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**EFFECT OF BEE HONEY TREATMENT ON CONTROLLING  
THE LIPID LEVEL OF HYPERLIPIDAEMIA PATIENTS**

A PROJECT REPORT PRESENTED BY

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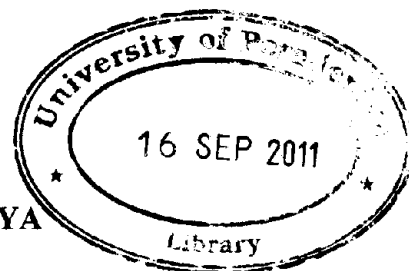
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# **EFFECT OF BEE HONEY TREATMENT ON CONTROLLING THE LIPID LEVEL OF HYPERLIPIDAEMIA PATIENTS**

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## **Abstract**

Honey ameliorates cardiovascular risk factors in healthy individuals and in patients with elevated risk factors. The present study investigated the effect of natural honey on total cholesterol (TC), triglyceride (TG), high density lipoprotein (HDL), low density lipoprotein (LDL) and fasting blood sugar (FBS). There were 40 patients, overweight, obese, high blood pressure, history of hyperlipidaemia who were randomly recruited into the study and assigned into two groups. Tested group (30 patients) and control group (10 patients). Patients in the tested group received 30 ml of natural honey daily for a maximum 40 days and patients in the control group received 30 ml pure water as a placebo for the same period.

In the tested group and control group, the body weight, body mass index and blood pressure was measured before the treatment. The investigation was repeated for total cholesterol (TC), triglyceride (TG), high density lipoprotein (HDL) low density lipoprotein (LDL) and fasting blood sugar (FBS) at day 41 after the commencement of treatment.

Results showed that honey caused a significant reduction in total cholesterol level, the patient's mean values were 245.53 mg/dl and 191.70 mg/dl before and after treatment, respectively. Patient's triglyceride mean values were 177.27 mg/dl and 155.23 mg/dl before and after treatment, respectively. Patient's LDL mean values were 160.17 mg/dl and 105.40 mg/dl before and after treatment, respectively. However results showed significant increase in patient's HDL mean values they were 49.67 mg/dl and 54.97 mg/dl before and after treatment, respectively, which in the normal range.

Therefore, the consumption of natural honey reduces cardiovascular risk factors. Particularly in subject with elevated risk factors and further more it does not increase fasting blood sugar. However, there were no favourable changes in full blood count (FBC) and urine full reports (UFR) that were studied.