

# ALOE VERA

## "AS A NATURAL MEDICINE"

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**A**loe Vera is a medicinal plant that has been used to treat various health conditions for thousands of years. Now days, Aloe Vera is frequently being used in the field of cosmetology. Though there are various indications for its use, controlled trials are needed to determine its real efficacy. Aloe Vera has various medicinal properties like anti-inflammatory, antibacterial, antiviral, and antitumor which accelerates wound healing and helps in treating various lesions in oral cavity. It also acts as a laxative, beauty enhancer and also maintains the blood sugar. It is commonly known as Barbados or Curacao Aloe, is an herbal medicine with a long traditional use in different cultures. Aloe Vera contains 75 potentially active constituents: vitamins, enzymes, minerals, sugars, lignin, saponins, salicylic acids and amino acids.

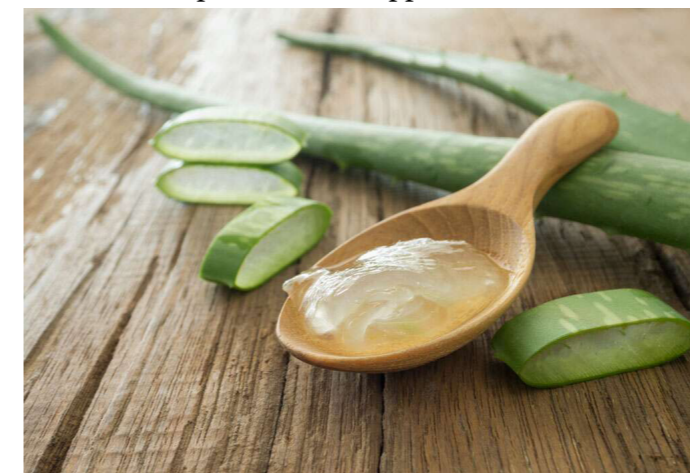
**T**he Aloe Vera plant is about one or two feet tall with prickly and bitter leaves, which act as a defense to keep animals and insects from feeding on the plant. The leaves hold a gooey translucent gel, also extremely bitter and known all over the world for its unbelievable healing properties. This translucent gel is made up of around 96% water, some organic and inorganic compounds, a type of protein which contains 18 of the 20 amino acids found in the body and lastly, Vitamin A, B, C and E. Another part of the Aloe Vera plant which is used is the 'sap', a yellow-coloured liquid stuck to the skin of the plant from inside. When dried and purified, the powdered aloe is often used as a laxative. One of the most crucial elements found in Aloe Vera gel is a complex carbohydrate known as Acemannan. It allows nutrients to reach the cells, nourish them and at the same time relieve them of toxins. Ayurveda, Chinese herbal medicine and British herbal medicine

have all advocated Aloe Vera as a healer, when applied or consumed orally.

**A**loe Vera also bloom while Aloes begin life as small rosettes resembling flowers, these are actually made up of leaves. Aloe flowers are not often formed in interior situations, but you can give the plant some special care and exposure to encourage blooming on mature plants. There are over 400 species in the family Aloe, with Aloe Vera one of the most popular forms. These easy to grow succulents tolerate a range of light neglect and thrive in well-draining, gritty soil, full sun and regular water.



Aloe plant blooms rise from an inflorescence which soars above the attractive rosettes. Only mature plants of at least 4 years of age will bloom, so if there is no flowers on Aloe plants, it may simply be due to the plant's age. It could also be due to cultural issues which are easily corrected and could result in your Aloe presenting you with its lovely flowers. Aloe Vera is one of the most popular interior plants. Over time, smaller rosettes of leaves will form which can be pared away from the parent plant and grown individually. In cooler climates, the plants exposure to heat and light may minimize its ability to produce flowers. The inflorescences are reminiscent of Red Hot Poker plants, with tubular yellow and orange blooms dangling in a cluster atop a stiff flower stalk. Flowering Aloe Vera plants need the same cultural care as those not in blooms. Remove the spent flower stalk once all petals have dropped.



## STUDIES SAYS:

**I**n 2014, a study published online by the Cambridge University Press looked at tomato plants coated with aloe gel. The report showed evidences that the coating successfully blocked the growth of many types of harmful bacteria on tomato. Similar results were found in a different study with apples. This means that aloe gel could help fruits & vegetables stay fresh and eliminate the need of dangerous chemicals that extend the shelf life of produce.

## SOME OF THE PROMINENT BENEFITS OF ALOE VERA ON SKIN

**T**here are so many benefits of Aloe Vera to skin. As Bill C. Coats wrote, "Since the skin needs nutrition of its own, Aloe Vera, when formulated into a properly designed personal care regimen, can treat, exfoliate, restore, reveal and provide constant, impressive nutrition to the human skin."

\* The slimy texture of natural Aloe Vera gel is very soothing and cooling and it's for these exact reasons that Ayurveda refers to Aloe Vera as the miracle herb that can be used to treat wounds, minor cuts, dry skin and severe burns.

\* A lot of Aloe Vera based products are available in market like Aloe sanitizer, hand wash, face wash, face packs and many more products which we can utilize in our daily life.

## CONCLUSION:

**A**loe Vera has a range of therapeutic properties, especially as an ointment for the skin. One can use aloe products to treat a medical condition on the recommendation of a doctor. We can use commercial Aloe Vera products or sometimes we can directly take it from the leaf of an aloe plant. Aloe Vera plant has immense medicinal properties and it is like a God gift to mankind and our responsibility is to conserve it for our future