

Aloe Vera the Wonderful Medicinal Plant

Pathan Salman Moin Mr. Manoj Share Dr. Gajanan Sanap

Department of pharmacy,

Assistant professor, department of pharmaceuticals principal department of pharmacy

Late bhagirathi yashwantrao pathrikar college of pharmacy, tq phulambri district .chh. Sambhajinagar
(aurangabad) maharashtra 431111

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ABSTRACT :

Aloe vera, a succulent plant that grows in arid and subtropical climates is best better-known for its healthful properties and is employed in ancient uses embody applications to cut back perspiration, oral dosing for polygenic disorder and to induce eliminate a variety of duct ailments. It's additionally accustomed to treat burn wounds, minor cuts, Venus's curse, and seborrheic eczema. The leaves of this excellent healthful plant contain varied vitamins, minerals, natural sugars, enzymes, amino acids, and moreover made in varied bioactive compounds that exhibit emollient, purgative, medicament, inhibitor, antimicrobial, antihelminthic, antifungal, aphrodisiac, antiseptic and cosmetic values. Several cosmetic industries widely use this plant because of its healing and nutritious properties.

Keywords: Aloe vera, healthful Uses, bioactive compounds, cosmetic industry

I. INTRODUCTION

Medicinal plants square measure occupying outstanding position in medical specialty sector attributable to their wealthy wealth of bioactive compounds. Majority of the new antibiotics introduced within the market square measure obtained from natural sources. Healthful plants would be the simplest supply for getting a spread of medication per WHO. Succulent plant, Aloe vera, happiness to the Alliaceae grows to a height of sixty - a hundred cm (24-39 inches), matures in four - six years survives for a amount of nearly fifty years underneath favorable conditions. Among quite five hundred species of succulent genus, aloe (L.) Burm.

f. syn. succulent barbadensis Miller, is most biologically active. They square measure native to southern and Japanese continent on the higher Nile within the Sudan. Later these plants square measure introduced into geographical area and into several different countries across the world. Several countries viz., India, African country, the U.S. of America, South American nation island, Bonaire, Haiti, etc. commercially cultivate this plant, but the succulent full-grown in desert of Southern Calif. is that the finest quality. The plant will resist temperatures up to 104°F and likewise will withstand below state change temperatures till root isn't damaged. The leaves of this glorious healthful plant square measure flooded with varied vitamins, minerals, enzymes, natural sugars, amino acids etc. They're likewise wealthy in varied phytochemicals that exhibit emollient, purgative, inhibitor, medicinal drug, anti-helminthic, antimicrobial, aphrodisiac, antiseptic and cosmetic values. The leaves of burn plant are succulent, erect, and type a dense rosette. The gel made up of the leaves have unnumerable applications and also the plant is especially cultivated worldwide, primarily as a crop for "Aloe gel". As per the report given by the Kew Gardens, England's royal biological science center of excellence, burn plant has been used for hundreds of years and is presently a lot of in style than ever. As per the Egyptians succulent is -the plant of immortality. Currently a day's, burn plant is wide employed in food. It's additionally approved by the agency as a seasoning agent & as a food supplement. It's additionally a main ingredient in several seasoning remedies. Even several cosmetic products that are ready are supported succulent products.



.Fig.1 Aloe barbadensis. Fig.2 Aloe arborescens



Fig.leaf of alove vera.



Fig.plant of alove vera

II. REVIEW OF LITRATURE

Suseela Lanka et.al 2018 A REVIEW ON ALOE VERA-THE WONDER MEDICINAL

PLANT Aloe vera, a succulent plant that grows in arid and subtropical climates is best known for its medicinal properties and is used in Ayurvedic, Homoeopathic and Allopathic streams of medicine. It has been in use for a long time by people of varied cultures and traditional uses include applications to reduce perspiration, oral dosing for diabetes and to get rid of a range of

gastrointestinal ailments

Amit Pandey* et.al 2018 Aloe Vera: A Systematic Review of its Industrial and Ethno-Medicinal Efficacy Aloe vera belongs to the family Xanthorrhoeaceae (APG III System, 2009) commonly known as Ghrit Kumari, is the oldest medicinal plant ever known and the most applied medicinal plant worldwide. Aloe Vera is used for vigor, wellness and medicinal purposes since rigvedic times. Health benefits of aloe vera include its application in wound healing, treating burns,

minimizing frost bite damage, protection against skin damage from x-rays, lung cancer, intestinal problems, Increasing High Density Lipoprotein (HDL), reducing Low Density Lipoprotein (LDL), reducing blood sugar in diabetics, fighting Acquired Immuno Deficiency Syndrome (AIDS), allergies and improving immune system

