



# DIET FACTOR

Journal of Nutritional & Food Sciences

<https://www.dietfactor.com.pk/index.php/df>

ISSN (E): 2789-8105, (P): 2789-8091

Volume 07, Issue 01 (Jan-Mar 2026)



## The Miracle of The Hive: Apitherapy



Zeliha Selamoglu<sup>1,2</sup>

<sup>1</sup>Department of Medical Biology, Faculty of Medicine, Nigde Ömer Halisdemir University, Nigde, Türkiye

<sup>2</sup>Department of Biology, Faculty of Sciences, Khoja Akhmet Yassawi International Kazakh-Turkish University, Turkestan, Kazakhstan  
[zselamoglu@ohu.edu.tr](mailto:zselamoglu@ohu.edu.tr)

### ARTICLE INFO

#### How to Cite:

Selamoglu, Z. (2026). The Miracle of The Hive: Apitherapy: Miracle of The Hive. DIET FACTOR (Journal of Nutritional and Food Sciences), 7(01), 01-02. <https://doi.org/10.54393/df.v7i01.200>

This article discusses scientific reviews of the applications of honeybee products in human health and nutrition studies. Applications for treating diseases date back many years, but numerous new applications for human health have been discovered in recent times.

Honeybee products have been discovered to possess therapeutic properties even against various types of cancer, and researchers are continuing their studies to uncover other secrets behind the therapeutic properties of honeybee products. These products are consumed due to their high nutritional value and effects on human health; in addition to their antioxidant, bacteriostatic, anti-inflammatory, and anti-microbial properties, they are also used in the healing of wounds and burns. Furthermore, therapeutic effects of honeybee products against Covid-19, a disease that significantly affects global health, have also been discovered.

All products produced by bees can be divided into two major groups: animal-derived and plant-derived products. Plant-derived products include honey, pollen, and propolis, which the honey bees collect from flowers and store in their hive. Animal-derived products include royal jelly, beeswax, and bee venom, which the bee produces within its own body. All of these components are vital for the bee, and without them, the bee and the entire hive cannot survive. The component of honey bee products is changeable, via the diversion in plant species, climate, phyto-geographic conditions, and supplements of the beekeeper.

The apitherapy encompasses the use of beehive products, including honey, pollen, propolis, royal jelly, and bee venom. Honey and bee products have accompanied humanity throughout history. Honey has sweetened people's lives and provided protection against many diseases. Since then, we have gathered much information about the formation, types, properties, and uses of honey. However, all its secrets have yet to be discovered. Ancient rock paintings of the first hunter-gatherers depict the honeybee as a natural source of medicine. Scientists pay great attention to the natural antioxidants. Honey bees products are gathered from lots of plant resources and generated by honeybees (*Apis mellifera*). Most of studies demonstrated that some products of honey bees from various countries have dedicated antioxidant property; depend on the amount of various bioactive components. Honey bees products have great effects because of its important compounds and also drug character. As a result, it is largely extinct by most of countries of the world. Apitherapy is used to treat many illnesses and to alleviate pain from wounds both chronic and acute. Bee-assisted therapies have existed for thousands of years, some possibly as old as human medicine itself. Going beyond traditional Western medicine, this therapy helps people achieve better health through a holistic approach in harmony with the beehive, a true gift of nature. Besides the phrase "no fruit," there's something else, but with significant consequences along the chain. Without bees, plants wouldn't bear fruit, and many animals would die because there would be nothing to eat. This would affect not only vegetarianism but also our dietary habits, restructuring relationships and the economy. When we hear the word bee, the first thing that usually comes to mind is honey. Beautiful, delicious, healthy, and sweet honey. But are we truly aware of how important a role they play in our

existence? We've all heard the famous scientist Albert Einstein say: "If the world were to disappear, humanity wouldn't survive for more than four years." A third of the food people consume comes from insects, and 80% of that is produced by bees. If insects disappeared, there would be no crops, no harvests, and production would be of very low quality. Besides giving us the opportunity to consume quality produce, they are one of the main carriers of approximately half of the planet's vegetation. A world without bees would literally mean a world without fruits, vegetables, nuts, and seeds. And a lack of honey would be the least of humanity's problems.

In conclusion, bee products have proven to be one of the most valuable therapeutic and nutritional substances nature can offer; this demonstrates the great value of beekeeping science.