



ALOE VERA – FIRST AID PLANT

Tamanna

I B.B.A [2NDSem]

GFGC TUMAKURU

tamanna8317@gmail.com

Ph no:9980253325

Introduction

Aloe Vera is known as a TRUE ALOE. It is mostly used in herbal medicines so it is also Known as FIRST AID PLANT or MEDICINAL PLANT. The ALOE word was derived from the aerobicwar-“alloeh” which means “BITTLE SUSSTANCES”. Aloe is an emollient resin with the softening properties. It belongs to family liliaceas.



1.1.1 HISTORY

Aloe Vera was considered to one of the best medicinal plants used in the treatment of various health conditions. It was first understood by Egyptians to having multiple nature of it properties [19]. But Aloe Vera was first discovered in 1862 by German Egyptologist-George Fbers . but its first English translation was found in 1655 by john goodyear in Dioscorider’ de materia medical, and he wrote aloe is very better in taste.

Aloe Vera has been used by many different cultures: Indians,Chinese ,Greeks,Romans, have All used aloe vera as a medicinal or healing plant. Botanists have find more than 300 species Of aloe Vera like rumex, barbadensis etc. Out of this species, only five have strongest medical benefits likes Aloe ferox, Aloe Saponaria, Aloe arborescens. Aloe barbadensis miller is mostly widely used and most potent as well. Throughout the history of aloe Vera, the plant is in various form having tropical properties-refered as plant of immority’. It is belonging to lily family because flower produce annually in the spring which resembles of esterlily.[1-2].

1.1.2 COMMONNAME

Chinese aloe, True aloe, Indian aloe, First aid plant, Medical plant, miracle plant, Barbados aloe, Burn aloe and many more [1].

1.1.3 SCIENTIFICNAME

Aloe barbadensis Aloe capensis [1].

1.1.4 ALTERNATIVENAME

Aloe Vera has a different name in worldwide like, in India-Ghrtakumari but in Gujarat and Rajasthan it's known as Gwarpatha, In Pakistan- quargandal which is used in unani medicine, In Indonesia-lidah buaya, In Thaliand- crocodile tail PLANT, in south Africa-sabila [2].

Aloe vera harvesting:-

It's easy to find aloe vera at the store. If you want to grow your own aloe vera plant, here's how to collect the gel:

- Cut an outer leaf close to the stem and rinse it.
- Place on a cutting board, rounded side up.
- Use a knife to peel off skin around the edges.
- Then use the knife to slide the gel off the remaining skin.
- Puree or mash it.
- You now have aloe vera gel.
- Aloe vera harvesting

1.1.5 DESCRIPTION

Aloe Vera grows in to the dreary climates or land So it is mostly found in the India, Africa, Caribbean, and other dry climates.

Aloe Vera is a short stem or stems less plant, It mainly contains leaves and flowers. Aloe leaves are in green in colour and thick with the same variety. The size of leaves is 50-60 cm long 4-5 cm thick. The margin of the leaves is serrated. But plants bear flowers once in a year in summer season. flowers contain tubular collar which is yellow in colour and contain 'aloe tic' juice can be collected by cutting the leaves close to stem.

1.2 CHEMICAL CONSTITUTE

Aloe Vera has weird medicinal properties. Botanists have found more than 200 important Nutritional constituents in aloe Vera leaf which having to perform a function. They are MINERALS like Calcium, Sodium, Copper, Zinc, Iron, and Manganese(Essentials for bones, Regulates acidic or alkaline level of body fluid), VITAMINS like Vitamin A, Vitamin C, VitaminE, VitaminB12, and folic Acid(To develop new blood cells), ENZYMES like lipase,

Peroxidise (Helps indigestion), SUGER like Monosachhharide's and polysaccharides include Sucrose, lactose(Maintain cholesterol level, Improve the strengthening of bones), LIGNINS which are the cellular substances which hasn't medicinal benefits but it has an accesing property. AMINO ACID which are required by human body provided by aloe Vera like Leucine, Isoleucine, Valine, Theonine,

Lysine, Methionine, Phenylamine, STEROL like Camp sterol, sitosterol(Pain killing properties), ANTHARAQUINONES like Aloin, Anthronol, Aloetic acid, Barbaloin, Isoleucine .

Aloe vera uses

Research backs up the ancient use of topical aloe vera as a skin treatment, at least for specific conditions. Studies have shown that aloe gel might be effective in treating skin conditions including

Psoriasis, Seborrhea, Dandruff, Minor burns, Skin abrasions, Skin injured by radiation, Herpes sores, Acne, Anal fissures

There's also strong evidence that aloe juice, which contains latex, taken by mouth is a powerful laxative. In fact, aloe juice was once sold in over-the-counter constipation drugs. But because aloe's safety was not well-established, the FDA ordered in 2002 that over-the-counter laxatives containing aloe vera either be reformulated or removed from store shelves.

Aloe vera gel taken orally (by mouth) seems to help lower blood sugar levels in people with diabetes. It may also help to lower cholesterol. The results of aloe vera studies for other medical conditions have been less clear.

How much aloe vera should you use ?

Creams and gels with aloe vera vary in dosage. Some creams for minor burns have just 0.5% aloe vera. Others used for psoriasis may contain as much as 70% aloe vera. As an oral supplement, aloe has no set dose.

Side effects

Topical aloe vera might irritate your skin. Oral aloe, which has a laxative effect, can cause cramping and diarrhea. This may cause electrolyte imbalances in the blood of people who ingest aloe for more than a few days. It can also stain the colon, making it hard to get a good look at the colon during a colonoscopy. So avoid it for a month before having a colonoscopy. Aloe gel, for topical or oral use, should be free of aloin, which can irritate the gastrointestinal tract.

Risks

Do not apply topical aloe vera to deep cuts or severe burns. People allergic to garlic, onions, and tulips are more likely to be allergic to aloe. High doses of oral aloe are dangerous. Don't take oral aloe if you have intestinal problems, heart disease, hemorrhoids, kidney problems, diabetes, or electrolyte imbalances.

Interactions. If you take any drugs regularly, talk to your doctor before you start using aloe supplements. They could interact with medicines and supplements like diabetes drugs, heart drugs, laxatives, steroids, and licorice root. The oral use of aloe vera gel may also block the absorption of medicines taken at the same time.

Given the lack of evidence about its safety, aloe vera supplements should not be used orally by children and by women who are pregnant or breastfeeding.