



Aloevera: A Natural Remedy in Modern Medicine and Cosmetology

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ABSTRACT:

Aloe vera (*aloe barbadensis*) is a leaf with immense medicinal value, revered for its numerous health benefits and uses. This review highlights aloevera bioactive compounds, including anthraquinone like aloin and emodin, which contribute to its antimicrobial, anti-inflammatory, and antioxidant properties. Aloevera's medicinal applications include treating skin disorders, digestive issues, and infections, as well as its use as a wound healing and in skincare and haircare products. The review discusses aloevera's potential as a natural remedy for various health conditions, including cancer prevention and immune system support. With its rich history, versatility, and potency, aloevera is a valuable resource for promoting health and well-being.

Keywords : Aloevera, nervous system, Immune - boosting, Antiviral properties, Skin healer, Health and beauty, skin soothing and moisturizing.

Introduction :

Aloevera (*aloe barbadensis*) is a leaf that has been revered for its medicinal properties in traditional Indian medicine, particularly in Ayurveda, Unani and sidha practices. The aloevera leaf is rich in bioactive compounds that contribute to its medicinal properties. Aloevera has been used for centuries to treat various health conditions, including skin disorders, digestive issues, and hair problems. It has antiseptic and antibiotic properties which are highly valuable in treating cuts and abrasions. Aloe is the dried juice obtained from transversely cut leaves of *aloe barbadensis* belongs to family Liliaceae. It can be also used as a hair styling gel and works especially well for curly or fuzzy hair. It is also used for making makeup, moisturizers, soaps, shampoo and lotions. Aloevera gel is useful for dry skin conditions, especially eczema around the eyes and sensitive facial skin.

Its juice may help some people with ulcerative colitis and inflammatory bowel diseases. Aloe has been marked as a remedy for coughs, ulcers, wounds, gastritis, Diabetes, cancer, headache and immune system deficiencies and many other conditions when taken internally.



Fig. 1 : Aloevera

Medicinal Properties :

1. Anti-inflammatory: Aloe vera contains compounds that can help reduce inflammation in the body, making it useful for treating burns, wounds, and other skin conditions.
2. Antioxidant: The plant is rich in antioxidants, which help protect the body against damage from free radicals, potentially reducing the risk of chronic diseases.
3. Wound Healing: Aloe vera gel is known for its ability to accelerate wound healing, reduce scarring, and promote new skin growth.
4. Skin Conditions: It's commonly used for treating various skin problems, including burns, eczema, psoriasis, and acne.
5. Digestion: Aloe vera can help soothe digestive issues like constipation and irritable bowel syndrome (IBS).
6. Pharmacologically it is immunity booster and detoxifies the system. It is recommended in adjuvant therapy with antibiotic, NSAIDs and chemotherapy to eliminate drug induced side effect.

Health Benefits :

Skin Health: Aloe vera treats skin conditions like acne, eczema, and dermatitis, reducing inflammation and preventing infections.

Hair Health: Aloe vera gel promotes healthy hair growth, treats dandruff, and prevents scalp infection

Wound Healing: Aloe vera accelerates wound healing, reducing scarring and preventing infections.

Cancer Prevention: Aloe vera's bioactive compounds may help prevent cancer cell growth and development



Fig 2 : Health Benefits

Uses :

- ☐ Aloe vera gel is used as an ingredient in commercially available lotion, yogurt, beverages and some desserts.
- ☐ Aloe vera gel is used for consumption and relief of digestive issues such as heart burn and irritable bowel syndrome.

- It is common practice for cosmetic companies to add sap or other derivatives from Aloe vera to products such as make up, tissues, moisturizers, soaps, sunscreens, incense, razors and shampoos.
- Other uses for extracts of Aloe vera include the dilution of semen for the artificial fertilization of sheep, use as fresh food preservative, and use in water conservation in small farms.



Fig 3 : Aloevera Uses

Precautions :

Topical : It may cause redness, burning, stinging sensation and rarely generalized dermatitis in sensitive individual

Allergy : Allergic reaction are mostly due to anthraquinone such as aloin and barbaloin. It is best to apply it to a small area first to test for possible allergic reaction.

Contraindications : Contraindicated in cases of known allergy to plant in the Liliaceae family.

Conclusion :

In conclusion, Aloe vera is a versatile and potent herb with numerous health benefits and uses. Its medicinal properties make it a valuable natural remedy for various health conditions, including skin disorders, digestive issues, and infections. With its rich history, versatility, and potency, Aloe vera is a promising natural solution for promoting health and well-being. As research continues to uncover its potential, Aloe vera remains a significant component of traditional medicine and a valuable resource for modern healthcare.

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