

MAKING EBN SCIENCE BASED ALTERNATIVE MEDICINE

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For centuries, Edible Bird Nests (EBN) has found favor among Chinese communities for usage as a luxurious food, Traditional Chinese Medicine and even as lavish gifts. There are still many mysteries shrouded around it, especially the science behind the many positive health testimonies given by limitless individuals. Of recent years, more international publications have reported scientific studies on this 'Caviar of the East'. An increasing number of modern scientists even those from non-Chinese communities, has acknowledged the scientific merits and efficacies of consuming EBN regularly. Nowadays, EBN could also be presented as extracts and included as ingredients to make various cosmeceutical and functional food products. But the exact active ingredients of EBN involved in various reported health benefits like stem cell activation, wound healing, lung rejuvenation, bones strengthening and mobilization, immunity enhancement, brain and nerve orchestration and skin renewal, still need to be further investigated and validated. The various extraction processes currently used are also not standardized and scientifically validated to produce consistent and bio-activated EBN extracts as a credible alternative medicine. Moreover, the raw materials used in making the EBN extracts are often naturally contaminated with bird excreta and environmental toxins, which could greatly reduce the bio-efficacies of the identified active ingredients via reaction with them. Therefore, to make effective EBN science based alternative medicine, the first important step before extraction must also include a scientifically proven and validated decontamination process