



ORIGINAL RESEARCH PAPER

Medical Science

USE OF HONEY WITH HOT WATER AS A CAUSE OF DISEASE : A CASE EXPERIENCE

KEY WORDS: case experience, improper additive, Ayurvedic classical advice , scientific establishment

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ABSTRACT

The present is a case experience gained suddenly in the field of practice that logically proved to be due to use of honey to reduce body fat with improper additive .The patient complained to suffer from feeling of pain whole body with some grade of weakness and unexplainable discomfort . Giving up of the use of honey gave relief to the patient approximately by around 50% . The experience refers to the Ayurvedic classical advice “not to use honey in hot form , during hot season and/or with hot substance” . The present experience is submitted for publication expecting it to be a source of inspiration for the researchers to study on the topic following the steps prescribed for scientific establishment of a principle / theory .

THE CASE EXPERIENCE –

The following are the informations about the patient -
The patient was attended at residence on 3rd July , 2023

NAME- Mrs. -----

AGE – 47 years

SEX – Female

ADDRESS - -----

CHIEF COMPLAINTS –

- (1)Feeling of pain whole body since 10 days
- (2)Feeling of weakness since 10 days
- (3)Unexplainable discomfort since 10 days

HISTORY OF PRESENT ILLNESS –

The patient was having no complain before 10 days . On the first day after leaving the bed she felt some pain in the whole body . She started the daily routine works as usual with some grade of discomfort . As time passed she experienced weakness and some discomfort . But the complains did not affect on her daily routine works . She did not take any medicine and waited for the next day . In the next day also same feeling experienced , but did not disturbed in performing her daily duties . As the complains were not influencing on her daily routine works she waited with a hope to get spontaneous relief . But since the complains remained as it was she decided to consult with doctor .

HISTORY OF PAST ILLNESS –

The patient did not narrated any history of past illness of same character or any notable condition that can be correlated with the present sufferings .

FAMILY HISTORY –

The patient lives with her husband (age around 55 years), one daughter (age about 24 years) and a son (age about 20 years) . No memorable disease history of the family members are narrated by the patient .

PERSONAL HISTORY –

Diet – Non vegetarian

Appetite – Normal

Sleep – Not disturbed

Addiction – Not addicted to any substance

Marital status – Married

MENSTRUAL HISTORY –

Cycle – 26 – 30 days

Period – 4-5 days

Flow – Normal

No any other fact related with menstruation stated by the patient

OBSTETRIC HISTORY –

Gravida – 2

Para – 2

Both the deliveries and puerperium are stated to be normal

HISTORY OF MEDICATION –

- (1)The patient states that , she sometimes take anti hypertensive medicine
- (2)Started to take Honey 1TSF with lukewarm water 1 glass in the morning with the aim to loose extra fat as got the information from some electronic sources .

EXAMINATION FINDINGS –

On examination no notable findings were detected to conclude a diagnosis . Pulse , Blood Pressure , Heart Beat , Respiration etc. were within normal limit .

DIAGNOSIS –

After analysis of the history , examination findings etc. a serious look was given on the history of medication and a hypothesis on the aetiology of the symptoms was made depending upon the advice of Charaka (Charaka Samhita , Sutrasthana , Chapter 26 , Sloka 84) “use of honey by a person who is affected with heat can cause death . If a person drinks hot water after taking honey can suffer from untoward effect” and accordingly the treatment advice was given.

TREATMENT –

- The patient was initially advised
- (1)To stop using honey with hot water
- (2)To take pure vegetarian diet and
- (3)To avoid direct exposure to AC and fans and

No medicine was prescribed and advised to report after 7 days .

FOLLOW UP –

After 7 days of the initial visit , on 10th July , 2023 the patient reported approximately 50% relief of her symptoms . Blood Pressure , Pulse , Heart Beat etc. were checked by some nearby doctors and reported to be within normal limit . This time the patient was advised to follow all diet and regimen related advice previously given and to take the following

medicines for 10 days –

(1) Dashamoolarista – 2TSF with 6 TSF water 3 times daily after food

And

(2) Cap. Stresscom – 1Cap. at 10 am and 1Cap. at bed time .

After 10 days the patient reported complete relief of the symptoms .

DISCUSSION AND INTERPRETATION –

From the experience of the presented patient it can be discussed and draw interpretation as follows –

(1) The main aetiology of the manifestation of the presented symptoms can be considered to be “ use of honey with hot water” as the patient has the habit to stay in AC room and wind of fan these two factors can not be considered responsible though sometimes these two factors also cause the same symptoms specially in the individuals who are not habituated .

(2) The patient has not given any specific history of exposure to any food that can cause change in the physiology contributing in development of the presented signs and symptoms . The quantity of fish , meat etc. taken weekly is seemed to be not sufficient to cause increase Uric Acid level in blood that can cause such type of symptoms .

(3) The two medicines , Dashamoolarista and Cap. Stresscom (Aswagandha) cannot be considered to have contribution in relief of the symptoms . The medicines can help in quick recovery as both of them are said to have rejuvenating effect . It can be assumed from the improvement report of the 1st week that , stopping of the use of Honey with hot water was the main factor of relief.

Hence the condition of the patient is concluded to be due to use of honey in improper combination which is mentioned as one of the types of Biruddha Ahara (incompatible diet) by Charaka .

CONCLUSION –

As conclusion it can be said that , improper use of any substance may be an aetiology of disease . In this case taking of honey with hot water seems to be the aetiology of the manifestations.

RECOMMENDATION –

The author sincerely admits that , this study is not made systematically , but experienced by chance . Hence scope of scientific acceptance is very less . Scientific study on prohibition of use of honey in hot form , in hot season, by an individual affected with heat and with hot substance can be considered to be proved as a boon for the human society.