Shweta Singh et.al 2018 A Systematic Review of its Industrial and Ethno-Medicinal Efficacy Phyto-chemistry of aloe vera gel has revealed the presence of more than 200 bioactive chemicals. Aloe Vera gel is extracted from its leaves and appropriate processing techniques are needed for stabilization as well as preparation of the end products. Aloe Vera Gel contains important ingredients including 19 of the 20 amino acids needed by the human body and seven of the eight essential ones that just cannot be made. In industries Aloe Vera is also used to extract liver tonic. The present research article is an effort towards the industrial and ethnobotanical properties of Aloe Vera

Darshan Dharajiyal et.al 2017 The present study was conducted to assess the antimicrobial potential and phytochemical analysis of Aloe vera (*Aloe barbadensis* Miller) leaves extracts. The extracts were prepared by the sequential cold maceration method by using hexane, ethylacetate, methanol and distilled water as a solvent. Antimicrobial activity of four extracts was performed by agar well diffusion method against different bacteria and fungi

III. HISTORY

The aloe plant has been used for hundreds of years & is documented for its health, medicinal, beauty, and skin care properties. The name aloe springs from the Arabic word *Alloeh* which {means|that means} *shining bitter substance* and *vera* in Latin means *true*. 2000 years ago solely aloe was thought-about because the universal cure-all by the Greek scientists. The earliest recorded human use of aloe comes from the Ebers Papyrus; AN Egyptian case history i.e. is from the 16th century BC. Ancient Egyptians thought-about aloe because the plant of immortality (as per the literature revealed within the Indian Journal of medicine There also are recorded evidences that the plant has been in use for several centuries in countries like China, Japan, India, Greece, Egypt, Mexico, and Japan. Egyptian queens, Nefertiti and queen used the leaves of this plant as a part of their regular beauty regimes. Alexander the good and navigator additionally used it to treat the injuries of

their troopers. the primary respect to aloe in English was a translation by John Goodyew in a very.D. 1655 of Dioscorides' Medical written material Diamond State pharmacology nine. succulent era was in use as a laxative since 1800s, within the us. By middle Thirties, a turning purpose has occurred when it absolutely was with success wont to treat chronic and severe radiation dermatitis⁹

IV. TAXONOMICAL CLASSIFICATION

The taxonomical classification of Aloe vera is given in given in table.1

ETHNO-BOTANY OF ALOE VERA

As per writing, succulent is thought as Kumari or -Young Girl. it's as a result of, succulent is believed to bring back youthful energy and trait. succulent is employed as a tonic for the feminine genital system. consistent with Ayurveda, succulent is claimed to possess rhymed, tonic, rejuvenating, purgative, and vulnerary actions. Aloe is also believed to relinquish sensible resolution to all or any the 3 Ayurveda constitutions, Vatta, tyrannid and Kapha. It is mainly used as a remedy for constipation, colic, skin diseases, worm infestations and infections in ancient Indian drugs. it's additionally used as a laxative, antihelminthic, for hurting treatment, and as a uterine stimulant (menstrual regulator). succulent extract is also locally wont to treat skin problem or skin condition, in combination with liquorice root. succulent is additionally used as food. folks in Tamil Nadu, India typically prepare a curry using *A. vera* that is taken together with Indian bread (nan bread) or rice

. Clade.: Angiosperms

. Clade: Monocots

. Order: Asparagales Family.

. Subfamily.: Asphodeloideae

. Genus.: Aloe

. Species.: *A. vera*

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ACTIVE COMPONENTS OF ALOE VERA WITH THEIR PROPERTIES

Active parts gift in Aloe vera with

properties Vitamins antiophthalmic factor (beta carotene), C and E, - antioxidants. It additionally contains thiamin, B2, B6 & B12, folic acid, and vitamin B complex.

*Antioxidants shield the body by neutralizing free radicals. Enzymes: Alkalase, alkaline phosphatase, amylase, oxidase, bradykinase, carboxypeptidase, catalase, cellulase, lipase, cylooxygenase, and oxidase.

*Bradykinase helps to cut back excessive inflammation once applied to the skin locally, whereas the opposite enzymes facilitate within the breakdown of sugars, proteins and fats. Minerals Ca, chromium, copper, selenium, magnesium, manganese, potassium, metal and metallic element.

*Some of the minerals are unit essential for the right functioning of varied catalyst systems in numerous metabolic pathways and few acts as antioxidants. Sugars Monosaccharides (glucose and fructose) and polysaccharides (glucmannans/polymannose).

*The most outstanding carbohydrate is mannose-6-phosphate, and also the commonest polysaccharides are unit known as glucmannans [beta-(1,4)-acetylated mannan].

