

*Commentary***Bee venom and its medicinal applications****Henry Elsa\***

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**DESCRIPTION**

Rheumatoid arthritis, nerve pain (neuralgia), multiple sclerosis (MS), lowering the reaction to bee stings in persons who are allergic to them (venom immunotherapy), inflamed tendons (tendonitis), and muscle diseases such as fibromyositis and enthesitis are all treated using bee venom. Bee venom is a substance obtained from bees, as the name indicates. It's used to cure a range of diseases naturally (Bilo, 2009). Most people think of bees when they think of honey or pollen. Bee venom, on the other hand, is used to cure some ailments.

We're all aware of bee honey's therapeutic properties. Tea with honey has long been a popular sore throat treatment. Bee pollen is also considered by some nutritionists to be a near-perfect source of protein. Bee venom, on the other hand, is viewed with caution, which is understandable considering that most people's first exposure to it is through a painful bee sting (Golden, 2007). The medical advantages of bee venom, on the other hand, have been extolled over the world for thousands of years. While the medical properties of bee venom have yet to be scientifically demonstrated, apitherapy (the use of bee venom to treat various diseases) is now being researched.

**Ancient medicinal uses**

Bee venom has been used medicinally since ancient Egypt, and it has been documented in European and Asian history. Bee venom was utilised by Hippocrates to cure arthritis and joint discomfort. In more recent times, interest in the effects of bee venom was reignited in 1888 when a clinical research on its effect on rheumatism was published in Europe. Interest in bee venom therapy has ebbed and flowed since then (Hellner, 2008).

**Current medicinal claims**

The medicinal efficacy of bee venom has gained in popularity as natural medicines have been more widely available and accepted. There is, however, conflicting evidence that bee venom is an effective treatment (Lee, 2014). A modest randomised experiment, for example, found no evidence of bee venom's efficacy in the treatment of multiple sclerosis. However, a review of research found that the venom might be useful as an arthritis

therapy. Despite these inconsistent findings, bee venom has been proposed to treat a variety of illnesses, including chronic ailments such as bursitis and tendonitis, hay fever, scar tissue removal, Gout, Shingles, and burns. Again, there isn't much data to suggest that bee venom is an effective treatment.

**Components of bee venom**

Scientists aren't sure how bee venom, which is made up of a complex combination of chemicals, affects the human body. Mellitin, adolapin, and apamine are three components of bee venom that have been found and researched. Rather than these specific components having an impact, it's possible that the body's immune system reacts to bee venom in a way that is advantageous in some situations (Moreno, 2015).

**A sting or a shot: Administering bee venom**

Bee venom was always delivered directly from bees via the stinger before the discovery of the syringe. In certain circumstances, it is still done in the same way today. The person giving the bee venom holds the live bee (with tweezers or another tiny device) and places it on the region of the patient's body that has to be treated, at which time the bee stings reflexively. The treatment schedule varies depending on the problem. Instead of receiving the venom directly from the bee, the venom can be administered via a syringe (Park, 2011).

The most serious side effect of bee venom treatment is a severe allergic response, such as anaphylactic shock, which can cause a person to stop breathing. Anaphylactic shock can be fatal if not treated right away. Despite the fact that only a tiny fraction of the population is allergic to bee venom, it is critical that the person be tested for a bee sting allergy prior to treatment. In the event of an emergency, the health care provider who administers the bee treatment should have a bee sting kit on hand (Wehbe, 2019). If you're considering bee venom therapy, bear in mind that it's a natural medicine for which no substantial scientific evidence of therapeutic value exists. Consult your doctor before attempting this therapy, and keep in mind that it should be used in conjunction with, not in place of, other therapies given by your doctor. Also, never get bee venom injections unless you know whether you're allergic to bee stings (Wesselius, 2005).

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