

## *Aloe barbadensis*

*Aloe barbadensis*, commonly known as Aloe vera, is a succulent plant species belonging to the Asphodelaceae family (formerly known as Liliaceae) - Lily Family. It is native to the Arabian Peninsula but is cultivated worldwide for its various medicinal, cosmetic, and culinary uses. Here's an overview of its medicinal properties:

**Kingdom:** Plantae

**Order:** Asparagales

**Family:** Asphodelaceae

**Subfamily:** Asphodeloideae

**Genus:** Aloe

**Species:** *A. vera*



***Aloe barbadensis* is known by various names in Indian languages**

Ghritkumari (घृतकुमारी) - Hindi

Korphad (कोरफड) - Marathi

Kumari (कुमारी) - Another Hindi

Kattarvazha (കട്ടാർവാഴ) - Malayalam

Lolesara (లోలేసర) - Telugu

Sothu kathalai (சோது கதலை) - Tamil

Kumari (कुमारी) - Bengali


### **Medicinal Properties of *Aloe barbadensis* (Aloe vera):**

1. **Skin Health:** Aloe vera is perhaps best known for its beneficial effects on the skin. It has moisturizing, soothing, and cooling properties, making it useful for treating various skin conditions such as burns, sunburns, wounds, cuts, insect bites, eczema, psoriasis, acne, and dermatitis. Aloe vera gel, extracted from the inner leaf, is applied topically to affected areas to promote healing and relieve discomfort.

2. **Wound Healing:** Aloe vera enhances the wound healing process by stimulating cell regeneration, reducing inflammation, and preventing infection. It accelerates the formation of new tissue and collagen, leading to faster healing of wounds, cuts, and abrasions. Aloe vera gel or cream is commonly used in wound care and post-surgery recovery.

3. **Sunburn Relief:** Aloe vera's cooling and anti-inflammatory properties make it effective in soothing sunburned skin. It helps reduce redness, pain, and inflammation caused by excessive sun exposure. Aloe vera gel can be applied topically to sunburned areas to alleviate discomfort and promote healing.





4. **Moisturizing Agent:** Aloe vera is a natural humectant, meaning it helps retain moisture in the skin. It hydrates and softens the skin, making it an excellent moisturizer for dry, rough, or chapped skin. Aloe vera gel is often included in skincare products such as lotions, creams, and moisturizers for its hydrating properties.

5. **Anti-inflammatory Effects:** Aloe vera contains compounds such as acemannan, anthraquinones, and polysaccharides, which exhibit anti-inflammatory properties. It helps reduce inflammation in the body and alleviate symptoms of inflammatory conditions such as arthritis, rheumatism, and inflammatory bowel diseases when taken internally.

6. **Digestive Health:** Aloe vera juice or gel is used internally to support digestive health. It helps soothe and heal the digestive tract, relieve symptoms of acid reflux, heartburn, and irritable bowel syndrome (IBS), and promote regular bowel movements. Aloe vera's laxative effect can help alleviate constipation when consumed in moderation.

7. **Oral Health:** Aloe vera is used in oral care products for its antimicrobial and anti-inflammatory properties. It helps prevent dental plaque, gingivitis, and periodontal disease by inhibiting the growth of oral bacteria and reducing inflammation in the gums. Aloe vera-based toothpaste and mouthwash are available for maintaining oral hygiene.

8. **Immune Support:** Aloe vera contains vitamins, minerals, and antioxidants that help boost the immune system and support overall health. Regular consumption of aloe vera juice or gel may help strengthen the body's defenses against infections and diseases.

