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Aloe Vera





Synonym

- Gujarati: કનુરપાઠુ (Kunwarpathu)
- Hindi: ग्वारपाठा (Gwarpatha), घृतकुमारी (Ghritkumari), घीकुंवर (Gheekunvar).
- English: Common Aloe, Barbados Aloe, Musabbar.

Botanical name

- *Aloe barbadensis miller*

Family

- Asphodelaceae (Liliaceae)

Chemical Constituents

- Anthraquinones/anthrones: aloin A/B, aloe-emodin, emodin.
- Polysaccharides: acemannan, glucomannan, pectic substances.
- Enzymes: amylase, catalase, lipase, phosphatase.
- Vitamins: B1, B2, B6, C, E, folic acid, choline, β -carotene.
- Minerals: calcium, magnesium, potassium, zinc, iron.
- Steroids and hormones: campesterol, cholesterol, β -sitosterol, gibberellin, auxins.
- Flavonoids, saponins.

Therapeutic Uses

- Used for skin conditions (acne, eczema, burns, sunburn, psoriasis).
- Promotes wound healing.
- Acts as a laxative (mainly the latex for cathartic effect).
- Anti-inflammatory and antimicrobial activity.

- Reduces dental plaque.
- May lower cholesterol and blood sugar
- Used for heartburn relief.
- Antioxidant, immunomodulatory, anti-aging, and anticancer properties.

Marketed Preparations

- Aloe vera gel (topical and oral).
- Creams, lotions, soaps, shampoos, cleansers, sunburn lotions.
- Juice/drinks (for digestion and skin health).
- Capsules/tablets (supplements for general health, diabetes, and cholesterol).
- Ayurvedic and cosmetic formulations (Gold Vera Gel, Aloe Vera Formulations).