps to create calming and relaxing atmosphere.
- This fragrance relax body and mind enhance spiritual meditation and fills the room with warm and pleasant aroma.

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