



Living Hadith in Honey-Based Therapy

(Analysis of its Application in Diabetes Treatment at Miftahussyifa Alternative Medicine, Medan)

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Abstract

One alternative treatment for diabetes is honey therapy. Honey contains sufficient water content and moisture levels that do not support bacterial growth and development. The purpose of this study is to examine the application of honey therapy for diabetes treatment within the living hadith framework. This research employs an observational process that includes monitoring locations and activities occurring in social contexts. Interviews were conducted using a structured guide to record relevant data. The collected data was then analyzed through an interactive method, which includes data reduction, data presentation, as well as drawing conclusions and verification. The research results indicate that honey therapy within this living hadith context can serve as an alternative treatment for healing diabetic wounds.

Keywords: Diabetes; Living hadith; Honey therapy

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Introduction

In his efforts to teach his ummah, the Prophet provided explanations preserved in hadith collections. These hadiths not only serve as valuable guidance for Muslims but also function as confirmation (bayan taqirir), clarification (bayan tafsir), and legal determination (bayan tasyri') for the Qur'an. The daily practices of Muslims, both in worship and mu'amalah (social transactions), refer not only to the Qur'an but also to hadiths spoken by the Prophet. In reality, many Muslims still apply healing methods for diseases taught by the Prophet. Nevertheless, we witness rapid technological advances in the healthcare field. Unfortunately, this progress appears to contrast with the financial conditions of society, particularly the lower-middle class, who still face numerous obstacles.¹

The medical methods known in Islam still utilize al-thibb al-nabawi, or therapy in accordance with the teachings of Prophet Muhammad. Muslim physicians follow the Prophet's example and are guided by the Qur'an and hadith. Two techniques taught include dietary regulation and drinking water. To maintain health, the Prophet consumed various natural substances such as honey, pure milk, dates, black seed, and other ingredients. Additionally, one form of treatment recommended in hadith is the use of honey as natural medicine.

The following is a hadith about treatment with honey:

حَدَّثَنَا عِيَّاشُ بْنُ الْوَلِيدِ حَدَّثَنَا عَبْدُ الْأَعْلَى حَدَّثَنَا سَعِيدٌ عَنْ قَتَادَةَ عَنْ أَبِي الْمُتَوَكِّلِ عَنْ أَبِي سَعِيدٍ أَنَّ رَجُلًا أَتَى النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فَقَالَ أَخِي يَشْتَكِي بَطْنَهُ فَقَالَ اسْقِهِ عَسَلًا ثُمَّ أَتَى الثَّانِيَةَ فَقَالَ اسْقِهِ عَسَلًا ثُمَّ أَتَاهُ الثَّلَاثَةَ فَقَالَ اسْقِهِ عَسَلًا ثُمَّ أَتَاهُ فَقَالَ قَدْ فَعَلْتُ فَقَالَ صَدَقَ اللَّهُ وَكَذَبَ بَطْنُ أَخِيكَ اسْقِهِ عَسَلًا فَسَقَاهُ فَبُرَّ

Meaning: "We learned from Ayyas bin Al Walid, a man came to the Prophet (peace be upon him) and said, 'My brother has stomach pain,' according to Sa'id, from Qatadah, from Abu Al Mutawakkil, from Abu Sa'id, as narrated by Abdul A'la. He recommended drinking honey. When the man returned a second time, he continued saying, 'Drink honey.' When the man came a third time, he said, 'Drink honey.' Then he returned and stated, 'I have done it.' 'Allah is Most Truthful, and your brother's stomach lies, so give him honey to drink,' he said. He recovered after drinking the honey" (HR. Bukhari).²

The above hadith explains that the Prophet SAW provided clear and firm solutions in addressing health problems, recommending honey as medicine. Although the person who came had similar thoughts, the Prophet SAW continued to emphasize the importance of consuming honey as treatment. Patience in following the Prophet's guidance ultimately bore fruit when the person recovered after consuming honey according to his recommendation. This hadith confirms the extraordinary properties of honey recognized as beneficial medicine by the Prophet SAW. Additionally, this hadith contains an important message that Allah is the source of truth and healing, and sometimes, the illness we feel in our bodies does not fully reflect the actual condition. This highlights the importance of tawakkul (trust in Allah) and following guidance from the Prophet SAW, because Allah is All-Knowing and Most True in all matters. Therefore, this hadith teaches us to trust medicines recommended by the Prophet SAW, such as honey, while remaining patient in our efforts until healing comes. This recommendation also aligns with the statement in QS. An-Nahl verse 69, which mentions that honey contains healing properties for mankind.

