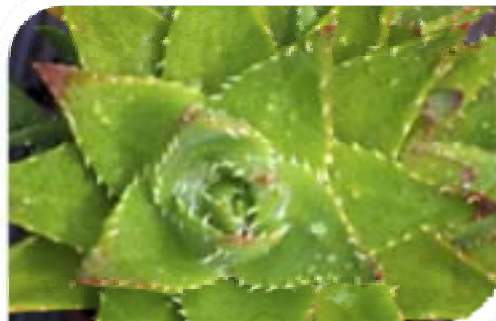


Medical Uses of Aloe Vera

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General Information

The Aloe Vera plant is a member of lily plant which is full of juice and closes similar to a cactus. It produces approximately 25 fleshy, gray-green leaves in a beautiful rosette display. There are about more than 200 species of Aloe Vera. The most beneficial specie of Aloe Vera plant is Aloe Vera Barbadensis.(1)

The aloe plant and its' derivative products have played a role in medicine and health care dating as far back as the 4th century B.C. when ancient Greek doctors obtained aloe from the island of Socotra in the Indian Ocean. The name Aloe Vera or True Aloe probably stems from the Arabic word Alloeh meaning "Shining bitter substance".(2)

There are also many romantic tales about it, suggesting that the Egyptian queens Nerfertiti and Cleopatra used it as part of their regular beauty regimes. Supposedly Alexander the Great in 333 B.C. was persuaded by his mentor Aristotle to capture the Island of Socotra in the Indian Ocean for its' famed Aloe supplies, needed to treat his wounded soldiers.(3)

The leaf of Aloe Vera is rubbery and smooth in touching from outside and inside the plant is the Aloe Vera gel. It is available in a variety of products such as medicated cream, hand and body lotion, heat rub, pure Aloe Vera juice, mini lift mask, medicated jelly, moisturizer and etc.

Aloe Vera has number of uses and mainly they are used as a food preservative and medicine.

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Commercially, aloe can be found in pills, sprays, ointments, lotions, liquids, drinks, jellies, and creams, to name a few of the thousands of products available.(2)

Health benefits of Aloe Vera

Aloe Vera and skin disorders: Pure Aloe Vera is often used liberally on the skin. There are no reports that using aloe on the skin causes absorption of chemicals into the body that may cause significant side effects. Skin products are available that contain aloe alone or aloe combined with other active ingredients.(4)

When used externally, aloe is the best wound dressing ever discovered. It works by simultaneously sealing the wound while attracting an increased flow of blood to the wound, accelerating wound healing.(5)

There is promising preliminary support from laboratory, animal, and human studies that topical aloe gel has immunomodulatory properties which may improve wound healing and skin inflammation.(6)

Aloe Vera, both oral intake and topical dressings, is an especially effective treatment in cases of frostbite, all sores, from canker sores to bed sores, any kind of skin wound, as well as blisters and burns, rashes, urticaria, allergic reaction, abrasions, herpes lesions, hives, insect bites, stings, scalp itchiness, psoriasis, and sunburn pain.(7)

- It lightens the dark spots on the face and reduces the intensity of pigmentation.(8)

- It is used as a moisturizer and helpful in removing dead cells.

- It is also helpful in the penetration of healthy substances.(9)



- Aloe Vera is beneficial in stimulating the production of elastin and collagen which are necessary for preventing the aging of the skin.(10)
- It hydrates the skin and accelerates skin repair.
- It has anti-aging effects.(10)
- It is helpful for seborrheic dermatitis treatment.(11)

Aloe Vera cures gum disease: The Aloe Vera actually heals gums and eliminates gum disease, mucositis, lip fissure and mouth herpes lesions.(12)

Aloe Vera and digestive disorders: Polysaccharides in the Aloe Vera plant have curative effects on numerous digestive disorders. The Internet is a storehouse of information and testimonials about Aloe Vera curing IBS, ulcers, Crohn's disease, ulcerative colitis (13,14) and other disorders of the digestive tract. This is one of the best-known applications of Aloe Vera gel.(15)

- Aloe Vera ends acid reflux disease: Taking Aloe Vera gel on a regular basis, reduce your heartburn symptoms within a few days.(16)

- Aloe Vera ends constipation (laxative): Dried latex from the inner lining of aloe leaves has been used traditionally as a laxative taken orally. So combination herbal remedy containing aloe was found to be an effective laxative in research.(17)

- Aloe Vera is a natural medicine for IBS: Regular consumption of Aloe Vera gel worked well in the majority of patients who suffer IBS.

- Aloe Vera halts colon cancer, heals the intestines and lubricates the digestive tract.

Aloe Vera relieves joint and muscle pain: Pain in the joints and muscle pain occurred due to arthritis is reduced by the application of Aloe Vera sprays or gels.(17)

Using aloe topically is well known to ease inflammation of joints, reducing arthritis pain. But aloe can also be used internally, reducing inflammation throughout the body from the inside out. People who drink Aloe Vera for two weeks typically begin to experience a significant reduction of inflammation symptoms.

Of course, if you continue eating a pro-inflammatory diet (red meat, milk, sugar, white flour, fried foods, and etc.), you'll never get rid of all your inflammation with aloe alone, but aloe can help ease your pain while you move to a healthier lifestyle that eliminates the inflammation for good!

