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## Honey: Insights into Health Promotion And Disease Prevention

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Honey is an excellent source of nutrition, and it acts as a natural medicine against many diseases. The presence of an array of bioactive phytochemicals in honey makes it suitable for wide application in foods and pharmaceuticals. Honey is a unique source of natural antioxidant resolving body's oxidative stress, and act against inflammation. The natural raw honey as well as medical grade honey, honey mediated synthesized silver nanoparticles, and probiotics from honey display broad spectrum antibacterial activity. This communication, based on the published scientific data, updates the application and usage of different honeys in health promotion and disease prevention, which plausibly open a new hope in the field of biomedicine.

### Audience Take Away:

- Clinical application and nutritional value of honey?
- Honey as anti-oxidative and anti-inflammatory agent?
- Honey against infection and in healing?

### Biography:

Shyamapada Mandal, Professor, Department of Zoology, University of Gour Banga, India, is interested on infectious diseases, probiotics, and genomics and bioinformatics research. He did pre-PhD, PhD, and post-PhD research under the guidance of Professor Nishith Kumar Pal at Calcutta School of Tropical Medicine, India. He has published 110 articles with seven book chapters. He is life member of IAMM and IASR, India. Seven national academic and research awards have been conferred to him. He has guided 52 post graduate students; supervised three MPhil and three PhD students, and supervising 6 PhD students.