¹ A Friyadi, "Analytical Study of Tib Al-Nabawi Hadith and Its Significance in Body Health," *Journal of Nusantara Hadith Studies*, 2021.

² Randy Lundy, *Book of Medicine, Field Notes for the Self*, 2023, <https://doi.org/10.1515/9780889776951-045>.

ثُمَّ كُلِي مِنْ كُلِّ الثَّمَرَاتِ فَاسْلُكِي سُبُلَ رَبِّكِ ذُلُلًا يَخْرُجُ مِنْ بُطُونِهَا شَرَابٌ مُخْتَلِفٌ أَلْوَانُهُ فِيهِ شِفَاءٌ لِلنَّاسِ إِنَّ فِي ذَلِكَ لَآيَةً لِقَوْمٍ يَتَفَكَّرُونَ

Meaning: "Then eat from all the fruits and follow the ways of your Lord laid down [for you]." There emerges from their bellies a drink, varying in colors, in which there is healing for people. Indeed in that is a sign for a people who give thought."

The above verse explains that Allah created honey as one of His blessings and proof of His greatness, produced by bees from various types of fruits. Honey emerging from bees' bellies has diverse colors and is rich in properties as medicine for humanity. This verse reminds us of nature's wonders, which serve as signs of Allah's greatness and can be lessons for those who think. Additionally, honey also reflects the perfection of Allah's creation, providing great benefits for human health while demonstrating His power in creating creatures beneficial for human life.

In modern medical research, honey has been extensively studied due to its *antibacterial*, *anti-inflammatory*, and *antioxidant* properties. It is one natural substance that can be utilized as alternative treatment for diabetes healing. The high sugar content in honey functions to form a protective layer preventing bacteria from entering while inhibiting their growth. Additionally, honey is rich in various *enzymes*, including *catalase enzyme*, which contributes to the disease healing process.³ Nevertheless, the effectiveness of honey as complementary treatment for diabetes patients remains a subject of debate in both medical and Islamic discussions.

The concept of living hadith in the study of contemporary Islamic health practices is crucial, as it provides holistic and comprehensive guidance in maintaining health. This concept not only directs Muslims to maintain physical health through healthy eating patterns, maintaining cleanliness, and treatment using natural ingredients such as honey, ruqyah, neem, and olive oil, but also emphasizes mental and spiritual aspects. The Prophet's hadiths recommending treatment with natural ingredients, maintaining cleanliness, and applying balanced eating patterns align perfectly with modern health principles emphasizing the importance of disease prevention and natural therapy use.⁴

Thus, living hadith can serve as a foundation for building health practices that focus not only on physical treatment but also on balance between body, soul, and spirituality. This approach is increasingly recognized in today's medical world.

The application of Living Hadith in the medical field, known as *Tibbun Nabawi*, demonstrates that although the Prophet's teachings about treatment using natural ingredients such as honey, olive oil, and habbatussauda (black seed) have long been known, *empirical* research regarding their application in modern medical contexts remains very limited. Several factors hindering this application include lack of in-depth research on the effectiveness of treatments mentioned in hadith, obstacles in integrating hadith-based treatment with modern medical systems, and challenges in adopting a *holistic* approach encompassing physical, mental, and spiritual aspects. Therefore, further research is needed to explore the potential of hadith-based treatment in contemporary medical practice, with emphasis on scientific evidence supporting the efficacy of natural ingredients and spiritual treatment. If *Tibbun*

³ F Sundari, "The Effect of Honey Therapy on Diabetic Wounds in Type 2 Diabetes Mellitus Patients in RW 011 Pegirian Village Surabaya," *Journal of William Booth STIKES*, 2024.

⁴ M Al-Qudah, "Islamic Medicine: Review of Prophet Muhammad's Health Teachings from Modern Medicine Perspective," *Journal of Islamic Studies*, 2024.

