

Therapeutic effects of honey in children cough

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Abstract:

Introduction: Cough is one of the most common symptoms of respiratory tract infections in children that trouble children and families especially at night, prevent proper nutrition, rest and sleep. Many remedies are used to relieve cough in children who did not eliminate cough completely and have various side effects. Honey is a principal natural sugar with known health effects and a superior food. It has been used to treat many diseases also. Recent research has proved that honey due to low humidity, high osmotic pressure and acidity inhibits the growth of infectious agents including viruses, bacteria and parasites and also its effects on children's cough. In this study we collect the research's findings support this idea.M.

Materials and Methods: In this paper by afflatus from the Qur'an verse "which (in honey) there is healing for people" and the like a jewel word of honorable Prophet (PBUH): "Healing does not acquired the patient such drink honey", therapeutic effects of honey in the treatment of cough in children were studied. This study is a review of the literature published in English and Persian on the Internet with the words honey, cough and children to access to all the content published on the use of honey in the treatment of cough in children.

Results : In this study, a review of the literature showed that honey in comparison with conventional cough medicines, such as dextromethorphan, diphenhydramine, and placebo can be reduce nighttime coughing and improve sleep in children and parents, further.

Conclusion: Based on these results we can say that the Quran emphasizes the healing of honey is confirmed by medical science today and health benefits of honey for many illnesses, including coughs in children is more apparent by the day.

Keywords: Honey, Cough, Children

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