

## Aloe vera



**Scientific name:** *Aloe vera* (L.) Burm.F.

**Common name:** Aloe

**Traditional name:** Sabre zard

**Part used:** Dried leaves juice

**Description & characteristics:**

Brown or dark red pieces with a sweet smell and a bitter taste, produced by drying of the yellow sap of transverse cutting of the plant leaves.

**Temperament:** Hot and dry, the bitter taste and smell indicates the compound potency of the plant.

**Functions:**

*Mofattih* (deobstruent) of obstructions, *Mohallil* (resolvent) of visceral ventus, strong purgative for any integrated ready to remove humor in the stomach, brain and joints, absorbent from all parts of the body, purify the stomach and arteries, expellent and purgative of black bile and fluid dense bilious phlegm, strengthens eyesight and other senses., hypnotic , *Mojaffif* (desiccant) with no irritation especially washed aloe, adhesion of hollow deep chronic ulcers, *Modammil* (cicatrizing) of un healing ulcers.

**Traditional uses:**

Cleansing waste materials from the depths of the body, stomach and vessels, treating most brain diseases caused by stomach involvement, severe stomach diarrhea and cleaning it of waste materials (with lukewarm water), purgative of phlegm and bile (with honey beer), purify of brain (with Mastic), Stomach diseases (with rose and Mastic), in combination with other herbals for all melancholic diseases, removal of stomach and intestine worms, spleen and kidney diseases. In the composition of most Ayarijs and purgative pills.

**Modern uses:** Constipation

**Dosage:**

- It is commonly in combination with other plants in medicinal products.
- The recommended daily intake is 0.05 grams of yellow aloe powder.

**Side effects:**

- It is a strong laxative and purgative and consuming a large amount of it causes abdominal pain, gastrointestinal irritation, and in higher doses leads to nephritis, bloody diarrhea and stomach inflammation with bleeding.
- Long-term use of aloe, like other stimulant laxatives, may cause fluid diarrhea with loss of large amounts of water and electrolytes, muscle weakness, and weight loss.

**Precautions and warnings:**

Avoid long-term consumption (more than one to two weeks) of aloe containing products.

**Use in pregnancy and breastfeeding:**

Contraindicated.

**Contraindications:**

Intestinal obstruction, inflammatory bowel diseases (ulcerative colitis), appendicitis, abdominal pain of unknown origin, pregnancy and breastfeeding, children under 12 years old.

**Interactions:**

- Cardiac glycosides and anti-arrhythmic drugs (possible increase in the effects of those due to hypokalemia by chronic use of aloe)
- Thiazide diuretics, loop diuretics, licorice and corticosteroids (possible increase in the risk of potassium deficiency)
- Anti diabetic compounds (increasing hypoglycemia risk)

**Pharmaceutical forms available in natural products pharmacy:**

- Shabiar capsule
- Aiaraj Fiqara capsule
- Muqul laxative capsule
- Soranjan Mavizi capsule
- Rahat pill
- Razi pill
- Latif ointment

References:

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