Nabawi is applied in clinical practice supported by more *comprehensive* research and *integration* with current medical technology, significant benefits can be obtained.⁵

Honey taught as therapy by the Prophet SAW aligns with modern medical findings regarding its benefits in diabetes management. Although hadith does not specifically mention that honey is used to treat diabetes, the Prophet's teachings about using honey as therapy underlie its application in treating various diseases. The compounds in honey that can regulate blood sugar levels, increase *insulin* sensitivity, reduce inflammation, and accelerate wound healing demonstrate alignment between the Prophet's teachings and medical principles in honey-based therapy.⁶ In this regard, the application of Tibbun Nabawi in diabetes treatment can be seen as a complementary approach. Honey can function as one element in natural treatment supporting modern medical treatment. With proper medical supervision, honey has the potential to become a beneficial addition in diabetes management.

Understanding and adapting hadith in the context of contemporary medicine is crucial, as the Prophet's teachings contain many principles relevant to health and treatment. These hadiths not only provide guidance about physical treatment but also guidance regarding disease prevention, healthy lifestyle, and balance between body, mind, and soul. In the modern medical world, applying principles contained in hadith can become an alternative treatment that is more *holistic* and based on natural ingredients, increasingly sought after in current health practices.

This research is important to conduct at Miftahussyifa alternative medicine in Medan due to the site's alignment with the research focus on non-medical treatment practices, availability of information through direct interaction with patients and therapists, and the site's popularity among the community as a provider of alternative medicine services. Additionally, Miftahussyifa has a unique approach combining spiritual and herbal elements, making it interesting to study from a scientific perspective. Therefore, this site is considered appropriate and *representative* for gathering information needed in the research.

Researchers will collect data by visiting various sources, namely doctors and patients at Miftahussyifa Alternative Medicine Medan. The observation process will include monitoring locations and activities occurring in social contexts. Interviews will be conducted using a structured guide to record relevant data. The collected data will then be analyzed through an interactive method, which includes data reduction, data presentation, as well as drawing conclusions and verification. The results of this research are expected to produce descriptive findings providing a clear picture of the research object, as well as follow-up steps that may be needed.⁷ These findings will answer existing problem formulations and can be utilized by policymakers for subsequent actions. Additionally, this research will also highlight the positive relationship between diabetes treatment performed with honey at Miftahussyifa Alternative Medicine.

⁵ T Choudhury, "The Role of Islamic Medicine in Contemporary Health Practice," *Journal of Islamic and Traditional Medicine*, 2020.

⁶ N Al-waili, "The Effect of Honey and Its Components on Glycemic Control in Diabetes Patients," *International Journal of Clinical Practice*, 2004.

⁷ Takayoshi Terashita, [*Qualitative Research Methodology*], *Nihon Hoshasen Gijutsu Gakkai Zasshi*, vol. 67 (PT Pustaka Pelajar, 2011), <https://doi.org/10.6009/jjrt.67.413>.

Proses Penelitian di Pusat Terapi Alternatif



Figure 1: Flowchart of the Research Methodology at Miftahussyifa Medan

Results and Discussion

Profile of Miftahussyifa Alternative Medicine in Medan

Miftahussyifa Alternative Medicine is a health therapy center located in Medan City, North Sumatra, which combines traditional and Islamic medical methods. Known for its holistic approach, Miftahussyifa prioritizes healing by utilizing natural ingredients such as honey, habbatussauda, neem, herbs, as well as *ruqyah syar'iyah* methods and spiritual therapy based on Islamic teachings. This treatment has become a reference for people seeking *non-chemical* treatment alternatives, especially in handling chronic diseases such as diabetes, gout, and hypertension. With an experienced team of therapists grounded in Islamic values, Miftahussyifa focuses not only on physical healing but also on patients' mental and spiritual balance. Friendly service, religious atmosphere, and community trust are the main strengths of this treatment in building a reputation as one of the trusted alternative medicine centers in Medan.

The Concept of Honey in Diabetes Treatment

Living hadith serves as one contextual approach to religious practice, not merely as books to be read and studied, but as sources of values and inspiration used both enthusiastically and in people's lives. An interesting form of living tradition is the practice of alternative care based on the teachings of Prophet Muhammad SAW, especially the use of honey as treatment in handling diseases like diabetes. This concept is realized at Miftahussyifa alternative medicine with hadith about honey as the *philosophical* and practical foundation in their healing methods.

