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Treatment of wounds have significantly progressed over the last few decades with the development of sophisticated wound care products such as advanced wound dressings like duoderm and tegaderm. However, many people still prefer natural treatments or home remedies for their ailments including injuries and wounds. Honey is one such remedy that has been used for thousands of years for treatment of various health problems including wounds. Highly advanced antibiotics developed in the past few decades replaced honey but due to the emergence of antibiotic resistant bacteria, honey is making a comeback and again gaining popularity.

There is considerable amount of research being done on natural remedies especially on honey. Studies at the University of Bonn in Germany with collaboration from scientists in Berlin, Homburg and Düsseldorf have reported very promising results on the use of Medihoney. Their studies showed that even the most stubborn chronic wounds healed from the use of medihoney. When compared with the most sophisticated antibiotics, it has proved to be of equal, sometimes even superior effectiveness against infections like MRSA (Methicillin-resistant Staphylococcus aureus). MRSA is one of the most difficult-to-treat infections, which is caused by a strain of staph bacteria. Long stay at hospitals and other nursing communities or long-term use of invasive medical devices such as catheters contributes heavily to these infections.

A team of scientists led by Dr. Simon at the Bonn University Children's Clinic conducted studies involving young patients in the cancer ward. These patients were considered high-risk because they were using a medicine that not only killed cancer cells but also had detrimental effect on the wound healing process. It took a considerable amount of time for injuries to heal among these patients. The researchers used Medihoney on these patients and have reported that the wounds heal faster and with very good results.

“What is more, changing dressings is less painful, since the poultices are easier to remove without damaging the newly formed layers of skin.” Some wounds often smell unpleasant “an enormous strain on the patient. Yet honey helps here too by reducing the smell. ‘Even wounds which consistently refused to heal for years can, in our experience, be brought under control with medihoney” and this frequently happens within a few weeks,” said Kai Sofka, wound specialist at the University Children's Clinic.

There are two primary types of medihoney: one type forms significant amounts of hydrogen peroxide, which helps disinfect wounds, while the other type has very strong antibacterial properties. The antiseptic effect of honey is due to an enzyme called glucose-oxidase. The sugar in the honey activates the formation of hydrogen peroxide.

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