*Acemannan, an outstanding glucomannan has additionally been found. Recently, a compound protein with opposed allergic properties, known as alprogen and novel medicinal drug compound, C-glucosyl chromone, has been isolated from Aloe vera gel^{15,16} Organic acids stuff, 2-hydroxybenzoic acid, excreta acid

*salicylic acid possesses medicinal drug and medicine properties. Anthraquinones Aloin, barbaloin, isobarbaloin, anthranol, aloetic acid, aloemodin, organic compound of cinnamic acid, resistannol, chrysophanic acid and emodin,

* Acts as laxatives. *Aloin and emodin act as analgesics, antibacterials and antivirals.

Fatty acids and Steroids Cholesterol, campesterol, β -sitosterol and lupeol. Fatty acids like Arachidonic acid, γ -linolenic acid.

*All these have medicinal drug action and lupeol additionally possesses antiseptic and analgesic properties. Non-essential amino acids Histidine, arginine, amino acid, amino acid, proline, glycine, tyrosine, aminoalkanoic acid and group aminoalkanoic acid. Essential amino acids essential amino acid, essential amino acid, isoleucine, leucine, valine, essential amino acid and essential amino acid. Hormones Auxins and gibberellins

*that facilitate in wound healing and have medicinal drug action.

Others *Lignin, AN inert substance, once enclosed

in topical preparations, enhances penetrative impact of the opposite ingredients into the skin.

*Saponins that are unit the cleanser substances kind regarding three-dimensional of the gel and have cleansing and antiseptic property

V. THERAPEUTIC ACTIONS OF ALOE VERA

(1) Anti-inflammatory action:

Aloe vera by inhibiting the Cox pathway reduces the assembly of autocoid E2 from arachidonic acid. A completely unique medicament compound known as C-glucosyl chromone was conjointly isolated from succulent gel extracts recently¹⁷. Langmead et al.¹⁸ reported anti-inflammatory effects of burn plant gel in human large intestine tissue layer in vitro. Reuter et al.¹⁹ reported the anti-inflammatory potential of burn plant gel (97.5%) within the ultraviolet erythroderma take a look at. Lee et al.²⁰ reported medicament activity of burn plant root extracts through the alteration of primary and secondary metabolites via hydroxy acid stimulant.

(2) Anti Ulcer effect of Aloe vera:

The anti-ulcer result of Aloe vera in non-steroidal medicinal drug (NSAID) evoked biological process ulcers in rats was reported by Borra et al.²¹

(3) Effects on the immune system:

Alprogen, an associate anti-allergic compound of succulent vera inhibits metal flow into mast cells, thereby inhibiting the matter antibody-mediated unleash of varied mediators like aminoalkane, serotonin, SRSA, leukotrienes etc from mast cells²². Acemannan stimulates the synthesis and unleash of interleukin-1 (IL-1) and neo plasm gangrene issue from macrophages in mice that had antecedently been established with murine cancer cells, that successively initiated associate immune attack that resulted in gangrene and regression of the cancerous cells²³. Several low molecular constituents from burn plant gel also are capable of inhibiting the discharge of reactive atomic number 8 free radicals from activated human neutrophils²⁴ Madan et al.²⁵ according to immunomodulatory properties of burn plant gel in mice. Im et al.²⁶ according to best molecular size of changed succulent polysaccharides with most immunomodulatory activity. Zhang et al.²⁷ according to antioxidative and immunomodulatory properties of 2 novel dihydrocoumarins from burn plant.

(4) Laxative effects

The Anthraquinones gift in latex acts as potent laxatives. they are doing therefore by increasing enteric water content, by stimulating secretion and yet by increasing enteric peristalsis²⁸

(5) Antiviral activity:

The antiviral activities of succulent extracts could also be because of indirect or direct effects. Indirectly they show these effects by sIn a study polyose fraction of succulent has shown to inhibit the binding of benzopyrene to primary rat hepatocytes, thereby preventing the formation of probably cancer-initiating benzopyrene-DNA adduct. Another study rumored the induction of glutathione S-transferase and additionally inhibition of the tumor-promoting effects of phorbol myristic acetate suggesting the potential role of succulent gel in cancer chemoprevention^{30,31}. Saini et al.³² rumored anti-tumor activity of aloe against DMBA/croton oil-induced skin papillomagenesis in Swiss anomaly mice. El-Shemyet al.³³ rumored antineoplastic properties and modulation of inhibitor ' activity by aloe leaf active principles isolated via critical carbonic acid gas extraction stimulating the system and directly by anthraquinones. The anthraquinone aloe inactivates varied enclosed viruses like Herpes simplex, pox herpes and Influenza²⁹enzymes

(6) Antitumor activity:

In a study carbohydrate fraction of succulent has shown to inhibit the binding of benzopyrene to primary rat hepatocytes, thereby preventing the formation of doubtless cancer-initiating benzopyrene-DNA adduct. Another study according the induction of glutathione S-transferase and still inhibition of the tumor-promoting effects of phorbol myristic acetate suggesting the attainable role of succulent gel in cancer chemoprevention^{30,31}. Saini et al.³² according anti-tumor activity of Aloe vera against DMBA/croton oil-induced skin papillomagenesis in Swiss anomaly mice. El-Shemyet al.³³ according antitumour properties and modulation of inhibitor enzymes' activity by Aloe vera leaf active principles isolated via critical greenhouse gas extraction.

