

Pharmacological Properties of Aloe Vera

ALOE VERA CONTAINS:

- **Naturally-occurring antioxidants:** vitamins C and E and vitamin A precursors
- **Bradykinase:** reduces excessive inflammation when applied to skin
- **Mucopolysaccharides:** immunoregulating effect
- **Anthraquinones:** aloin and emodin, which are phenolic compounds found in plant sap (These compounds have anti-inflammatory, antibacterial and antiviral properties.)
- **Saponins:** antiseptic-antibacterial, antiviral, antifungal properties
- **Campesterol, sisosterol, lupeol:** plant steroids that may provide an anti-inflammatory effect
- **Salicyclic acid:** provides an anti-inflammatory effect
- **Amino acids**
- **Lignin:** endows *Aloe vera* with its penetrative effect and carries other ingredients
- **Is a “cooling herb”:** most feather and skin conditions are referred to as “warm” disorders



HEALx Rain[®] and Soother[®] products have active Aloe vera.

REFERENCES

Avijgan M: Phytotherapy: an alternative treatment for non-healing ulcers. *J-Wound Care*, 2004;13(4):157-8.

Chithra P, Sajithlal GB, Chandrakasan G: Influence of Aloe vera on collagen characteristics in healing dermal wounds in rats. *Mol Cell Biochem*. 1998;181:71-76.)

Choi SW, Son BW, Son YS, et al: The wound-healing effect of a glycoprotein fraction isolated from aloe vera. *Br J Dermatol*. 2001 Oct;145(4):535-45

Davis RH, Kabbani JM, Maro NP: Aloe vera and wound healing. *J Am Podiatr Med Assoc* 1987;4:165-69.

Duansak D, Somboonwong J, Patumraj S: Effects of Aloe vera on leukocyte adhesion and TNF- α and IL-6 levels in burn wounded rats. *Clin Hemorheol Microcirc*. 2003;29(3-4):239-46

Fujita K, Teradaira R, Nagatsu T: Bradykinase activity of aloe vera extract. *Biochemical Pharmacology* 1976;25:205.

Heggors JP, Kucukcelebi A, Listengarten D, et al: Beneficial effects of aloe on wound healing in an excisional wound model. *J Alt Complement Med* 1996;2:271-77.

Heggors JP, Pelley RD, Robson MC: Beneficial effects of aloe in wound healing. *Phytother Res* 1993;7:48-52.

Ibo S, Teradaira R, Beppu H, et al: Properties and pharmacological activities of carboxypepsidase in aloe aborescens Miller. var. natalensis berger. *Phytother Res (spec. issue)*1993:26-29.

Maenthaisong R, Chaiyakunapruk N, Niruntraporn S, Kongkaew C: The efficacy of aloe vera used for burn wound healing: A systematic review. *Burns*. 2007 Sep;33(6):713-8.

Obata M, Ibo S, Beppu H, et al: Mechanism of anti-inflammatory and anti-thermal burn action of C pase from Aloe aborescens miller var. natalensis berger in rats and mice. *Phytother Res (spec. issue)*1993;7:530-33.

Rosca-Casiana O, Parvua M, Vlaseb L, Tamasc M: Antifungal activity of Aloe vera leaves. *Fitoterapia*. 2007 Apr;78(3):219-22.

Shelton RM: Aloe vera: its chemical and therapeutical properties. *Int J Dermatology* 1991;30:679-83.

Visuthikosol V, Chowchuen B, Sukwanarat Y, et al: Effect of aloe vera gel in the healing of burn wound: a clinical and histologic study. *J Med Assoc Thai* 1995;78:403-9.

Yamaguchi I, Mega N, Sanada H: Components of the gel of aloe vera. *Biosci Biotechnol Biochem* 1993;8:1350-52.