



Aloe vera

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Aloe, a popular houseplant, has a long history as a multipurpose folk remedy. Commonly known as Aloe vera, the plant can be separated into two basic products: gel and latex.

Aloe vera, also known as the Medicinal Aloe, is a species of succulent plant that probably originated in northern Africa. The species does not have any naturally occurring populations, although closely related Aloes do occur in northern Africa. Aloe vera grows in tropical climates and is widely distributed in Africa, Asia and other tropical areas, through North Africa in Algeria, Morocco, and Tunisia, Spain, along with the Canary and Madeira Islands. The species is frequently cited as being used in herbal medicine. It is mentioned in the New Testament.

Aloe vera gel is the leaf pulp or mucilage, a thin clear jelly-like substance obtained from the parenchymal tissue that makes up the inner portion of the leaves. The gel contains carbohydrate polymers, such as glucomannans or pectic acid, plus various other organic and inorganic compounds. Aloe latex, commonly referred to as "aloe juice," (named Aloin) is a bitter yellow exudate from the pericyclic tubules just beneath the outer skin of the leaves and should be relieved out from any aloe gel for internal or external uses.

Uses of Aloe Vera

Extracts from A. vera are widely used in cosmetics and alternative medicine, being marketed as having rejuvenating, healing, and soothing properties. There have been many scientific studies of the use aloe vera. Despite these limitations, there is some preliminary evidence that A. vera extracts may be useful in the treatment of diabetes and elevated blood lipids in humans. These positive effects are thought to be due to the presence of compounds such as polysaccharide, anthraquinones, anthraquinone, various lectins, vitamins, enzymes, minerals, salicylic acid and amino acids.



Aloe Vera is beneficial in the reducing of scalp care, stings, sunburns, sore muscles, scrapes, scalds, psoriasis, acne, burns, arthritis, sprains, bruises, cold sores and abrasions.

- It is useful to treat various skin diseases.
- Aloe Vera is utilized in lotions, capsule, gel, creams, spray, liquid etc.
- It assists in healing blisters and offers relaxation from itching.
- Aloe vera juices are taken to treat any digestive diseases, ulcers and heartburn.
- It decreases the intensity of pigmentation and removes the dark spots from the face.
- Aloe Vera juice decreases the quantity of stomach juices and acts like an anti-inflammatory.
- It is very beneficial in the penetration of healthy matters.
- Muscle pain and joints pain is caused because of arthritis and decreased by using aloe Vera gels or sprays.
- It is useful to remove dead cells and applied like a moisturizer.
- It is useful to stimulate the creation of collagen and elastin that are essential to prevent the aging of the skin.
- Aloe Vera extract is beneficial to reduce the levels of blood sugar.

- It is beneficial in curing such as anti-fungal, anti-bacterial and anti-oxidant properties.
- Aloe Vera gel offers benefit to decrease the levels of blood fat lipid, triglycerides and cholesterol.
- Many patients take aloe Vera drink like a tonic.
- It breaks down the fat globules and is useful to decrease obesity.

Juice and Gel

The consumption of aloe vera juice has also been traditionally used internally for healing and soothing of digestive conditions such as heartburn and IBS. Relatively few clinical studies have been done on the effectiveness of Aloe Vera, therefore more research is needed. "aloe for heartburn".

Description

Aloe vera is a stemless or very short-stemmed succulent plant growing to 60–100 cm (24–39 in) tall, spreading by offsets. The stems, thick and fleshy, green to grey-green, with some varieties showing white flecks on the upper and lower stem surfaces. The margin of the stem is serrated and has small white teeth. The flowers are produced in summer on a spike up to 90 cm (35 in) tall, each flower pendulous, with a yellow tubular corolla 2–3 cm (0.8–1.2 in) long.



Cultivation

Aloe vera has been widely grown as an ornamental plant. The species is popular with modern gardeners as a putatively medicinal plant and due to its interesting flowers, form and succulence. This succulence enables the species to survive in areas of low natural rainfall, making it ideal for rockeries and other low-water use gardens. The species is hardy in zones 8–11, although it is intolerant of very heavy frost or snow. The species is relatively resistant to most insect pests, though mealy bugs, scale insects and aphid species may cause a decline in plant health.

To grow in pots

In pots, the species requires well-drained sandy potting soil (equal parts soil, sand and potting compost) and bright sunny conditions. The use of a good quality commercial propagation mix or pre-packaged "cacti and succulent mixes" are recommended as they allow good drainage. Terracotta pots are preferable as they are porous. Potted plants should be allowed to completely dry prior to re-watering. A few months after planting place the plant in part shade. During the winter, A. vera may become dormant, during which little moisture is required. In areas that receive frost or snow the species is best kept indoors or in heated glasshouses. The Aloe vera is able to survive a long time dryness without any water but cant stand too much water or long time under 5°C.



After the change into soil-ground of earth, the Aloe vera will change her natural fresh green colour into brown or red, because it need to get used to the new invironment. After a while it will get back to ist normal colour while the roots are growing into the ground.

Aswell ists possible, that the Aloe vera, planted in soil ground, changes ist colours in long terms of bright daylightsun.

A plant which remains in the pot full day in bright daylightsun will change its colours to red. It should be changed to half shade conditions. Attention! The plant is not dead, the Aloin changes its colours while too much daylightsun.

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