

Aloe vera: A medicinal plant

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Abstract

Plants are used from an ancient time. They provide furthermore chemicals that are able to reduce infection and diseases. Research conveniences across the world are trying them best to investigate the characteristics of effortlessly accessible plants and find remedies for more critical diseases from the extracts. There are lot of medicinal plants are present to cure among of them *Aloe vera* has become a natural source in field of medicines. In terms it is the herbal plant against to the various diseases including skin diseases, fungal disease, cancer, ulcer, diabetes, immune system deficiency and many more.

Keywords: *Aloe vera*, Diseases

1. Introduction

From the time immemorial, man has been reliant on the plant products; furthermore the supply of food from plants. These plant products generally the secondary metabolites include pharmaceuticals, perfumes, agrochemicals and raw materials for industries.

Our India has acknowledged as a huge sources of plants for medicinal use. It is anticipated that 70-80% of the world population depends on herbal drugs.

In view of fact it is considerable that in all over the world approximately 20,000 plant species are well known for medicinal function. The plant products involve about 25% of the approved medicines in world [1]. A large amount used drugs of modern medicines such as aspirin; quinine, diosgenin, cortisone, etc. have been originated from the medicinal plant sources. [2]

Recognition of herbal medicines at global is intensifying day by day, which reflects the widespread embracing of medicinal plant products in the world. There is huge level international deal in the medicinal plants. One such medicinal plant is *Aloe vera*. It is a traditional medicinal plant belongs to *Liliaceae* family. The word *Aloe vera* compost from the two words where "Alloeh" means "shining bitter substance," and "vera" means "true. *Aloe vera* is known as *Aloebarbadensis miller*. *Aloe vera* is a succulent plant species of the genus *Aloe*. The leaf is a long triangular sheaf with two external membranes that are visible green and leathery. To the point inner side of this tough defiant covering is the gel, which presumes as a dense material, jelly like mass with a lucid pearly portion [3].

It is mainly found in Africa, Asia, Europe and America. *Aloe vera* is found in India mainly in Rajasthan, Andhra Pradesh, Maharashtra and Tamil Nadu.

It grows wild in tropical climates around the world and is cultivated for agricultural and medicinal uses. The cosmetic and medicinal value of the plant is debated. It is found in many consumer products. The plant *Aloe vera* is a short in size, which is about 60-100cm tall spreading by offset. It is come to know that medicinal nature of *Aloe vera* is truly effective that successfully help in diminish of disease. Today it is loved by all over the world and its demand is increasing

day by day as a medicinal purpose. *Aloe vera* is well-loved by many, and a famed household plant. This plant is exceedingly assorted in its uses. *Aloe vera* contains 75 potentially active constituents including vitamins, enzymes, minerals, sugars, lignin, saponins, salicylic acids and amino acids. [4-6].

In attendance with its benefits there are lots of medicinal uses of *Aloe vera*. The gel that is found on the inside of this plant is cooling and restful for all sorts of things from burns, cuts, stings, bruises and rashes to welts, itching, blisters, infections, and abrasions.

Individual the additional therapeutic uses of aloe vera are that it contains aloin, the brown gel which is focused near the blades of the leaf. Aloin is a natural sunscreen protectant from sun exposure.

Frequently *Aloe vera* showed its naturally healing power against to the pain. It is reported that *Aloe vera* can be healed extremely rapidly and the pain reduced very hastily. At the same time applying topically, Aloe can moreover be taken within so it is just as useful for internal epithelial tissue as it is for the skin. For example, mouth and stomach ulcers, nasal and sinuses, bowels, lungs and genital tracts.

Aloe vera vastly use in skin diseases, coughs, ulcer, gastritis, diabetes, cancer, immune-system deficiencies, arthritis and in many other medicinal purpose [7]. An assortment of explore studies is in progress to discover the potential of the components to enhance immunity along with conflict the HIV virus, and to extravagance certain types of cancer (particularly leukemia). It may even have a task to participate in managing diabetes. It is believed that lupeol and salicylic acid both are present in aloe juice are extremely effectual pain killer.

It is suggested that *Aloe vera* has been showed anti-inflammatory activity. It contain fatty acids including cholesterol, B- sistosterol that are decidedly valuable in the healing of burns, sensitivity, engrave, rhumetic fever, ulcers and reduce cholesterol level. It is also used as a natural medication for asthma. Aloe latex is used to naturally treat in depression and constipation. Recent studies showed that *Aloe vera* effectively helpful in increasing white blood cells.

There are 23 polypeptides available in aloe juice, which are helpful in immune system disease and disorder. Now a day's

aloe emodin and lectins are possibly acts against to the cancer disease successfully.

Moreover it is also come in knowledge that *Aloe vera* has show antifungal activity against to the various types of fungus. In addition *Aloe vera* widely is used for medicinal purpose with high quality. Ringworm which is commonly known as tinea is an infectious disease cause rashes and skin problem. There are several remedies to cure, some of them costly and other than are not practically. In this way *Aloe vera* is a cost effective medicine to cure ringworm successfully.

Aloe vera can be use as a shampoo to the scalp to remove dandruff problem which is the fungal infection.

In spite of all these measures Aloe vera prove their medicinal value with very effectively and can be use for the further implementation.

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