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Aloe barbadensis medicinal uses pdf

We include products that we think are useful to our readers. If you buy through links on this page we can earn a small commission. Here's our process. Aloe vera is a medicinal plant that has been used to treat various health conditions for thousands of years. It is usually safe to use also vera directly from the plant or you can buy it in gel form. Aloe vera creams, gels, and ointments contain the clear gel found in aloe veraleaves. These products can be applied topically to treat various skin conditions. Aloe is sold in capsule or liquid form to take internally to promote health and well-being. Read on to learn how to use aloe vera and the potential benefits and risks. It is relatively easy to harvest an aloe plant for gel and juice. You need a mature plant that is at least a few years old. This ensures a higher concentration of the active ingredients. You also want to wait a few weeks before cutting leaves from the same plant. You may want to have some plants on rotation if you plan to harvest aloe frequently. To harvest your aloe plant for gel and juice:Remove 3-4 leaves at a time, choosing thick leaves from the outer parts of the plant. Make sure the leaves are healthy and free from any mold or damage. Cut them near the stem. Most of the beneficial nutrients are found at the base of the leaves. Avoid the roots. Wash and dry the leaves. Trim the jagged edges with a knife. With the help of a knife or fingers, separate the inner gel from the outside of the blade. The inner gel is the part of the aloe that you will use. Let the yellow save drain from the blade. This is aloe vera latex. If you plan to use the latex, you can catch this in a container. If you do not plan to use the latex, you can get rid of it. Cut aloe gel into slices or cubes. If you want smooth aloe gel, after separating the aloe from the outer part of the leaf, you can put the aloe in a blender and then strain the substance to remove the mass. How to use fresh aloe gelYou can apply fresh aloe gel directly on your skin or follow a recipe to make a homemade beauty product. It can also be added to food, smoothies and drinks. To make aloe juice, use 1 cup of liquid for every 2 tablespoons of aloe gel. Include some other ingredients, like fruit, and use a blender or food processor to mix up your drink. If you plan to consume fresh slices of aloe gel, it will keep in the refrigerator for a few days, but it is best to consume it as quickly as possible. You can always store aloe vera gel in the freezer if you are not ready to use it directly. There are many ways you can use aloe vera, both locally and internally. 1. Heals burnsOn its soothing, moisturizing, and cooling properties, aloe vera is often used to treat burns. A 2013 study of 50 participants found that people who used aloe vera gel to treat superficial and partial thickness burns showed better than the group that used a 1 percent silver sulfadiazine cream. The Aloe vera group showed wound healing and pain relief. Plus, aloe vera had the advantage of being cheap. More research is needed, but the available evidence suggests that aloe gel may be beneficial for burn wound healing. If you have a tan or another mild burn, apply aloe vera a few times a day to the area. If you have a severe burn, seek medical help before applying aloe 2. Improves digestive health Consuming aloe vera can benefit your gastrointestinal tract and help to soothe and cure stomach upset, including irritable bowel syndrome (IBS). A 2018 review reviewed three studies involving 151 people. Results from the studies showed that aloe vera significantly improved symptoms of IBS when compared to placebo. No adverse effects were reported, but more research is needed using a larger study size. In addition, aloe vera can help inhibit the growth of *H. pylori* bacteria, which are found in the gastrointestinal tract and can lead to ulcers. Keep in mind that this advice is for aloe vera only. Other aloe plants may be toxic and should not be taken internally.3. Promotes oral healthAloe vera toothpaste and mouthwash are natural options for improving oral hygiene and reducing plaque. The results of a 2017 study found that people who used an aloe vera toothpaste showed significant improvements in their oral health. The study included 40 young people divided into two groups. Each group used either an aloe vera toothpaste or a traditional toothpaste containing triclosan twice daily. After 30 days, aloe toothpaste was found to be more effective than the triclosan toothpaste in lowering levels of candida, plaque and gingivitis. People who used aloe vera toothpaste showed better overall oral health without experiencing any adverse effects. 