

APİTERAPİ UYGULAMALARINDA  
TIBBİ UYGULAMA HATALARI



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## GİRİŞ

Antik çağlardan beri bal, propolis, polen, arı sütü ve arı zehri gibi arıcılık ürünleri, güçlü iyileştirici özellikleri ve yüksek biyoaktif içeriği nedeniyle halk hekimliğinde en yaygın kullanılan doğal ürünler arasında yer almıştır (Crane, 1990). Günümüze değin bal başta olmak üzere polen, propolis, bal mumu ve arı sütü çeşitli hastalıklara karşı çare olarak görülmüş ve hatta tedavi edici özellikleri de yıllar içinde keşfedilmiştir. Bu ürünler üzerinde yapılan binlerce araştırmanın sonuçları arı ürünlerinin insanoğlu için kıymetini ortaya koymaktadır.

Eski Mısırlılar ve Sümerlere kadar uzanan tarih boyunca sağlık ve beslenme amacıyla kullanılan ve kutsal kitaplarda övülerek tavsiye edilen arı ürünlerine son yıllarda bilimsel araştırmalarda da yoğun bir şekilde yer verilmektedir. Tüm bu çalışmalar paralelinde bal arısı ve ürünleri ile tedavi anlamına gelen apiterapi konusuna ilgi her geçen gün artmaktadır.

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daha sonra kullanıldığında salınarak zararlı olabilir. Dolayısıyla bu ürünlerin antibiyotik kalıntısı içermeyen, kalite standartları bilinen, doğal ürünler olması gerekmektedir. Organik Arıcılık'ta olduğu gibi Apiterapi Arıcılığı da ayrı bir başlık olarak ele alınmalı hem Sağlık Bakanlığı hem de Tarım ve Orman Bakanlığı tarafından belirlenen kriterler çerçevesinde denetlemeler yürürlüğe sokulmalı ve bu denetlemelerden geçen ürünler tıbbi amaçla kullanılmalıdır (Atayoğlu ve Atayoğlu 2015). Apiterapiye uygun üretim yapılmasına ilişkin tebliğ yayınlanmalıdır. Hekimlerin tamamlayıcı olarak orijini ve üretim prosedürü bilinmeyen ürünleri önermemesi, içeriği standardize edilmiş markalı ürünleri önermesi gerekmektedir.

Bahsi geçen örnekler, sağlık profesyonellerinin ve hastaların arı ürünleriyle yapılan tedavilere yaklaşırken dikkat etmeleri gereken bazı potansiyel riskleri ve malpraktis durumlarını göstermektedir. Herhangi bir tedaviyi uygulamadan önce, bilimsel temellere dayalı ve güvenilir tıbbi rehberlik almak her zaman önemlidir. Sağlık profesyonellerinin apiterapi yaklaşımı, potansiyel faydaları ve riskleri ile ilgili sağlam bir anlayışa dayanmalı ve kanıta dayalı bakım sağlama taahhüdüne sahip olmalıdır.

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