

APPLICATION OF PROPOLIS IN PREVENTIVE MEDICINE, GERONTOLOGY

- × Ladies and gentlemen's! I want to thank the Committee of Apimondia for giving me the opportunity to present to you my observations. People say sweet honey bee sting hurts Yes.
- × In the present work aimed to study the effect of preparations of propolis, in time for a group of elderly and senile age. With all the science and practice of observations and facts the question remains is propolis substance may affect the human aging process? How long does it take?

THE RANDOMLY SELECTED 200 PEOPLE

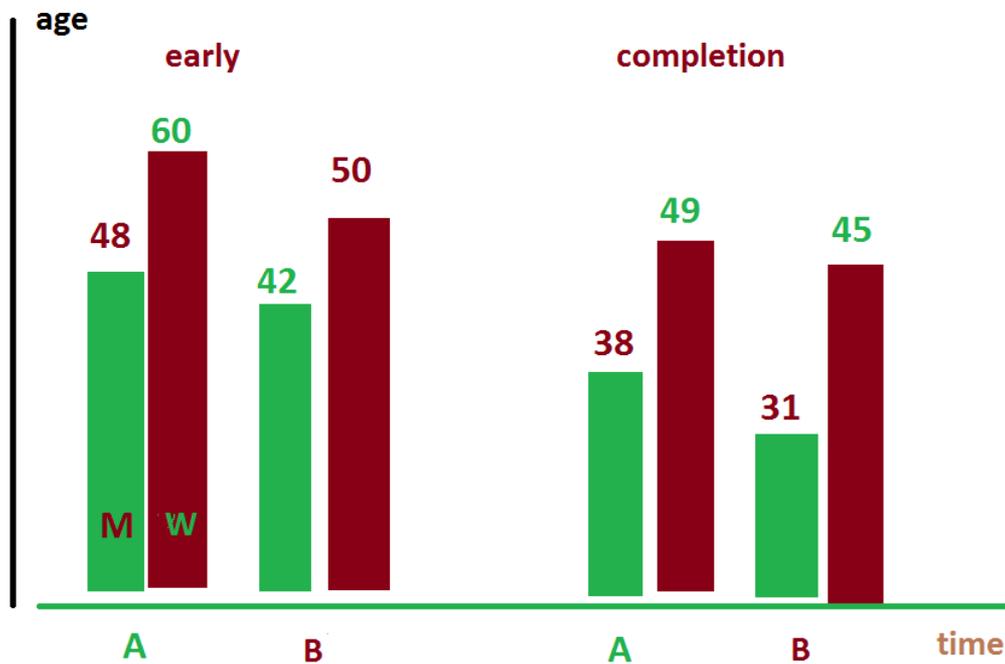


Fig.1

Surveillance was conducted within 2 years.
The randomly selected 200 people. (Fig. 1).
Participants split into two groups A 60-69
years and B 70-86 years. In each of A and B
groups, half of the participants included a
control group. After two years of observations
at the end of the experiment, the remaining
163 people. In the observations did not
participate a person suffering from diabetes,
stroke and cancer.

