

Honey has become a beloved family member in Bangladeshi households once again this unusually chilly winter.

Temperatures have fallen well below what is typical for this season, and the drop has had a real impact on people's health and daily life.



#FYI

How honey helps Bangladeshis fight winter coughs and cold

Dense fog cloaks the country, blocking out the sunshine and making the cold feel more persistent and penetrating than previous winters.

With respiratory illnesses rising and people of all ages spending more time wrapped in blankets and warm clothing, simple, widely available home remedies are coming to the fore once again. Honey, a natural food with a long history in winter care, and something that general wisdom, and research suggest can offer practical support right now. Here are some time-tested ways to make this bitterly cold winter a sweet experience.

Eases Throat problems

As cold weather sets in, coughs and throat irritation become more common. Clinical studies show that honey can reduce the frequency and severity of coughs linked to upper respiratory infections such as the common cold, in some cases performing as well as or better than over-the-counter cough medicines. Its thick, sticky texture coats the throat, easing irritation caused by dry air and frequent coughing. This coating effect helps reduce pain when swallowing or speaking, and calms the cough reflex, which is often triggered more easily during winter.

Honey also contains plant-derived compounds with anti-inflammatory properties. Inflammation is a natural response to infection and irritation, but

during winter, it can worsen symptoms such as sore throats and persistent coughs. Honey's bioactive components help soothe this response, making respiratory discomfort more manageable during cold spells.

Supports Immunity and Clears Congestion

Winter puts extra strain on the immune system, as cold, dry air and seasonal infections spread far and wide. Honey's antioxidant and bioactive content may assist in



boosting overall immune responses when taken as part of a balanced diet. It is not a cure-all, but it can supplement an overall winter health regimen. Honey is also naturally high in antioxidants, which protect against oxidative stress, a process associated with inflammation and disease. These chemicals help honey maintain its status as a winter health essential. Colder weather also causes thicker mucous and congestion. Honey may assist in loosening and thinning mucus, making it easier to clear the airways and relieving the strain from persistent coughing and nasal congestion.

Helps Improve Sleep and Provide Instant Energy

Nighttime coughing is a typical winter problem that may interfere with sleep. Honey's calming impact on the throat and ability to lower cough frequency may result in more comfortable evenings, which are critical for healing during seasonal illnesses. Better sleep also improves immunological function and general well-being.

Honey can also serve as a quick source of energy in chilly conditions. Its natural sugars, glucose and fructose, are easily absorbed by the body, helping to fulfil the slightly higher energy requirements of staying warm this season. A teaspoon or two in warm water or tea might provide a mild energy boost without the abrupt slump associated with refined sugar.

Moisturise Dry Skin and Daily Care

Winter dryness is not limited to the throat and airways. Cold air and low humidity may result in cracked skin, chapped lips, and dry cuticles. Honey's antimicrobial and wound-healing characteristics make it ideal for soothing and protecting these delicate regions. Honey, whether used topically or in simple moisturising masks, may assist the skin in retaining moisture and repair itself.

Honey is best for regular usage when paired with warm liquids like water, lemon, or herbal tea, which enhances its relaxing properties and helps reduce congestion. Honey, when used strategically and in moderation, remains one of the easiest and most accessible methods to bring comfort and care into everyday routines throughout this particularly chilly winter.

By Zawad Arif Arian
Photo: Collected

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