



Herbal Garden (Muligai Vanam)

Aloe Vera



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Botanical Name:	<i>Aloe vera</i> (L.) Burm. f.
Tamil Name:	Sotru Kathalai
Sanskrit Name:	Ghrit Kumari
English Name:	Aloe Vera

Description and Habitat

Aloe Vera is a succulent plant species that probably originated in northern Africa. Now the plant is also grown in the hot dry regions of Asia, Europe and America. *Aloe vera* is a stemless or very short-stemmed succulent plant growing to 60–100 cm (24–39 in) tall, spreading by offsets. **Root:** One important feature of the root system is that it forms *Arbuscular mycorrhiza*, a fungus that penetrates inside the roots to allow the plant "better access to mineral nutrients in the soil." **Leaves:** narrow-lanceolate, 1-2 feet long and whitish-green on both sides, and they bear spiny small white teeth on the margins. The leaves are thick and fleshy, green to grey-green, with some varieties showing white flecks on their upper and lower stem surfaces. **Flower:** The yellow to purplish, drooping flowers, which are evident most of the year, grow in a long raceme at the top of a flower stalk up to 4 1/2 feet high. The flowers are produced in summer on a spike up to 90 cm (35 in) tall, each flower being pendulous, with a yellow tubular corolla 2–3 cm (0.8–1.2 in) long. **Fruit:** triangular capsule containing numerous seeds (Database of Medicinal and Aromatic Plants in Rajasthan 2016).



Source: <https://www.medicalnewstoday.com>

Parts used

Leaves

Medicinal uses

Penetration - aloe has the ability to reach deepest body tissues some seven layers deep. Antiseptic - aloe has at least 6 antiseptic agents which kill bacteria, viruses and fungi. Stimulates cell growth - aloe stimulates the birth of new healthy tissue. Settles nerves - aloe has a clearing effect on the body's nervous system. Cleanses - aloe detoxifies and normalizes the body's metabolism.

Skin care *Aloe Vera* is used widely in dermatology, as it acts as an astringent, moisturizer, humidifier and cleanser. It softens the skin, diminishes wrinkles and cures acne, herpes, red spots, psoriasis, eczema, mycosis, fever blisters, skin irritation and provides protection to the skin against pollution. Also, it is ideal for sunburns, fragile skin, and for removal and repair of dead skin and cells. *Aloe Vera* cures gum disease, relieves itching aids healing, *Aloe Vera* relieves joint and muscle pain and also reduces arthritis pain. It provides relief in liver infections, cures stomach and intestinal problems, acts as an anti-inflammatory agent. *Aloe Vera* stabilizes blood sugar and reduces cholesterol in diabetics, high cholesterol and triglyceride levels can be lowered naturally with *Aloe Vera*. It has anti-cancer, anti-viral and anti-tumour properties (Manvitha and bidya 2014).

Other uses

Aloe vera includes the dilution of semen for the artificial fertilization of sheep, as a fresh food preservative, or for water conservation in small farms. It has also been suggested that bio fuels could be obtained from *Aloe Vera* seeds. *Aloe* is also used as a food substance, possibly for its gelling properties.

Conclusion

Aloe Vera (Asphodelaceae) an ancient Indian herb has a long history as a medicinal plant with diverse therapeutic applications, and is used in many countries. Through human trade and migration, this plant came to be known and was widely used to cure burns and wounds throughout ancient civilizations. Successful cultivation of this plant is economically attractive and marketing is not a problem. The cultivation of *Aloe Vera* has acquired great commercial importance for medicinal products and cosmetics processing. *Aloe Vera* cultivation demands skill and it is also very labour intensive. Better management can result in much higher income and net profit. The nutrient make up of *Aloe Vera* is one of a kind and has amazing natural healing properties.

