THE STUDY OF THE EFFECT OF HONEY ON SYMPTOMS AND INTESTINAL FLORA OF PATIENTS WITH IRRITABLE COLON SYNDROME

A THESIS

Submitted For Partial Fulfillment
Of The Master Degree

In
Internal Medicine

B Y

SAAD EL DIN NAGUIB SAAD EL DIN

[M.B.,B.Ch.]

Supervised by

PROF.DR. YHIA MAHRAN

Prof. of Medicine.

PROF.DR.ALI MONIS

Prof.of Medicine.

DR. IBRAHIM KHALIL

Assist. Prof. of Clinical Pathology

DR. EMAD BARAKAT

Lecturer of Medicine

FACULTY OF MEDICINE
AIN SHAMS UNIVERSITY

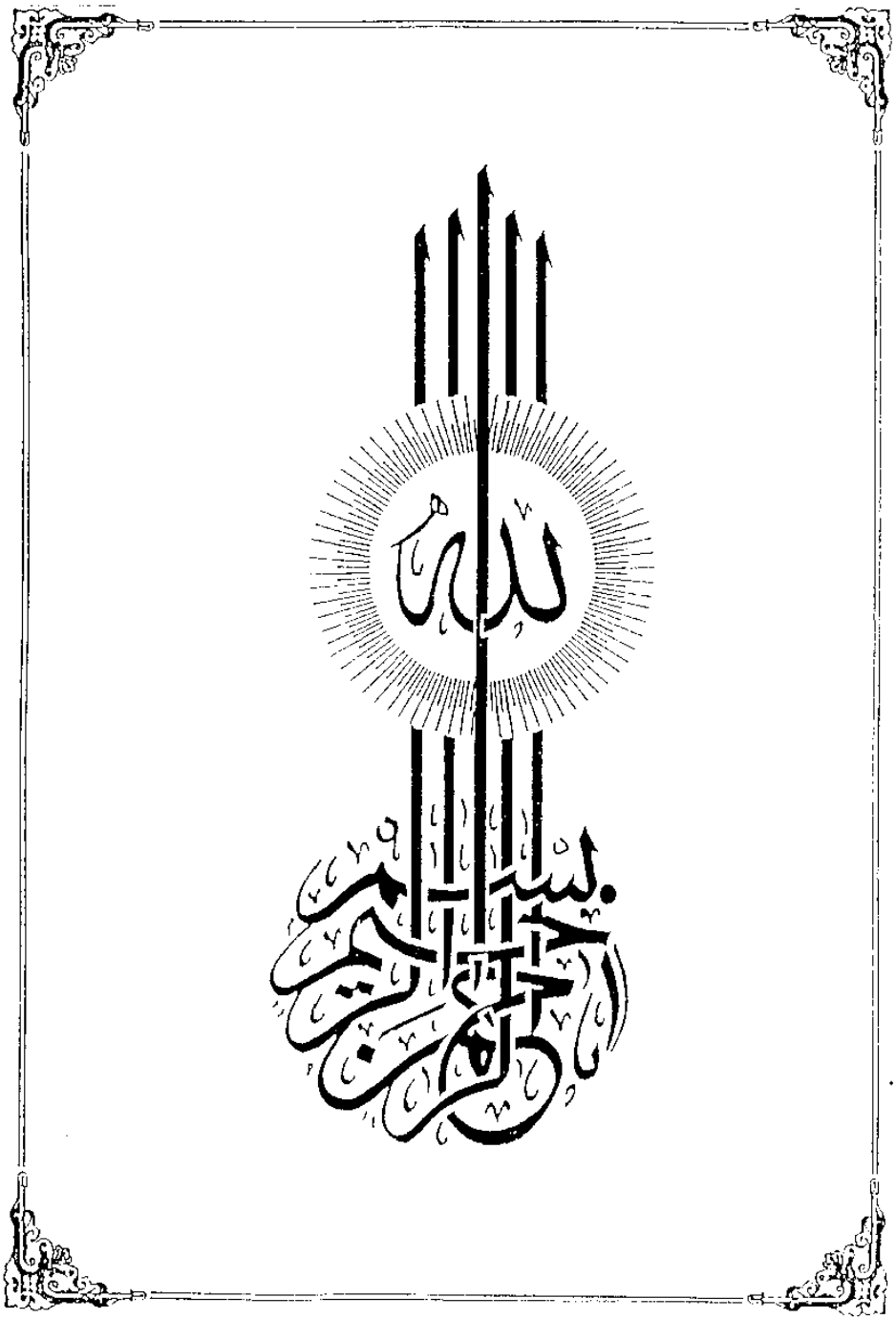
1986

بسم الله الرحمن الرحيم

" يخرج من بطونها شراب مختلف
ألوانه فيه شفاء للناس إن في
ذلك لآية لقوم يتفكرون ".

صدق الله العظيم

سورة النحل (آية ٦٩)



ACKNOWLEDGMENT

I wish to express my deepest gratitude to PROF. DR. ALI MONIS for encourging me to begin in this field for research under his supervision, for his encouragement, and his guidance throughout the work.