RECEPTION OF PROPOLIS AND MEDICINAL HERBS

indicators

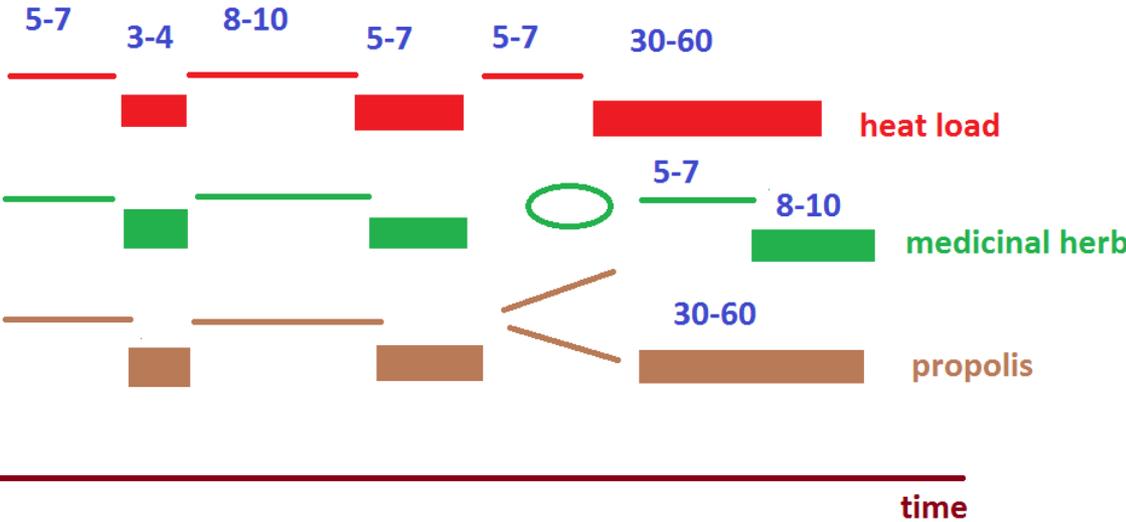


Fig.2

The control group took 5% solution of honey, and a pilot group of 5% aqueous extract of propolis, for the movement of lymph fluid used medicinal herbs. Water infusion of propolis produced by infusion of pure propolis in a thermos at the rate of 5 grams per 100 ml of water, take 10, 20, 30, 40, 50 ml. Propolis and herbal courses were 5-7 days, and then a break 3-4 days. Then welcome increased to 10 days and a break to 5-7 days. Evaluating the physical condition, the rate can be continued 5-7 days, then followed the break in 1-2 months. Reception of propolis and medicinal herbs lasted 23 months. In some cases, the dose of propolis or reduced to 10 ml or 50 ml to increase. Reception of propolis conducted under the control of the blood and urine analysis.

Study of evidence of differences (BV) of (PV) ages, used anthropological criteria (height, standing and weight, the presence of teeth). In some cases, the biological age was determined by a blood test Belozorova. Blood pressure (systolic and diastolic) was measured by the method of Korotkov . Due to the fact that (BV) and (PV) may not match each other and vary by 10-20 years. Standard deviation was BV from PV within +5 years if it ranged from 5 to 10 years at the "bottom" result was assessed as "good", more than 10 years as a "very good". When up as "a little premature aging and premature aging.

RESULTS AND DISCUSSION.

- ✘ Known facts that when physiological ageing Passport age and BV must be exactly the same in real life have significant differences, sometimes for 10-15 years Davidovsky and Anisimov. Differences of BV and PV represent the human ageing, id est. BV is the age of the human body.