Honey therapy is one alternative treatment increasingly applied to help manage diabetes, including at several treatment centers like Miftahussyifa in Medan. The honey used in this therapy is generally high-quality pure honey rich in *antioxidants* and active natural compounds. Although containing sugar, if the dosage is controlled and adjusted to the patient's condition, honey can help improve body metabolism, strengthen the immune system, and accelerate wound healing processes often experienced by diabetes patients. This therapy is usually combined with healthy eating patterns, light physical activity, and *spiritual* approaches to make treatment more *comprehensive*. With proper supervision, the application of honey therapy can function as an effective addition in helping manage blood sugar levels naturally and safely for diabetes patients.

According to Ibn Mas'ud's opinion based on hadith issued by Ibn Majah in his Sunan:

عَنْ عَبْدِ اللَّهِ، قَالَ: قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: "عَلَيْكُمْ بِالشِّفَاءَيْنِ: العَسَلِ، وَالْقُرْآنِ"

Meaning: You should use two cures, namely honey and the Qur'an (HR. Ibn Majah).

The Prophet often consumed honey during his lifetime, and he emphasized that honey is a very effective medicine. Imam Bukhari explains in his Sahih in the chapter Kitab at-Thib that a man came to the Prophet seeking advice because his brother suffered from stomach pain. Then, the Prophet suggested that his brother be given a drink mixed with honey.

The above hadith provides deep insight into the importance of a comprehensive approach in maintaining health and obtaining healing. In this context, honey is considered not only as a natural sweetener but also symbolizes beneficial natural treatment, proven to have many medical properties such as *antioxidant*, *antibacterial* properties, and the ability to accelerate wound healing processes, including for people suffering from diabetes. On the other hand, the Qur'an functioning as medicine for the soul shows that illness can affect not only physical but also mental and emotional aspects. By reading, contemplating, and applying the Qur'an's teachings, one can achieve inner peace, strengthen faith, and cultivate hope and patience in facing the trials of illness. Therefore, this hadith implicitly teaches about comprehensive healing, namely integrating physical treatment with spiritual approaches. In the framework of modern medicine, this method becomes increasingly important because health is measured not only by good physical condition but also by emotional balance and peace of heart. Thus, the combination of honey as a source of natural nutrition and the Qur'an as life guidance represents an ideal effort in Islam to achieve complete healing, both physically and spiritually, applied at Miftahussyifa alternative medicine.

The process of honey-based diabetes treatment at Miftahussyifa alternative medicine is fully arranged by combining natural herbal-based medical approaches and Islamic spiritual values. Patients who come will undergo an initial session investigating their medical history, latest blood glucose levels, eating patterns, and main complaints. After evaluation, therapists will design a treatment program tailored to the patient's condition. The pure honey used is a type

known to have a high antioxidant content index. This honey is given in specific doses and combined with supporting herbs such as habbatussauda and neem, which are supposed to stabilize blood sugar levels.

Besides daily honey consumption, patients also rely on psychological therapy such as dhikr and prayer. This process recommends eating in small amounts but frequently, avoiding foods with high carbohydrates, and increasing vegetable and water consumption. Treatment continues to be given and assessed weekly to monitor patient progress. This approach aims not only to naturally lower blood sugar levels but also to create mental awareness and discipline for healthy living as part of a proper and correct diabetes healing process.

Diabetes treatment with honey, when viewed from an integrative perspective, shows a balance between *spiritual* values in Islam and the latest scientific methods. In hadith narrated by Bukhari, Prophet Muhammad SAW mentioned that one way to heal is through "*syarab al-'asal*" (honey drink), confirming that honey has a unique position in Islamic medicine. From a medical perspective, although honey consists of natural sugars, research shows that if consumed in appropriate amounts, honey can provide positive effects such as reducing *oxidative* stress, improving *glucose metabolism*, and accelerating wound healing processes in diabetes patients. The connection between religious perspectives and health fields shows that honey has benefits not only biologically but also provides peace for the soul and spirituality for those who follow the Prophet's teachings. Thus, the use of honey as alternative treatment for diabetes reflects a *holistic* approach combining faith, science, and traditional wisdom in balance.