4. Clears acneUse fresh aloe on the face can help clear up acne. You can also buy aloe products designed for acne, including cleaning machines, toner, and creams. These may have the added benefit of containing other effective ingredients as well. Acne products made with aloe may be less irritating to the skin than traditional acne treatments. A small 2014 study found that a cream that combines conventional acne medication with aloe vera gel was significantly more effective than acne medication alone or placebo in treating mild to moderate acne. In this study, improvements were seen in lower levels of inflammation and fewer lesions in the group using the combination cream over a period of eight weeks. 5. Relieves fissureIf you have fissures, applying an aloe vera cream to the affected area several times during the day can help promote healing. A 2014 study found that the use of a cream containing aloe vera juice powder was effective in treating chronic fissures. People used aloe cream three times a day for six weeks. Improvements were shown in pain, bleeding at defecations and wound healing. These results were significantly different from those of the control group. While this research is promising, further research is necessary to expand this research. It is safe for most people to use aloe vera topically for less skin care concerns. Generally, it is well tolerated, but skin irritations and allergic reactions are possible. Never use aloe vera or any serious cuts or burns. Pay attention to how your body reacts to aloe. Notice if you get any sensitivities or side effects. Do not use aloe if you are allergic to garlic, onions or tulips. Avoid taking aloe vera within two weeks of any planned surgery. Women who are pregnant or breastfeeding, and children under 12 years, should avoid oral use of aloe vera. Carefully follow the dosage information when taking aloe vera gel or latex internally. Limit your usage to small periods of time. After a few weeks of use, take a break for at least a week. Always buy from a reputable brand to ensure safety and quality. The laxative effect of aloe vera latex has the potential to cause diarrhea and abdominal cramps. These effects could inhibit the absorption of oral medicines and reduce their effectiveness. Do not take aloe vera internally if you have the following conditions:Possible side effects of aloe vera include:kidney issuesblood in urinenlow potassium muscle weakness diarrhoea nausea or stomach pain electrolyte imbalanceTalk to your doctor before using aloe vera if you are also taking the following medications, because aloe vera may interact with them: water pills(diuretics)herbs and supplements corticoid digs (Lanoxin)warfarin (Couma , Jantoven) sevoflurane (Ultane) stimulant laxativediabetes medicines anticoagulantiaYou can find aloe plants on garden centers , flowers stores, and even online. They are usually quite easy to grow provided they have enough sunlight and heat. Aloe plants need about six to eight hours of sunlight per day. Younger plants need less direct sunlight than more mature plants. Usually aloe plants are grown in warmer climates, but they can be grown indoors during colder months. Water your aloe plant when the soil is dry for about two inches below the surface. You can use your finger to determine how dry the soil is. Depending on your climate, you may need water once a week or even less. Always errs on the side of the smaller to avoid overwatering, which can cause tips of the aloe leaves to brown. Make sure your plant pot has drainage holes on the bottom to allow any excess water to take. Keep your eyes on your plant health so that you can notice any problems that occur and treat them accordingly. Aloe vera plants are relatively easy care for and process, and there are many possible uses for the plant. Aloe is generally safe for most people, but if you have an underlying health condition or take medications or use herbs, talk to your doctor before using aloe as it could react to other medications and substances. Species of plant Aloe vera Plant with flower detail inset Scientific Kungkarjet: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Monocots Monocots Asparagales Family: Asphodelaceae Subfamily: Asphodeloideae Genus: Aloe art: A vera Binomial name Aloe vera(L.) Burm.f. Synonyms[1][2] Aloe barbadensis Mala. Aloe barbadensis was. chinensis Haw. Aloe chinensis (Haw.) Baker Aloe elongata Murray Aloe flava Pers. Aloe indica Royle Aloe lanzae Tod. Aloe maculata Forsk. (illegitimate) Aloe vera Mill. (illegitimate) Aloe vera was. chinensis (Haw.) A. Berger Aloe vera was. lanzae Baker Aloe vera was. littoralis J.Koenig ex Baker Aloe vulgaris Lam. Seeds Muséum de Toulouse (MHNT) Aloe vera (/ ˈæloʊ ɪ / or / ˈæləkoʊpi/) is a succulent plant species of the genus Aloe. [3] An evergreen perennial, it originates from the Arabian Peninsula, but grows wild in tropical, semi-tropical, and arid climates around the world. [3] It is cultivated for agricultural and medicinal uses. [3] The species is also used for decorative purposes and grows successfully indoors as a houseplant. [4] It is found in many