OBSERVED WEIGHT

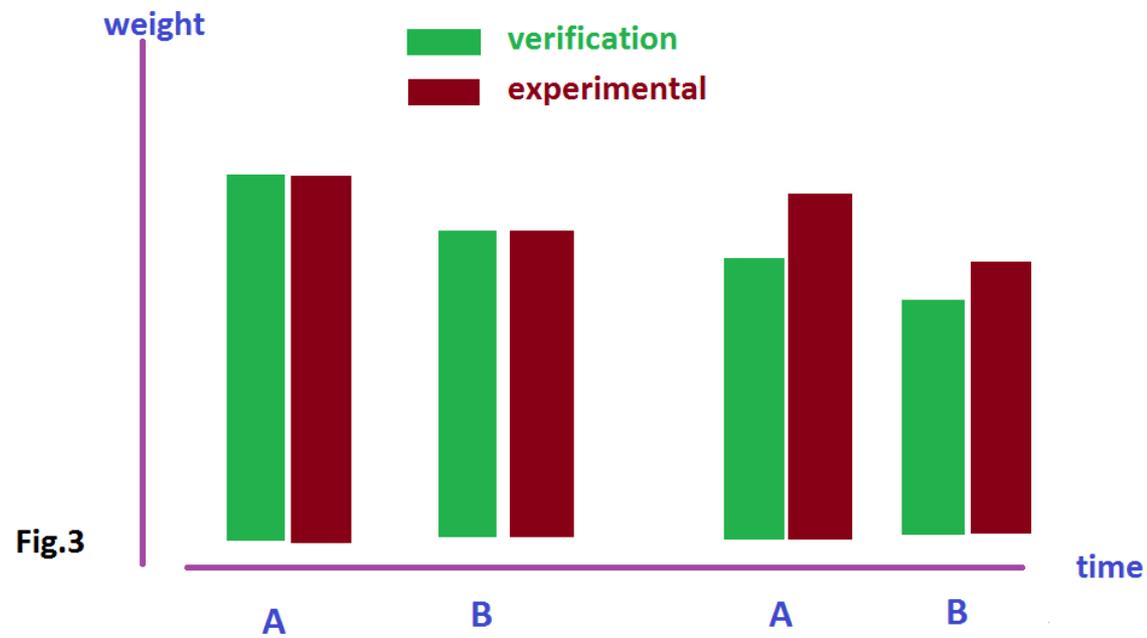


Fig.3

We observed weight loss observed during two years in the control groups A and B can be attributed to muscle atrophy and osteoporosis. (Fig. 3).

Whereas people taking propolis, especially in Group B at the end of the observation noted the stabilization of weight. The weight difference between the control group and experimental after two years of observations is in group A 2 kilo and 3 kilo and group B.

DYNAMIC INDEX

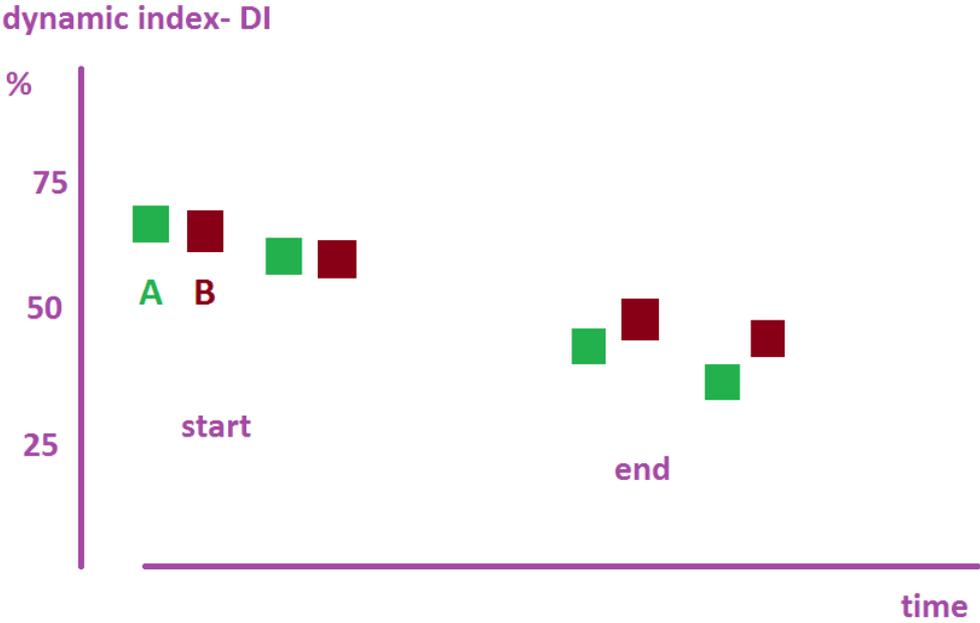
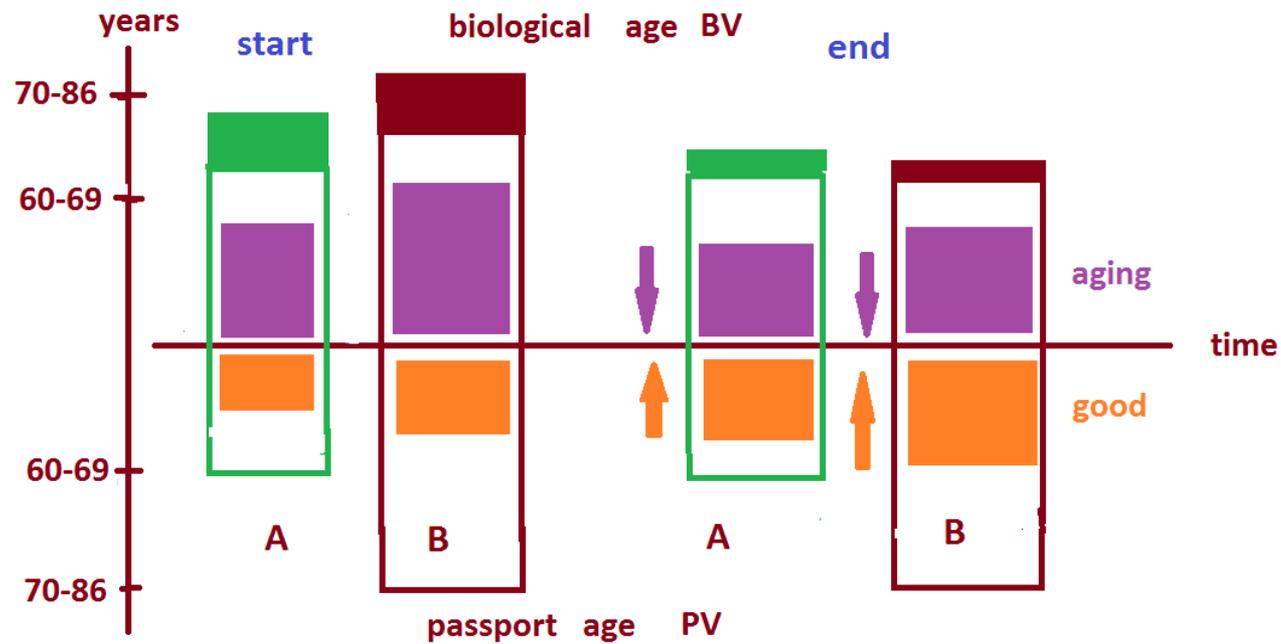