I would like to offer mey gratitude to PROF. DR. YHIA MAHRAN for his generous help and advice.

A am greatly indebted to Assist. PROF. DR. IBRAHIM HKALIL for his continous advice and unfailing help throughout the whole work.

I wish to thank DR.EMAD BARAKAT for his great help.

I would like to thank PROF. DR. ALI EL BANBY for his great help and guidance.

I wish to thank MR. MAGDY R IAD for his help in the practical work.

* * *

ABBREVIATIONS

I.C.S	:	irritable colon syndrome .
I.B.S	:	irritable bowel syndrome .
G.I.T	:	gastro intestinal tract .
Vit.	:	vitamin .
SD	:	standard deviation .

C O N T E N T S

* * *

INTRODUCTION

INTRODUCTION

Irritable bowel syndrome, is the commenest digestive disorder in clinical practice "more than 50% of all digestive troubles. It causesa great distress to those affected and a feeling of frustration for the physician attempting to treat it.

The pathogenesis of the I.B.S. is still unclear, it represents mainly a disturbed state of motility which may involve the entire gastrointestinal tract. These are 2 factors that appear to be important: irritation and psychologic disturbances. Evidence of multiple causalities are known to play a role as regard gut irritation, as an attack of dysentry,altered bacterial floral activity, food allergy, drugs [laxative abuse], autoimmunity and enzymatic deficiencies.

The relationship between gut flora and the pathogenesis of I.B.S is not yet fully explored. The disturbed bowel motility either due to neural, hormonol or electrolyte disturbance of the bowel, may leod to alteration of bacterial populations of the gut, with their clincal manifestations, and/or such bacterial alteration may induce further functional bowel disorders, via direct colonic neuromuscular effect oralateration of biliary metabolism or water and solutes regulation mechanism changes.

Such highly complicated system may play an important role in the pathogenesis of I.B.S. [Hamilton el al., 1982].

The most ancient papyrus in George Eber's collection of papyrus on medicine, written 3500 years age, says that honey should be used for wounds, to induce urination and ease the bowels. Edwin Smith's medical papyrus, too, contains interesting data on surgery and treatment of wounds with honey figuring as an important curative agent [Ioyrish, 1974].

In ancient Egypt, honey was considered one of the most effective remedies for various eye diseases. The Eber's papyrus mentioned that it was successfully used in the treatment of eye diseases. [Yoirish, 1977].

The first documented case report about honey treatment of gastro-intestinal disorder come in BuKhari and Moslem Hodith Books of our gracious prophet Mohammed as follows:

"A man came to him asking his advice to treat his brother who was suffering from abdominal discomfort. The prophet told that man to give his brother honey to drink. The man went back and gave his brother honey, but without response. He asked the second time, the man did not respond

and his borther returned to the prophet for a third time. The prophet pronounced that God said the truth about honey, but your ill brother abdomenlied. Go back let him drink honey. This time the ill man recovered".

* * *

AIM OF THE WORK

AIM OF THE WORK

Honey is safe for long term use and patients take it as dietary addictives rather than drugs .

In contact with water, honey becomes diluted; the enzyme glucose oxidase in it then reacts with the glucose to produce gluconolactone and hydrogen peroxide. The hydrogen peroxide is unstable and decomposes, but its continuous generation gives the honey a bactericidal property [Crane, 1980].

Bacterial flora of the gut play a role in I.B.S. patients who are complaining of excess distension and flatulence.

Such I.B.S patients with excessive wind, may get benifit of anaerobic bacteriostatic agents or specific food regimen. [Levitt, 1980].

When presumably the gas liberated from the fermentation of unabsorbed corbohydrate streches the tender bowel. It should be noted that 5 gm of unabsorbed corbohydrate can liberate over 1 litre of gas. [Dawson, 1982].

So, we wil study the effect of honey on cases of I.B.S , as the bactericidal effect of honey may prevent the fermentation of crudefiber and carbohydrates to reduce the volume of the produced gas, as well as, to find out the relationship between the intestinal flora and the symptoms of I.B.S and wheter honey has an effect on these intestinal flora to reduce the symptoms of irritable colon syndrome or not.

* * *

REVIEW

H O N E Y

Honey played an important role in the social and economic life of ancient Egyptians. The Greeks believed that Roney abolishes fatigue, so asthletes drank a mixture of honey and water before major events. Because of its low moisture, high osmotic pressure, and low pH, honey inhibits and, in some cases, stops the growth of micro-organisms known to cause infection. [Gojmerc WL, 1979].

The body of Alexander the great, on his own order, was placed in white honey in a goldencoffin [Crane, 1980].

In ancient India, people attributed to honey many important curative and tonicproperties. Hippocrates, the great physician and thinker of antiquity ate honey constantly and used it in his medical practice as a remedy against many diseases.

Ibn-Sina, the scientist, recommended honey as a means of prolonging life and preserving the ability to work in old age. He considered that persons over 45 years old should eat honey regulary [Ioyrish, 1974].