consumer products including beverages, skin lotions, cosmetics, ointments or in the form of gel for minor burns and sunburn. There is little clinical evidence of the effectiveness or safety of Aloe vera extract as a cosmetic or medicine. [5] [6] Description Aloe vera is a stemless or very short-stemmed plant that grows to 60-100 cm (24–39 in) tall, spreading at offsets. [3] The leaves are thick and fleshy, green to gray-green, with some varieties showing white spots on their upper and lower stem surfaces. [7] The blade's margin is seethesed and has small white teeth. The flowers are produced in summer on a nail up to 90 cm (35 in) high, each flower is pendulous, with a yellow tubular corolla 2-3 cm (0.8-1.2 in) long. [7] In equal parts of other Aloe species, Aloe vera arbuscular forms mycorrhiza, a symbiosis that allows the plant to gain better access to mineral nutrients in soil. [9] Aloe vera leaves contain phytochemicals under study for possible bioactivity, such as acetylated mannanes, polymannanes, anthropcene C-glycosides, amonyard other anthrops, such as emodin and various lectins. [10] [11] Taxonomy and Etymology Spotted forms, also known as Aloe vera was. chinensis Historical image from Acta Eruditorum, 1688 The species has a number of synonyms: A. indica Royle, Aloe perfoliata L. var. vera and A. vulgaris Lam. [12] [13] Common names include Chinese Aloe, Indian Aloe, True Aloe, Barbados Aloe, Burn Aloe, First Aid Plant. [14] [15] [16] [17] The species epithet vera means true or genuine. [14] Some literature identifies the white-spotted form of Aloe vera as Aloe vera was. chinensis; [18] [19] and it has been suggested that the spotted form of Aloe vera may be conspecific with A. massawena. [20] The species was first described by Carl Linnaeus in 1753 as Aloe perfoliata, vera,[21] and was described again in 1768 by Nicolaus Laurens Burman as Aloe vera in Flora Indica on 6 April and by Philip Miller as Aloe about ten days after Burman in the Gardener's Dictionary. [22] Dna comparison techniques suggest that Aloe vera is relatively closely related to Aloe peryi, a species endemic to Yemen. [23] Similar techniques, using chloroplast DNA sequence comparison and ISSR profiling have also suggested it is closely related to Aloe forbesii, Aloe nemris, Aloe scobinifolia, Aloe sinitkatana, and Aloe striata. [24] With the exception of the South African species A. striata, these Aloe species are native to Socotra (Yemen), Somalia, and Sudan. [24] The lack of apparent natural populations of the species has led some authors to suggest Aloe vera may be of hybrid origin. [25] Distribution A. vera is considered native only in the southeast[26] Arabian Peninsula in the Al-Hajar Mountains in northeastern Oman. [27] However, it has been extensively cultivated around the world, and has been naturalized in North Africa, as well as Sudan and neighbouring countries, along with the Canary Islands, Cape Verde and the Madeira Islands. [12] It has also been naturalised in the Algarve region of Portugal[28][29] and in wild areas across southern Spain, especially in the Murcia region. [30] The species was introduced in China and various parts of southern Europe during the 17th century. [31] It is widely naturalized elsewhere, occurring in dry, temperate and tropical regions of temperate continents. [5] [7] [32] The current distribution may be the result of cultivation. [20] Cultivation As an ornamental Aloe vera has been widely cultivated as an ornamental plant. The species is popular among modern gardeners as a putative medicinal plant and for its interesting flowers, shape, and succulence. This succulence allows the species to survive in areas with low natural rainfall, making it ideal for rockeries and other low-water gardens. [7] The species is hardy in zones 8–11, and is intolerant of heavy frost and snow. [8] [34] The species is relatively resistant to most insect pests, though spider mites, floury bugs, peel insects, and aphid species can cause a decline in plant protection. [35] This plant has received the Royal Horticultural Society's Award of Garden Merit. [37] In pots, the species requires well-drained, sandy potted soil and bright, sunny conditions. Aloe plants can burn under too much sun or shrivel when the pot does not drain water. The use of a good quality commercial propagation mix or packaged cacti and juicy mix is recommended, as they allow good drainage. [38] Terra cotta pots are preferred because they are porous. [38] Houseplants should be allowed to completely dry before rewatering. When potted plant, aloe can become crowded with puppies growing from the sides of the mother plant. Plants that have become crowded should be divided and repotted to allow for further growth and help prevent pest infestation. During winter, Aloe vera can become dormant, during which a little moisture is required. In areas that get frost or snow, the species is best kept indoors or heated greenhouses. [8] There is large-scale agricultural production of Aloe vera in Australia.