Other situations in which it appears to work when taken internally include congestion, intestinal worms, indigestion, stomach ulcers, colitis, hemorrhoids, liver problems such as cirrhosis and hepatitis.

Aloe Vera and kidney disease: It protects the kidneys from kidney infection and urinary tract infection



It prevents kidney stones and protects the body from oxalates in coffee and tea.(17)

Aloe Vera fights against AIDS: Aloe is showing real promise in the fight against AIDS, and the virus has become undetectable in some patients who used it on a regular basis, due to its' immune system stimulant properties. It also seems to help prevent opportunistic infections in cases of HIV and AIDS.(18)

Aloe Vera has anti-inflammatory effect: The asthmatics were able to cut down on their usage of inhalers, including the steroid inhalers. These effects were probably due to Aloe Vera's innate anti-inflammatory effect as well as its effect on the immune system.(3)

Aloe Vera boosts immune function and destroys cancer tumors: Scientific research shows strong immunomodulatory and anti tumor properties for Aloe Vera polysaccharides. That means the gel helps boost immune system function while destroying so it halts the growth of cancer tumors.

It appears to be of help in cancer patients (including lung cancer) by activating the white blood cells and promoting growth of non-cancerous cells.(3)

Aloe Vera heals radiation burns from radiation cancer treatments:

For those cancer treatment victims who have been maimed by radiotherapy treatments (which don't cure cancer, by the way: the treatments are largely a medical hoax), applying Aloe Vera topically to the radiation area will rapidly accelerate the healing response. Consuming Aloe Vera internally will also help heal radiation burns. Of course, it's smarter to avoid radiation in the first place, since the procedure actually causes cancer just like mammograms do. Radio modifying effects of the leaf extract of Aloe Vera were observed on the testes of Swiss albino mice at 50 and 100 mg/kg dose levels. This extract was non-toxic when injected up to 800 mg/kg, and significant enhancement in survival time of the irradiated group was observed. In addition, treatment reduced radiation-induced damage to germ cells and loss in body weight.(19)

Aloe Vera amplifies the antioxidant effects of vitamins: It makes vitamin C, E and other antioxidants work better! It actually potentiates antioxidants, probably due to its' effect on enhancing blood quality and allowing the blood to more effectively transport oxygen and nutrients to the cells of body.

The gel of Aloe Vera provides benefit in reducing triglycerides, total cholesterol and blood fat lipid and blood sugar levels.

Aloe Vera stabilizes blood sugar and reduces cholesterol in diabetics:

Laboratory studies show that aloe can stimulate insulin release from the pancreas and can lower blood glucose levels in mice. Results from two poorly conducted human trials suggest that oral aloe gel may be effective in lowering blood glucose levels.(20)

Diabetic patients who take Aloe Vera for 3 months experience a significant

drop in fasting blood sugar levels. They also exhibit lower cholesterol levels and slight improvements in total cholesterol.

Aloe Vera extends lifespan: A summary of results are as follows: Aloe ingestion, both crude and processed, was shown to extend (10%) average life span and slow the mortality rate doubling time. Also, several beneficial effects from aloe ingestion on age-related disease were found: Group 2 and 3 showed a lower incidence of arterial thrombosis than Group 1. Furthermore, Group 2 showed a significantly lower incidence of fatal chronic nephropathy and occurrence of multiple causes of death compared to the control group. All groups ingesting aloe showed a slightly lower incidence of fatal leukemia. Moreover, no adverse, toxic effects were found with the ingestion of Aloe Vera.

Aloe Vera reduces high blood pressure: Aloe Vera reduces high blood pressure by treating the cause, not just the symptoms. It will also reduce high blood pressure because part of the reason due to which blood pressure is so high in some people is that their blood has turned into a thick, viscous liquid that flows like molasses. Basic physics tells you that a thicker liquid will take more pressure to pump through any system. By reducing the viscosity and making the blood flow in a more frictionless manner, blood pressure is automatically lowered.

Aloe Vera reduces stroke and heart attacks: Aloe Vera by enhancing the quality of the blood (by changing sticky blood to unsticky blood) will have a significant impact on reducing heart attacks and strokes.(17)

Aloe Vera Health Nutrients

Aloe Vera juice contains a wealth of vitamins, B1, B2, B3, B6, C, and



chlorine, plus minerals, calcium, chlorine, copper, germanium, iron, magnesium lactate, manganese, potassium, silicon, sodium, and sulfur. But its uniqueness lies in its wealth of photochemicals such as the organic acids chrysophanic, salicylic, succinic, and uric, polysaccharides such as acemannan, enzymes such as glutathione peroxidase, and various resins.

Other benefits of Aloe Vera (1, 2, 17)

- Repairs "sludge blood" and reverses "sticky blood".
- Boosts the oxygenation of your blood.
- Protects the body from oxidative stress.
- Alkalizes the body, helping to balance overly acidic dietary habits.
- Nourishes the body with minerals, vitamins, enzymes and glyconutrients.
- Replaces dozens of first aid products, makes bandages and antibacterial sprays obsolete.
- Prevents and treats Candida infections.



- Functions as nature's own "sports drink" for electrolyte balance, making common sports drinks obsolete.
- Boosts cardiovascular performance and physical endurance.
- Speeds recovery from injury or physical exertion.
- Prevents kidney stones and protects the body from oxalates in coffee and tea.
- Hydrates the skin, accelerates skin repair.

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