

# Honey ointment

Honey has antibiotic, antioxidant and antiviral capabilities.

Its anti-bacterial action is thought to be caused in two ways:

1. Honey contains the sugars dextrose and levulose which, through the process of osmosis, absorb water from the microbes, causing them to dry out and die.
2. Honey contains enzymes that release hydrogen peroxide.

Honey has excellent wound healing properties, even with chronic wounds that have resisted every sort of treatment over a long period of time

Many clinics today dress wounds with a liberal amount of sugar. Sugar alone dries the microbes out. A mixture of honey and sugar is even better.

Pure honey is very sticky, and not easy to put on sores and wounds. To overcome this problem, a nurse working at Maracha Hospital in north-west Uganda developed this recipe. She had many patients with bed sores, and found this ointment to be very effective. In addition, the hospital was saved the expense of buying ointments and creams from abroad.

## Uses of honey ointment

1. Burns
2. Chronic "hard to heal" wounds (sometimes called leg ulcers)
3. Acne
4. Bed sores
5. Skin complaints caused by allergies

## Ingredients

500g honey

250ml good vegetable oil, e.g. sunflower oil, shea butter, palm oil

About 70g beeswax (or candle wax)

## Materials required

One large saucepan

A smaller saucepan or bowl, that fits inside the large saucepan.

Wooden spoon for stirring

Ideally a measuring jug and scales

Sterile containers with (ideally) screw-top covers.

Materials to make good labels.

## Preparation

1. Clean the work surface and use only clean materials.
2. Half-fill the larger saucepan with water and bring to the boil.
3. Pour 250ml oil into the bowl or smaller saucepan.
4. Weigh 70g of beeswax, cut into small pieces and add to the oil. If you have no scale, add beeswax until the volume of the oil increases by 70 ml.
5. Place the bowl in the water bath (i.e. in the larger saucepan with boiling water) and stir until all the wax has melted. Note: It is very important that no water comes into the bowl with the oil and wax.
6. Remove the bowl from the water bath.
7. Add the honey slowly to the oil, stirring rapidly and continuously, until thoroughly mixed.
8. Pour the mixture into the containers and close them.  
When taking ointment from the container, always use a very clean instrument (teaspoon or wooden spatula).
9. Label the containers as indicated in the diagram.
10. Store in a cool, dark place.

*Your name*

### **Honey ointment**

For bed sores, grazes and wounds

Produced: *date*

Use by: *give a date 6 months later*

Store in a cool place