No Difference Between Honey and Intrasite Gel as Healing Agents

Study: 'Honey is a Safe, Satisfying and Effective Healing Agent'

Reports from University of Limpopo Describe Recent Advances in Dermatology
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A prospective, randomised, double-blind controlled trial was carried out among goldmine workers. were healing times of shallow wounds and abrasions; side-effects; patient satisfaction with treatment; and amount of honey and IntraSite Gel used," researchers in South Africa report. "The mean healing times of shallow wounds treated with honey or with IntraSite Gel did not differ significantly (p=0.75, 95% confidence interval (CI): -5.41; 7.49 days). When adjusted for wound size, the 2.8-day difference in favour of honey was not significant (p=0.21, 95% CI: -2.41; 8.09). In the case of abrasions there was also no significant difference (p=0.83, 95% CI: -4.98; 6.19 days). When adjusted for wound size, the difference of 0.22 days in favour of IntraSite Gel was not significant (p=0.94, 95% CI: -5.72; 6.15.4).
Of patients treated with honey, 27% and 10% respectively experienced itching and pain, and 2 experienced burning for a short time after application. Of patients treated with IntraSite Gel, 31% experienced itching.
All patients in both treatment groups were either satisfied or extremely satisfied with treatment. The average cost of treatment per patient was R0.49 with honey and R12.03 with with IntraSite Gel…
There was no evidence of a real difference between honey and IntraSite Gel as healing agents. Honey is a safe, satisfying and effective healing agent," wrote R. Ingle and colleagues, University of Limpopo.
The researchers concluded: "Natural honey is extremely costeffective."
Ingle and colleagues published their study in South African Medical Journal Suid-afrikaanse Tydskrif Vir Geneeskunde (Wound healing with honey--a randomised controlled trial. South African Medical Journal Suid-afrikaanse Tydskrif Vir Geneeskunde, 2006;96(9):831-5).

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