Fig.4

General characteristics of human motor function are indicators of strength, speed and endurance. We have examined the (DI). (Fig. 4). Was decreased (DI) all groups A and B in both the control and experimental groups in men with 66% to 40% and in women with A 51% to 39%. Group b were males, with (DI) has not changed. Greater differences were observed at the end of the observation of DI in Group B at the beginning and 57 and at the end of 51 .

BIOLOGICAL AND PASSPORT AGES



At the beginning of the work was discovered discrepancies BV with PV the men in the control group and was two years while in Group B this difference increased from id est. 9 years that characterizes the premature aging . Figure No. 5 Between BV and PV women in the control group A and group B the difference of 14 years. So we're seeing a premature aging.

Admission procedures, preparations of propolis, limfogonnyh fitopreparations reduces variance BV and PV. In the experimental group showed an increase in compliance of BV and PV 51% in group A group B up to 58%, id est. see slowing aging. To control groups this match remained at the lower limits of 23% in group A and group B 18%. Applying the preparations of propolis, in conjunction with herbal fees and thermal treatments, we observe slow aging in experimental groups A and B. According to data received over the two years (weight, muscle power, systolic blood pressure, apnea, it is not karioznoe the defeat of the teeth) reduce differences and BV in PV in both groups A and B.

CONCLUSIONS

- ✘ Apitherapy, along with phyto-and thermotherapy in terms of observations is an effective means of reducing the risk of premature aging. This is particularly evident in Group B at the final stage of the observation. A noticeable difference between PV and BV, in the control groups in 12-15 years, testifies to the accelerated aging of the human body as the beginning of observation and after their completion.

Reception of Propolis for long time has its own characteristics. If the Group A May 1-3 times a day, Group B should take 2-6 times, but a smaller dose, sometimes for short periods of time, from a few days to two or three weeks with long intervals.

Reception of Propolis may have a cumulative effect.

Thank you for listening to me till the end!

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