

# Comparación de diferentes tipos de miel. Beneficios de la miel de Trigo Sarraceno

Different honey types comparison. Buckwheat honey benefits

TIPOS DE MIEL	Miel de manuka Manuka honey	Miel de acacia Acacia honey	Miel chilena Chilean honey	Miel oscura de trigo sarraceno Dark Buckwheat Honey	Fuente Source
<b>Propiedades antimicrobianas</b> Antimicrobial properties	Alto ✓ High ✓	Medio ✗ Medium ✗	Medio ✗ Medium ✗	Alto ✓ High ✓	Brudzynski, K., Abubaker, K., & Wang, T. (2012). Powerful bacterial killing by buckwheat honeys is concentration-dependent, involves complete DNA degradation and requires hydrogen peroxide. <i>Frontiers in Microbiology</i> , 3, . doi:10.3389/fmicb.2012.00242
<b>Actividad antioxidante</b> Antioxidant activity	Baja ✗ Low ✗	Baja ✗ Low ✗	Baja ✗ Low ✗	Alto ✓ High ✓	Beukelman C.J. (2008). University of Utrecht internal report
<b>Contiene metilgloxal (MGO)</b> Contains methylglyoxal (MGO)	Alto ✗ High ✗  La actividad antibacteriana de la miel de Manuka se basa en la presencia de metilgloxal.  Antibacterial activity of Manuka honey relies on presence of methylglyoxal.	Baja ✓ Low ✓  La miel de acacia contiene poco metilgloxal.  Acacia Honey contains little methylglyoxal.	Baja ✓ Low ✓  La miel chilena contiene poco metilgloxal.  Chilean Honey contains little methylglyoxal.	Baja ✓ Low ✓  La miel oscura de trigo sarraceno contiene poco metilgloxal.  Dark Buckwheat Honey contains little methylglyoxal.	Majtan, J. (2011). Methylglyoxal—A potential risk factor of Manuka honey in healing of diabetic ulcers. <i>Evidence-Based Complementary and Alternative Medicine</i> , 2011, 1–5. doi:10.1093/ecam/nea013  Rückriemen (2015): Concentration of MG in DBH: 36 mg/kg vs Manuka: up to 950 mg/kg. Majtan (2009): "The concentration of MG in Manuka honeys is up to 100-fold higher than in conventional honeys". Marceau (2009), table 6: Concentration MG in DBH: 6.8 mg/kg vs
<b>Actividad de peróxido de hidrógeno</b> Hydrogen peroxide activity	Baja ✗ Low ✗	Desconocido Unknown	Desconocido Unknown	Alto ✓ High ✓	Brudzynski, K., Abubaker, K., & Wang, T. (2012). Powerful bacterial killing by buckwheat honeys is concentration-dependent, involves complete DNA degradation and requires hydrogen peroxide. <i>Frontiers in Microbiology</i> , 3, . doi:10.3389/fmicb.2012.00242
<b>Concentración de (poli)fenoles</b> Concentration of (poly)phenols	Desconocido Unknown	Desconocido Unknown	Baja ✗ Low ✗	Alto ✓ High ✓	van den Berg, A. J. J., van den Worm, E., Quarles van Ufford, H. C., Halkes, S. B. A., Hoekstra, M. J., & Beukelman, C. J. (2008). An in vitro examination of the antioxidant and anti-inflammatory properties of buckwheat honey. <i>Journal of Wound Care</i> , 17(4), 172–178. doi:10.12968/jowc.2008.17.4.28839
<b>Inhibición de ROS</b> ROS-inhibition	Medio ✗ Medium ✗	Desconocido Unknown	Medio ✗ Medium ✗	Alto ✓ High ✓	van den Berg, A. J. J., van den Worm, E., Quarles van Ufford, H. C., Halkes, S. B. A., Hoekstra, M. J., & Beukelman, C. J. (2008). An in vitro examination of the antioxidant and anti-inflammatory properties of buckwheat honey. <i>Journal of Wound Care</i> , 17(4), 172–178. doi:10.12968/jowc.2008.17.4.28839
<b>Actividad de eliminación de aniones superóxido</b> Superoxide anion scavenging activity	Baja ✗ Low ✗	Baja ✗ Low ✗	Baja ✗ Low ✗	Alto ✓ High ✓	van den Berg, A. J. J., van den Worm, E., Quarles van Ufford, H. C., Halkes, S. B. A., Hoekstra, M. J., & Beukelman, C. J. (2008). An in vitro examination of the antioxidant and anti-inflammatory properties of buckwheat honey. <i>Journal of Wound Care</i> , 17(4), 172–178. doi:10.12968/jowc.2008.17.4.28839  Marceau (2009). Profiling of r-Dicarbonyl Content of Commercial Honeys from Different Botanical Origins: Identification of 3,4-Dideoxyglucosone-3-ene (3,4-DGE) and Related Compounds
<b>Vía clásica de inhibición del complemento</b> CP complement inhibitor	Alto ✓ High ✓	Desconocido Unknown	Baja ✗ Low ✗	Alto ✓ High ✓	van den Berg, A. J. J., van den Worm, E., Quarles van Ufford, H. C., Halkes, S. B. A., Hoekstra, M. J., & Beukelman, C. J. (2008). An in vitro examination of the antioxidant and anti-inflammatory properties of buckwheat honey. <i>Journal of Wound Care</i> , 17(4), 172–178. doi:10.12968/jowc.2008.17.4.28839
<b>Efecto sobre la migración de fibroblastos</b> Effect on fibroblast migration	Baja ✗ Low ✗	Alto ✓ High ✓	Desconocido Unknown	Alto ✓ High ✓	Ranzato, E., Martinotti, S., & Burlando, B. (2013). Honey exposure stimulates wound repair of human dermal fibroblasts. <i>Burns &amp; Trauma</i> , 1(1), 32. doi:10.4103/2321-3868.113333