Application of Honey in Diabetes Treatment

There are several approaches to using honey therapy in diabetes treatment. In diabetes patients, this can cause problems such as infection due to bacterial invasion promoting germ growth.⁸ Sundari and Bima state that wounds must be treated with 0.9% *NaCl* solution first, followed by *debridement* if there is tissue necrosis, and then cleaning with 0.9% *NaCl*.⁹ After applying two to three drops of liquid honey to the wound surface, the wound is dried with dry gauze, leveled, then covered with gauze.¹⁰ The goal is to reduce the number of bacteria and avoid wound infection.¹¹ Then after honey therapy, it was observed that there was a decrease in the degree of diabetic wounds.

Kaliandra honey treatment was used in Puspita's research for two weeks.¹² Among its many qualities, honey has *antibacterial*, *anti-inflammatory*, and moisturizing qualities that can help wound healing.¹³ Another topical therapy for diabetic foot wounds is mixing honey with

⁸ Krisyanella, "Phytochemical Screening and Determination of Forest Honey Potential as Antibacterial Agent Against Propionibacterium Acne and Staphylococcus Aureus Bacteria," *J. Farm. Higea*, 2021.

⁹ F Sundari, "The Effect of Honey Therapy on Diabetic Wounds in Type 2 Diabetes Mellitus Patients in RW 011 Pegirian Village Surabaya," *Journal of Nursing*, 2017.

¹⁰ M B Ardy, "Application of Honey Therapy in Diabetes Mellitus Patients to Accelerate Wound Healing Process in Puskesmas II Gombong Area," *Journal of STIKES Muhammadiyah Gombong*, 2017.

¹¹ Yulianingsih, "Application of Honey Therapy in Wound Care for Diabetes Mellitus Patients," *MEJORA: Medical Journal Awatara*, 2024.

¹² Nengke Puspita Sari and Maritta Sari, "Effect of Topical Giving Of Calliandra Honey On The Reduction Of Necrotic Tissues in Diabetes Mellitus Wounds," *JHeS (Journal of Health Studies)* 4, no. 2 (2020): 33–37.

¹³ A Ayungnityas, "The Use of Honey and Mango (*Mangifera Indica*) in Wound Healing," *Journal of STIKIES Sitihajar*, 2020.

habbatussauda. Additionally, honey contains many *antioxidant* chemicals that help protect cells from damage caused by *oxidative* stress.¹⁴

This is proven by Friska, the implementation process with this combination system is by applying habbatussauda to the wound. Apply the ointment in a circular motion 1 mm thick using a *cotton bud*, clockwise from the center to the entire wound area. Then, cover the wound with a bandage or dressing that has been moistened with honey. The use of this combination is effective in diabetic wound care and can be an option because the components possessed by both are in accordance with management principles.¹⁵ These research findings are consistent with Dewi's research, which documented decreased inflammation and improved diabetic wound healing processes after 10% habbatussauda intervention. Administration of habbatussauda can help the wound healing process, especially in the inflammatory phase, when habbatussauda works to reduce inflammation. This is because habbatussauda contains the active compound thymoquinone found in diabetic wounds.¹⁶

Not only with habbatussauda, honey can also be combined with olive oil for therapy in diabetic wound care. Similar to honey, olive oil is a natural ingredient recommended to help heal wounds caused by diabetes. One role of olive oil is that it can accelerate granulation growth. Treatment with honey can also increase comfort for patients with diabetic wounds. Additionally, the explanation of the above hadith also states that honey has properties as medicine for various diseases, including diabetes. Honey can help reduce diabetes symptoms and improve quality of life for diabetes patients. Honey is considered an effective medicine because it has extraordinary healing properties. The above hadith even mentions that honey can cure various diseases, including diseases related to the digestive system and *metabolism*.

According to the researcher's analysis of several expert viewpoints mentioned above, honey has been proven beneficial for diabetic wound care. Findings from many investigations show that wound levels have improved. There are several methods of applying honey to wounds, including dripping, applying, compressing, and mixing it with habbatussauda and olive oil. Patient comfort and wound condition will determine whether dressing changes are necessary.