(7) Opposed microorganism and opposed fungous activities:

Extracts from Aloe vera were found to possess opposed microorganism and opposed fungous

activities^{34,35,36,37,38}

(8) Moisturizing and anti-aging effect:

Aloe is made in mucopolysaccharides that facilitate in binding wet to the skin. succulent stimulates fibroblaststo manufacture scleroprotein and scleroprotein fibers thereby creating the skin additional elastic and fewer wrinkled. It conjointly has cohesive effects on the superficial flaking stratum cells by protruding them along, that softens the skin. The amino acids gift in succulent gel conjointly soften hardened skin cells. metallic element gift within the gel acts as associate astringent & tightens the pores. Aloe vera gel gloves improved the skin integrity, belittled look of fine wrinkles and erythroderma within the treatment of dry skin related to activity exposure indicating its moisturizing impacts four The gel conjointly has anti-acne effect.

(9) Antiseptic effect:

The Antiseptic impact of Aloe vera is principally because of the presence of vi antiseptic agent's viz., Lupeol, hydroxy acid, organic compound chemical element, cinnamonic acid, phenols and sulfur. all of them exhibit repressive action against fungi, bacterium and viruses³⁹

(10) Healing properties:

Topical and oral Aloe vera administration stimulates the activity and proliferation of fibroblasts that successively considerably will increase scleroprotein synthesis. This action is because of the presence of Glucomannan, a mannose-rich carbohydrate, and growth regulator, a STH that interacts with protein receptors on the formative cell thereby stimulating its activity and proliferation⁴⁰. Studies conjointly showed that succulent gel not solely will increase scleroprotein content of the wound however conjointly changes scleroprotein composition (more sort III) and will increase the degree of scleroprotein cross linking. This accelerates wound contraction and will increase the breaking strength of ensuing scar tissue⁴¹. there have been conjointly reports that oral or topical treatment with succulent extracts will increase synthesis of mucopolysaccharide and dermatan salt within the connective tissue of a healing wound⁴². In rats with polygenic disorder type-II, administration of oral dose of Aloe vera mucilage accelerated the trend of healing of skin wounds indicating the role of Aloe vera treatment in fast expression of vascular endothelial protein (VEGF) and TGF β -1 (stimulates fibroblasts to

raised reconstruct the extracellular matrix at wound place) within the space of wound in skin of rats^{43,44}. Hindoo et al.⁴⁵ reported medicine and phytochemistry of glucoside isolated from Aloe vera for wound healing activity.

(11) Effects on skin exposure to ultraviolet illumination and gamma radiation:

Aloe vera gel has been reportable to possess a protecting impact against radiation injury to the skin^{46,15}. although precise role isn't legendary, however following the administration of Aloe vera gel, metallothionein, associate inhibitor supermolecule is generated within the skin, that scavenges free radicals and prevents suppression of enzyme and antioxidant, the inhibitor enzymes within the skin. Studies reveal that administration of succulent prevents UV-induced suppression of delayed sort hypersensitivity by reducing the assembly and unleash of skin keratinocyte-derived immunological disorder cytokines like interleukin-10 (IL-10)¹⁶

(12) Role of Aloe vera in dentistry:

Aloe vera extracts were found to be effective within the maintenance of oral hygiene^{47,48,49,50,51,52,53,54}. Wynn⁵⁵ also reportable application of Aloe vera gel in medicine.

(13) opposed diabetic effects of succulent extracts:

Rajasekaran et al.⁵⁶ reported symptom impact of Aloe vera gel on streptozotocin-induced polygenic disorder in experimental rats. Beppu et al.⁵⁷ reportable antidiabetic drug effects of dietary administration of succulent arborescens Miller parts on multiple lowdose streptozotocin-induced polygenic disorder in mice. Rajasekaran et al.⁵⁸ reportable helpful effects of Aloe vera leaf gel extract on supermolecule profile standing in rats with streptozotocin polygenic disorder.

(14) Inhibitor effects:

Aloe extracts were conjointly found to possess inhibitor effects⁵⁹.

(15) Food applications of Aloe vera juice Ahlawat and Khatkar⁶⁰ in their review reportable process, food applications and safety of succulent veraproducts. Eshun and He⁶¹ reported Aloe vera as a valuable ingredient for the food.

VI. CONCLUSION

The surprise and miraculous herb, Aloe vera, has tried for its wide selection of applications within the treatment of the many ailments. although the plant is documented for its healthful values⁶²⁻⁶⁹ however controlled clinical trials area unit needed to prove and value its real effectualness

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