

Benefits of Aloe Vera Plant, Aloe Vera Juice & Aloe Vera Products

Author: Administrator

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What is Aloe Vera?

Aloe barbadensis miller or *Aloe Vera*, a semi tropical plant is one of the 250 species known of Aloe. Most commonly used for its medicinal properties, Aloe Vera or the Sanskrit name "*Gheekunwar*" is a member of Lilly family. Due to its cactus like feel, Aloe is often mistakenly called a "Desert Cacti". The plant has lance-shaped, sharp pointed, and jagged & edged leaves.

Aloe Vera plant is native to which region?

Though, Aloe is native to North Africa and Spain, the plant is now also grown in the hot dry regions of Asia, Europe and America.

What are Aloe Vera leaves composed of?

Aloe Vera leaves contain clear healing juice, which includes 96% water and the remaining 4% contains 75 essential nutrients including Vitamin A, S, C, E, Calcium, Amino Acid and Enzymes.

What are the different types of Aloe Vera products?

Aloe Vera product range includes:

- Aloe Vera Juice
- Aloe Vera Gel
- Aloe Vera Cosmetic products like face pack, shampoo, sunscreen, anti-wrinkle cream, etc.

What are the medicinal properties of Aloe Vera Juice?

From the 250 species existing, Aloe Vera is best known for its medicinal properties. It is used for healing different diseases. Moreover, the juice of Aloe Vera is 100% non-toxic, with rare side effects.

Food Supplement

Aloe Vera, in the liquid form, acts as an excellent regulator for intestine & a food supplement containing different essential nutrients. Further, it facilitates digestion, activates blood & lymphatic circulation, and alleviates arthritic & rheumatic pains.

Medicinal uses of Aloe Vera Juice

Heals the Wounds

Although Aloe Vera is effective when taken orally, it is also beneficial when included in topical formulations like ointment, cream or lotion. It mainly protects the wounds due to its moisturizing properties.

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, seborrhea, 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.

Relieves Itching Aids Healing

Aloe Vera Juice relieves itching that occurs due to allergies and insect bites and aids healing.

Provides Relief in Liver Infections

Aloe Vera Juice improves the liver function and is an excellent antidote in case of excessive ingestion of alcohol. In addition to this, it also prevents scarring of the liver.

Cures Stomach & Intestinal Problems

Aloe Vera Juice prevents stomach ulcers, facilitates digestion and intestinal transit.

Acts as an Anti inflammatory Agent

Aloe Vera Juice contains 12 essential nutrients that inhibit inflammation with rare incidence of side effects. Also, the juice of Aloe Vera improves joint and muscle mobility.

Antiviral and Anti tumor Activity

Aloe Vera facilitates the stimulation of immune system that in turn protects the body against viral and tumor related disorders.

Mouth & Tooth Care

Aloe Vera is also ideal for mouth & tooth care.

In what conditions should Aloe Vera be avoided?

Aloe Vera, due to its irritant and purgative properties, should be avoided during pregnancy. As the intake of Aloe Vera, in any form, can result in secretion of anthraquinones in the breast milk that may lead to diarrhea, therefore its use should be avoided during lactation.

In addition to these, Aloe Vera should not be used as a topical application for at least two weeks after surgery as it may delay wound healing. Also, Aloe Vera should not be used in people suffering from piles.

Do I need to consult my health care professional before using Aloe Vera?

If you are on any medication related to diabetes, high blood pressure or ulcerative colitis, then you need to consult your doctor before taking Aloe Vera. Also, consultation with the doctor is recommended in case Aloe Vera is being given to your child.

At what time of the day should I take Aloe Vera?

Aloe Vera can be taken at any convenient time of the day, with or without food.

Is Aloe Vera Juice completely natural? What quantity of Aloe Vera Juice should I take?

Aloe Vera Juice is 100% natural, with no flavour or sweetener added to it. It tastes bland. 25 ml of Aloe Vera juice twice a day is recommended. In order to improve the taste, it can be taken with water or juice. Preferably, you should consume one pack of Aloe Vera and then start the second pack after an interval of one week.

Are any other food supplements required along with Aloe Vera Juice?

Yes, though Aloe Vera Juice contains several nutrients like vitamins minerals, enzymes, amino acids, and polysaccharides, these cannot substitute for any other food supplements. Also, if Aloe Vera Juice is taken along with food supplements, it can increase the absorption of the same substantially and are thus recommended.

What are the different pack sizes available of Aloe Vera Juice?

Aloe Vera Juice comes in 1 litre and ½ litre jar packaging.

Where can I store Aloe Vera Juice?

Aloe Vera Juice can be kept at room temperature. However, after opening the seal, it is recommended to refrigerate it. Do not use the container which is leaking or bulging.

Are there any side effects of Aloe Vera Juice?

Side effects reported with Aloe Vera Juice are very rare. However, in case one experiences any unusual or unexpected effects, the usage must be stopped immediately and a health care professional must be consulted.

What is the nutritional value of Aloe Vera Juice?

Each 25ml of Aloe Vera Juice contains the following nutritional elements:

Composition

Quantity

Composition

Quantity

Composition

Quantity

Calories	4	Iron	<1 mg	Pantothenic Acid	0.5 mcg
Total Fat	0 mg	Vitamin D	<1.0 IU	Phosphorus	0.3 mg
Sodium	6.0 g	Vitamin E	1.0 IU	Iodine	<1 mcg
Potassium	19.0 mg	Vitamin K	<1 mcg	Magnesium	0.7 mg
	1.2 g	Thiamin	0.5 mcg	Zinc	14.4 mcg
Sugars	0 g	Riboflavin	0.5 mcg	Selenium	<1 mcg
Fibre	<1 g	Niacin	1.0 mcg	Copper	7.3 mcg
Protein	0 g	Vitamin B6	2.2 mcg	Manganese	7.6 mcg
Vitamin A	1.0 IU	Folate	2.3 mcg	Chromium	<1 mcg
Vitamin C	35.0 mg	Vitamin B12	0.005 mg	Molybdenum	<1 mcg
Calcium	9.0 mg	Biotin	0.3 mcg	Chloride	8.0 mg

Carbohydrates