Novel strategies to fight *Candida* infections: natural honey

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The incidence of Candida infections (Candidosis) has increased remarkably in the last years, being attributed to the rise in the elderly population, the increasing number of immunocompromised patients, and the widespread use of indwelling medical devices. *Candida albicans* remains as the most prevalent species of these infections, but a clear rise in the proportion of non-*Candida albicans* Candida (NCAC) species has been noted. These species have an inherent level of resistance to certain antifungal agents higher than *C. albicans* though their virulence factors are much less understood. A major virulence factor is the ability to adhere and to form biofilms in medical devices and host tissues, because of a higher tolerance to antifungal therapy. Consequently, there is an urgent need to develop new strategies to fight these infections. Natural compounds are attracting increased interest in this field, among which honey.

**AIM:** To evaluate honey as a novel strategy to fight *C. tropicalis* infections.

Honey (Manuka and Urze) was tested alone against Candida (*C. albicans; C. tropicalis; C. parapsilosis; C. glabrata*) planktonic cultures and in combination with antifungal agents (fluconazole, chlorhexidine, nystatin) against single and mixed (with *Pseudomonas aeruginosa*) biofilms.

**Methods**

**Honey** (Manuka and Urze) was tested against *Candida* (*C. albicans; C. tropicalis; C. parapsilosis; C. glabrata*) planktonic cultures and in combination with antifungal agents (fluconazole, chlorhexidine, nystatin) against single and mixed (with *Pseudomonas aeruginosa*) biofilms.

**Results**

- **Effect of honey on planktonic cultures**
- **Effect of honey + antifungal on single biofilms (CFUs and Live/Dead)**
- **Effect of honey on single and dual-species biofilms (CFUs)**

**Table 1. MIC values of honey in *Candida* spp. planktonic cultures**

<table>
<thead>
<tr>
<th>Species</th>
<th><strong>Urze</strong></th>
<th><strong>Manuka</strong></th>
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<tbody>
<tr>
<td>C. albicans</td>
<td>25%</td>
<td>50%</td>
</tr>
<tr>
<td>C. tropicalis</td>
<td>25%</td>
<td>50%</td>
</tr>
<tr>
<td>C. parapsilosis</td>
<td>50%</td>
<td>50%</td>
</tr>
<tr>
<td>C. glabrata</td>
<td>50%</td>
<td>50%</td>
</tr>
</tbody>
</table>

**Figure 1. Therapeutic effect of honey against *C. tropicalis* biofilms.**

**Figure 2. Therapeutic combined effect of honey and antifungal agents (fluconazole (A), chlorhexidine (B), nystatin (C)) against *C. tropicalis* biofilms.**

**Figure 3. Therapeutic effect of honey against *C. tropicalis* and *Pseudomonas aeruginosa* mixed-biofilms cultures.**

**Conclusions**

- A first screening of the treatment with four planktonic *Candida* species culture indicated higher efficiency of honey against *C. tropicalis*.
- Honey is capable of 2-log reductions on *C. tropicalis* biofilms after 24 h of treatment.
- The combination of honey with nystatin and chlorhexidine reduces the antifungal dosage typically required in clinical settings by 50%, with a total biofilm reduction of 3-log with nystatin and 5-logs with chlorhexidine.
- In mixed biofilms of *C. tropicalis* and *P. aeruginosa*, honey at 50% or above reduces yeast and bacterial biofilm by 2-log and 4-log, respectively.

Altogether, our results highlight the great potential of honey as an alternative or complimentary strategy for the control of Candida infections.