

**A STUDY ON EFFECT OF TEMPERATURE ON PURIFICATION PROCESS OF  
BEE'S HONEY**

**F. Sifnas\* and M.S.M. Nasmeeer**

Faculty of Indigenous Medicine, University of Colombo, Sri Lanka.

\*1811089@iim.stu.cmb.ac.lk

Honey has been used for centuries as a medicine and mentioned in Unani classical texts. And honey has been used in various forms of Unani Medicines where it is used as a base and also serves as a preservative and nutritive agent. According to Unani classical literature, honey must be purified by heating before being added to compound drug formulations (internal). However, research results reveal that heating honey may change its composition. which can negatively impact health. This study aims to determine the temperature at which honey's composition begins to alter and how this temperature impacts on its shelf life. Then we can prepare good medicinal preparation without altering that's composition. Seven honey samples were heated in a different temperature range using water bath, with control. while another sample was heated over 100° C directly for 30 minutes. All the samples were then analyzed by TLC technique using; aqueous, ethyl acetate and methanol (10:77:13) were used as a mobile phase. Significant changes were observed in the sample heated directly over 100° C while no changes have been observed in other samples. Therefore, to preserve the therapeutic properties and shelf life of honey in Unani medicinal preparations, it is essential to avoid direct high-temperature exposure. Controlled mild heating is recommended to ensure both safety and efficacy in compound formulations.

**Keywords:** Honey, Purification, Temperature, Toxicity, Unani compound preparation.