



Review Article

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Aloe Vera: Natures Medicine Chest

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Abstract

In this Present study On Aloe Vera Plant Was Done, It Reveales that Plant Leaves contains many Chemical Constituents Like Nataloin,Barbaloin, Aloe Emodin, and Resins Etc. The Plant Shows Many Therapeutic Actions Like Antiseptic, Antibiotic, Antimicrobial, Anti-Cholesterol, Analgesic, Anti-Inflammatory, Anticancer ,Antidiabetic ,Laxative ,Antiulcer, Anesthe Tic Agent . Also Used In Treatment Of Arthritis, Immune System Deficiency, Skin Disorders Like Eczema, Allergic Reactions, Rheumatic Fever , Indigestion. As This Plant Is Ecofriendly So Many Research Works Can Be Done.

Keywords: Irritable Bowel Syndrome

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1. Introduction

Aloe (Aloe Vera) Is An Important And Traditional Medicinal Plant Belonging To The Family Liliaceae. There Are Over 400 Species Of Aloe Vera. It Is Indigenous To Africa and Mediterranean Countries. It Is Reported To Grow Wild In The Islands Of Cyprus, Malta, Sicily, Canary Cape, Cape Verde And Arid Tracts Of India.



Figure 1: chemical constituents of Aloe vera

Table 1: summary of the chemical composition of a. Vera leaf pulp and exudate

S.No	Class	Compounds
1	Anthraquinone/Anthrone	Aloe-Emodin, Aloetic-Acid, Anthranol, Aloin A And B (Or Collectively Known As Barbaloin), Isobarbaloin, Emodin, Ester Of Cinnamic Acid
2	Carbohydrates	Pure Mannan, Acetylated Mannan, Acetylated Glucomannan, Glucogalactomannan, Galactan, Galactogalacturan, Arabinogalactan, Galactoglucoarabinomannan, Pectic Substance, Xylan, Cellulose
3	Chromones	8-C-Glucosyl-(2'-O-Cinnamoyl)-7-O-Methylaloeidin A, 8-C-Glucosyl-(S)-Aloesol, 8-C-Glucosyl-7-O-Methyl-(S)-Aloesol, 8-C-Glucosyl-7-O-Methylaloeidin, 8-C-Glucosyl-Noreugenin, Isoaloesin D, Isorabaichromone, Neoaloesin A
4	Enzymes	Alkaline Phosphatase, Amylase, Carboxypeptidase, Catalase, Cyclooxygenase, Cyclooxygenase, Lipase, Oxidase, Phosphoenolpyruvate Carboxylase, Superoxide Dismutase
5	Inorganic Compounds	Calcium, Chlorine, Chromium, Copper, Iron, Magnesium, Manganese, Potassium, Phosphorous, Sodium, Zinc
6	Miscellaneous Including org Compounds & Lipids	Arachidonic Acid, -Linolenic Acid, Steroids (Campesterol, Cholesterol, -Sitosterol), Triglycerides, Triterpenoid, Gibberillin, Lignins, Potassium sorbate, Salicylic Acid, Uric Acid
7	Non-Essential & Essential Amino Acids	Alanine, Arginine, Aspartic Acid, Glutamic Acid, Glycine, Histidine, Hydroxyproline, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Proline, Threonine, Tyrosine, Valine
8	Proteins	Lectins, Lectin-Like Substance
9	Saccharides	Mannose, Glucose, L-Rhamnose, Aldopentose
10	Vitamins	B1, B2, B6, C, -Carotene, Choline, Folic Acid, -Tocopherol

Table 2: Phytopharmacological Properties

S.No	External Benefits	Internal Benefits
1	Burn and Wound Healing	Relieve Gastrointestinal Problems (IBS)
2	Immune System Restoration (skin)	Coronary Heart Disease
3	Moisturizer	Antioxidant
4	Arthritis, Joint and Muscle Pain	Blood circulation
5	Anti-Inflammatory	Digestion
6	Biological Vehicle	Immune system
7	Wound healing activity	Burns and Sunburn
8	Analgesic	Laxative
9	Psoriasis treatment	Detoxification

Side Effects of Aloe Vera

Some people experience side effects when using aloe vera. Some of these are:

- Dehydration due to frequent stools
- Stomach cramping
- Irregular heartbeat
- Lowered potassium levels

In addition you should not take Aloe vera internally if you have:

- a. Kidney problems
- b. Heart disease
- c. Diabetes
- d. Pregnant women
- e. Allergies to onions, garlic

2. Conclusion

While there are many benefits and uses of Aloe vera, It is belonging to the liliacea family . The Aloe genus appears naturally in Africa, although many members of the genus are popular houseplants and can be found around the

world. It has become more popular than ever and has found its way into skin lotions, cosmetic products, shampoos, lip balms, soaps and sunscreens. Some Aloe vera benefits include a strong moisturizing capacity, and its extract contains a number of vitamins and minerals. Aloe plants, have also found medicinal uses externally and internally. The only proven Aloe vera benefit in internal use is the relief of constipation. Additionally, even in this use, internal use of the plant has a number of side effects, can cause nausea, and should not be taken by pregnant woman.

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