[39] Cuba, Dominican Republic, China, Mexico,[40] India,[41] Jamaica,[42] Spain, and it also grows well inland.[43] Kenya, Tanzania and South Africa,[44] together with the United States[45] to supply the cosmetics industry. [3] Uses Two substances from Aloe vera – a clear gel and its yellow latex – used to manufacture commercial products. [5] [46] Aloe gel is usually used to make topical medications for skin conditions, such as burns, wounds, frostbite, rashes, psoriasis, cold sores, or dry skin. [5] [46] Aloe latex is used individually or manufactured as a product with other ingredients to intake for the relief of constipation. [5] [46] Research There is conflicting evidence as to whether Aloe vera is effective as a treatment for wounds or burns. [6] [46] There is some evidence that topical use of aloe products can alleviate symptoms of certain skin diseases, such as psoriasis, acne, or rashes. [5] [46] Aloe vera gel is used commercially as an ingredient in yogurt, beverages, and some desserts.[47] but at certain high doses, its toxic properties can be severe when taken orally. [5] [6] [48] The use of topical aloe vera in small quantities is likely to be safe. [5] [48] Topical medication and potential side effects Aloe vera may be prepared as a lotion, gel, soap or cosmetics product for use on the skin as a topical medication. [6] For people with allergies to Aloe vera, skin reactions may include contact dermatitis with mild redness and itching, difficulty breathing or swelling of the face, lips, tongue or throat. [6] [48] Dietary supplements Aloin, a compound found in the semi-liquid latex of certain Aloe species, was the common ingredient in over-the-counter (OTC) laxative products in the United States until 2002 when the Food and Drug Administration banned it because manufacturers failed to provide the necessary safety data. [5] [6] [49] Aloe vera has potential toxicity, with side effects occurring at certain dose levels both when informed and when applied topically. [6] [48] Although toxicity may be less when aloin is removed by processing, Aloe vera intake in high amounts can induce side effects, such as abdominal pain, diarrhea or hepatitis. [6] [50] Chronic intake of aloe (dose of 1 gram per day) can cause adverse effects, including hematuria, weight loss, and heart or kidney problems. [6] Aloe vera juice is marketed to support the health of the digestive system, but there is neither scientific evidence nor regulatory approval to support this claim. [5] [6] [46] The extracts and quantities typically used for such purposes appear to be dose dependent on toxic effects. [6] Traditional medicine Aloe vera is used in traditional medicine as a skin treatment. Early records of Aloe vera are shown in Eber's Papyrus from the 16th century BC.[17]:18 and in Dioscorides' De Materia Medica and the natural history of the region – both written in the middle of the first century It is also written by the Juliana Anicia Codex of 512 AD. [47]:9 Raw aloe vera is used on facial scars where it is promoted as a moisturizer and anti-irritant to reduce the chafing of the nose. Cosmetic companies often add sap or other derivatives from Aloe vera to products like makeup, tissues, moisturizers, soaps, sunscreen, incense, shaving cream, or shampoo. [47] A review of academic literature concludes that its inclusion in many personal care products is due to its moisturizing emollient effect. [11] Toxicity orally ingested non-decolorized aloe vera leaf extract was listed by the California Office of Environmental Health Hazard Assessment, among chemicals known to the state to cause cancer or reproductive toxicity. [51] The use of topical aloe vera is not associated with significant side effects. [5] Oral intake of aloe vera is potentially toxic.[6] and can cause abdominal cramps and diarrhea, which in turn can reduce the absorption of drugs. [5] Interactions with prescribed drugs Incoming aloe products may have negative interactions with prescription drugs, such as those used to treat blood clots, diabetes, heart disease, and potassium-lowering agents (such as Digoxin), and diuretics, among others. [46] Gallery Aloe and Inner Gel Gel is used for desserts Es idah buaya, an Indonesian Aloe vera iced drink Gelaloevera, a type of Aloe vera juice Cut sheet Diagram of leaves: 1 Cuticle, 2 Chloroplast parenchym, 3 Internal tissue, 4 Vascular bundles Buds' Flower Plants of different sizes See also Herbal Medicine Medicinal Plants Succulent Plants References ^ Alo verae vera (L.) Burm. f. Tropicos.org ^ Aloe vera (L.) Burm.f. is an accepted name. theplantlist.org ^ a b c d e f Aloe vera (true aloe). CABI. 13 February 2019. Retrieved October 15, 2019. ^ Perkins, Cyndi. Is Aloe a tropical plant? SFgate.com. Retrieved February 13, 2016. ^ a b c d e f g h i j k Aloe vera. 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