

# Aloe Vera and its top 9 benefits

Aloe Vera is also called *Kumari* in Sanskrit.



Aloe Vera is one of the most widely used herbs in Ayurveda.

*Parts used:* Gel, whole leaf (fresh and dried).

*Tissues:* All tissues.

*Systems:* Circulatory, digestive, reproductive, excretory

*Properties:* Alternative, bitter tonic, anti-inflammatory, laxative, purgative, rejuvenative, emmenagogue, vulnerary

It is so called because in Sanskrit, *kumari* means virgin or young girl,

That's so because it is considered to bestow youthfulness, innocence, and feminine qualities.



Aloe Vera pacifies all the 3 doshas in the body.

### **9 Benefits of Aloe Vera in short:**

- 1. Relieves in skin rashes*
- 2. Beneficial in Eczema*
- 3. Pacifies all three Doshas*
- 4. Restore and purify liver, blood and reproductive tissue*
- 5. Heals cuts and wounds*
- 6. When mixed with pippali, it helps relieve in bronchitis*
- 7. Effectively regulates the hormone*
- 8. Aloe Vera mixed with ghee in appropriate amount helps improve jaundice.*
- 9. Brings positive vibes in the surroundings*

Aloe Vera gel or juice nourishes the majority of the substantial tissues, appeases each of the three doshas, and has a decontaminating and restoring activity upon the blood, liver, spleen, GI tract, and reproductive tissue.

It has a cooling, softening, and calming action, and is particularly useful for pitta related scatters of the plasma and blood, so it is frequently utilized for

treating skin rashes, skin break out, rosacea, and other inflammatory conditions.

One of the most common ways to aloe gel is used in Ayurveda is as an anupana, or medium of intake, alongside different herbs to improve and manage their helpful impacts.



Aloe Vera in its powdered form helps deplete agni.

In its powdered form, aloe is greatly frosty and will deplete agni when utilized as a part of abundance, so it ought not be required for extended periods of time.

As a laxative, it attempts to dissipate abundance bile from the liver and gall bladder.

When taken as a tea, it can cause nausea and gripping of the intestines, so it is best used along with other herbs or in capsules for those sensitive to bitter taste.





Aloe Vera works wonders on the wounds and cuts.

The freshly extracted gel is a universal remedy to promote the healing of cuts, burns, scars, ulcers, and sunburns.

Applying it to the eyelids is additionally useful for various pitta related affections of the eyes, yet the business juice purchased at the store is generally saved with ascorbic acid, which can consume the eyes.

*Kumari* additionally has an immediate action upon the uterus and is considered to have hormonal directing properties. For uterine cramping, 2 and taken 2 times day by day.

Mixing 1 oz. of the gel with 1/4 tsp. *pippali* is also helpful for bronchitis.

The fresh gel is slimy and soft, and a great remedy for dryness throughout the body.

Newborn children and young kids can securely take 1 tsp. of the juice blended in water once day by day to feed every single real tissue, mitigate the digestive organs, and promote healthy skin.



Aloe Vera helps relieve in rashes and many other skin inflammatory problems.

This is also a good remedy for preventing and treating diaper rash as well as infantile eczema.

For treating jaundice, mix 1 tsp. of the fresh juice with 1 tsp. *ghee* and put 5 drops in each nostril 2 times daily until the condition improves.

Keeping aloe plant in the house is considered to draw in riches, and additionally to avert negative energies and spirits.