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External and Internal Benefits of *Aloe vera*

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Abstract

Aloe vera has many medicinal properties and taking *Aloe vera* through food and drink helps in lowering blood sugar levels. It helps in controlling diabetes and most of the people with diabetes consume *Aloe vera* regularly. Anti-aging products are also available in the market like wrinkle cream and moisturizers. Moisturizers or creams which are oily and sticky are easily absorbed by the skin and has no odor, so it dries quickly. It relieves pain and soreness, so it can be used to relieve sunburn and other types of burns. *Aloe vera* relieves inflammation and burning sensations, and heals wound quickly. As well as juice from the inside of the leaves can be used directly or a product consisting of pure *Aloe vera* extract can be used. Also, the extract from *Aloe vera* is used to treat gastric ulcers, irritable bowel syndrome, reflux disease, Crohn's disease, dyspepsia, etc. It helps in balancing acid in the stomach. *Aloe vera* has antibacterial properties along with anti-inflammatory effects that help in healing problems with the mouth and gums and heavy gums illness. It can be used in the form of gel or toothpaste to rub the gums. *Aloe vera* also has ability to heal skin problems such as eczema, burns, and amputations of wounds.

Keywords: Eczema; Moisturizers; Stomach; Amputations

Introduction

External health benefits of *Aloe vera*

Burn and wound healing: *Aloe vera* is well-known for its soothing and healing effects on burns and other wounds. According to studies, applying *Aloe vera* to a wound that increases both the control of wound closure and the tensile strength of the wound through the proliferation of cells such as pores and skin, liver, nerve, and blood cells[1,2].

Aging of the skin: Aging of the pores and skin is characterized by thinning and wrinkling of the epidermis, blended with the advent of lines, creases, age spots and furrows inside the face. Components of *Aloe vera* have been observed to reverse degenerative skin adjustments with the aid of stimulating collagen and elastin synthesis, in essence, turning back the clock on the outcomes of growing old on skin [3,4].

Immune system restoration: According to research, *Aloe vera* protects the skin's immune system from suppression. This suppression can be one of the reasons for pore and skin cancer. In addition, topical application of *Aloe vera* may be done as much as 24 hours after publicity to ultraviolet light without lowering the degree of prevention concerning immune system suppression [5,6].

Moisturizer: One of the main reasons that *Aloe vera* has become so popular among consumers is that, it possesses incredible moisturising properties. Studies show that, *Aloe vera* improves the skin's ability to hydrate itself, aids in the removal of dead skin cells, and has an effective penetrating ability that helps to transport healthy substances through the skin. Each of these factors makes *Aloe vera* an ideal ingredient in cosmetic and dermatological products. In fact, *Aloe vera* is currently one of the most important ingredients in the cosmetics industry, being used in over 95% of the dermatologically valuable extracts manufactured worldwide.

Internal health bene its of *Aloe vera*

Arthritis, joint and muscle pain: *Aloe vera* is thought to lessen excessive joint and muscle aches related to arthritis, associated with tendinitis and injuries. When applied immediately to the area of pain, *Aloe vera* penetrates the pores and skin to assuage the ache. Studies have additionally observed that, ingestion of *Aloe vera* on a day by day basis can assist you and motivate a regression of adjutant arthritis.

Coronary heart disease: One of the leading causes of death in the United States is coronary heart disease. However, research suggests that the ingestion of *Aloe vera* gel can also have a useful impact on the buildup of blood fat lipids related to the sickness. Test companies gave *Aloe vera*, which confirmed a reduction in general cholesterol, triglyceride, phospholipid, and nonesterified fatty acid levels. While elevated, they appear to boost the buildup of fatty fabric in large and medium-sized arteries, as well as the coronary arteries of the coronary heart.

Antioxidant: *Aloe vera* consists of vitamin C, E, zinc, and 7 superoxide dismutases, and used as antioxidant, anti-microbial, and anti-viral.

Blood: Circulation of blood in some elements has useful effects on blood strain and coagulation.

Conclusion

Due to the properties of *Aloe vera* and its compounds, it can be used to maintain skin moisture and integrity. It also contains mucopolysaccharides, amino acids, zinc, and water to prevent skin ulcers. In terms of quality and speed of wound healing, *Aloe vera* is more effective and cheaper than currently available alternative treatments.

Conflict of Interest

The authors declare that there was no conflict of interests.

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