

Aloevera or Ghrita-kumari

Latin Names: Aloe Barbadensis / Aloe vera

English Name(s): Indian Aloe, Barbados Aloe

Sanskrit / Indian Name: Ghrita-kumari, Kanya, Kumari



Cure for: Aloes have long been in use for a host of diseases, particularly those connected with the digestive system and skin disorders.

It contains enzymes, polysaccharides and nutrients which exhibit antibacterial and antifungal action. Its principal constituents are the leaves that contain barbaloin, chrysophanol glycoside and the aglycone, aloe-emodin. The leaf juice forms the main source of the drug.

Aloevera is useful in liver and spleen disorders, skin problems (scars, pimples, dermatitis, minor wounds or burns etc), external sores, hair problems, eye troubles. Kumari is also known to relieve dysmenorrhoea in young women by expelling uterine debris.