



Propolis: A Natural Product – Great Potential as a Medicine

Verica MILOJKOVIC*

Family physician specialist, Licensed Apiphytotherapist, President of the Serbian Apitherapy Society, Executive member of the International Federation of Apitherapy.
vericamilojkovic@gmail.com

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*Corresponding author /Yazışılan yazar

Abstract

Introduction. Propolis has been used in traditional medicine for centuries, while in recent years it has attracted great attention as a valuable or potential substance used in medicine^{1,2,3}. Clinical experiences and scientific evidence point to its wide therapeutic potential in the treatment of respiratory tract diseases as well as the diseases of oral cavity, the digestive system and the skin. Propolis exhibits a broad spectrum of biological activities, such as anticancer, antioxidant, anti-inflammatory, antibiotic and antifungal. It also successfully resolves problems with Candida in the oral cavity and intestines. Propolis has shown interesting biomedical properties, such as improving wound healing, tissue regeneration stimulation and skin psoriasis treatment.

Aim. The aim of this paper is to demonstrate the propolis effectiveness in treating bacterial infections of the throat and nose, the Candida infection of the tongue, as well as chronic wounds and psoriasis.

Materials and Methods. Experiences in the treatment of psoriasis and chronic wounds with propolis. In this paper, the author has used propolis as tincture, nasal spray, oral spray, propolis cream for chronic wounds and cream for psoriasis.

Results. The results confirm the propolis therapeutic efficacy. Propolis possesses antioxidant, anti-inflammatory, antibiotic, antifungal and regenerative properties.

Conclusion. Therapies with propolis offer new possibilities for treatment. Propolis, a medical miracle from the hive, has given encouraging results in the treatment of bacterial and fungal infections, as well as in the treatment of psoriasis and chronic wounds. Propolis has been attracting scientific attention since it has many biological and pharmacological properties. Propolis has excellent chances to become an antibiotic of the future.

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