¹⁴ R Fitriyani, "Nursing Care for Mrs. N with Diabetes Mellitus (DM) Medical Diagnosis at Gunung Jati Regional Hospital," *MEJORA: Medical Journal Awatara*, 2024.

¹⁵ F Nova, "Combination of Habbatus Sauda (*Nigella Sativa*) and Honey as Topical Alternative for Diabetic Ulcer Care" (Faculty of Nursing, Syiah Kuala University, 2019).

¹⁶ D Yulianti, "Application of Diabetic Wound Care Actions Using Honey Liquid on Mrs. Y in Kali Tengah Village," *Journal of STIKES Muhammadiyah Gombong WHO*, 2017.

Mencapai Pemulihan Diabetes

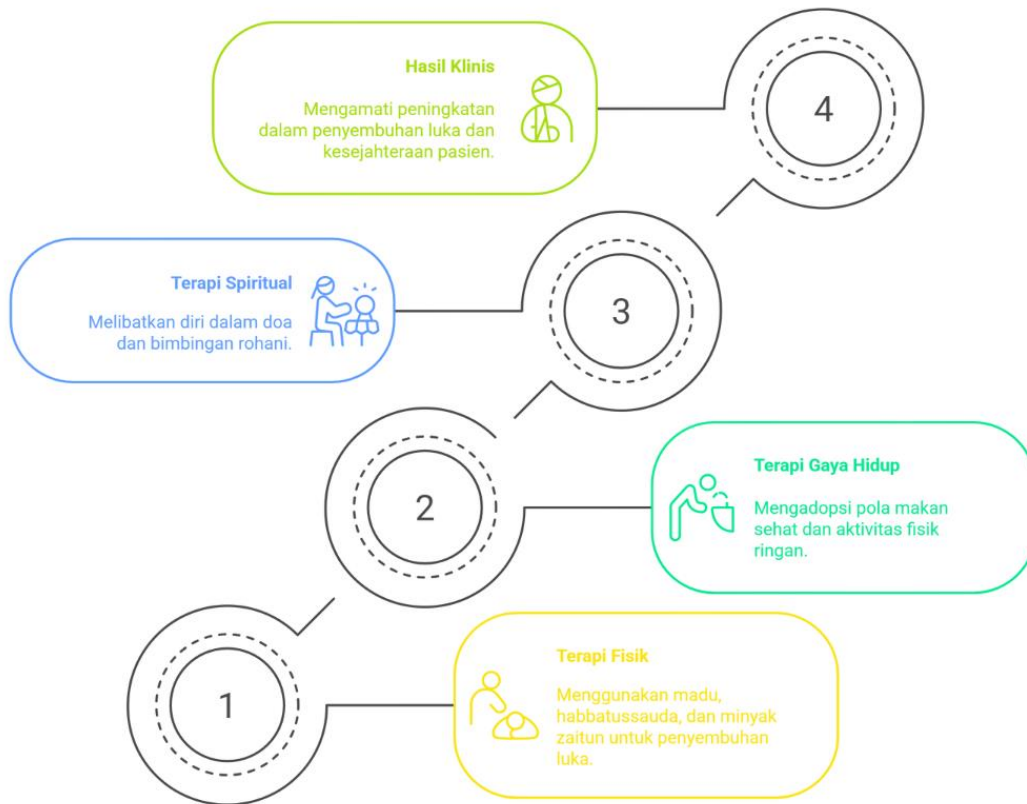


Figure 2. Integrated Honey Therapy Model for Diabetes Treatment Based on Living Hadith

Conclusion

Research results prove that honey as medicine has become the foundation for alternative medicine at Miftahussyifa in using honey as one of the ingredients for diabetes healing. Honey has properties as *anti-inflammatory*, *anti-bacterial*, and *anti-oxidant* that can help reduce diabetes symptoms and improve quality of life for diabetes patients. Honey therapy has been proven as an effective natural alternative in treating diabetic wounds, especially foot wounds. Several studies show that honey can be applied individually or combined with other natural ingredients such as habbatussauda and olive oil. The combination of honey and habbatussauda has proven effective in accelerating wound healing processes by reducing *inflammation*. Thus, honey can become one natural treatment option with potential to help manage diabetes, in accordance with Islamic teachings and the hadith of Prophet Muhammad SAW.

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