

Aloe Vera Juice

Nourishes the liver, protects the digestive system and purifies the skin

The Indian name for Aloe Vera is *kumari*, meaning a 'young maiden'. This points to its affinity for the female menstrual system and its rejuvenative powers for maintaining youthfulness.

Constituents:

Saccharides - polysaccharides; acetylated galactomannan known as acemannan or aloeverose, glucose
Phytosterols - beta-sitosterol, Fatty Acids - gamma linolenic acid, Enzymes, Amino Acids, Vitamins- B, C, E, choline¹

Bio-Medical Action:

Emmenagogue, cholagogue, anti-inflammatory, immune enhancing, anti-viral, anti-tumour, vulnerary, alterative, demulcent, mild laxative

Indications:

Gynaecology: The juice is salutary when there is excess bleeding or clots. As Aloe clears the liver it directly affects the flow of *pitta* in the blood. This affects the *arthavasrotas*, the menstrual channel, as it is responsible for regulating the uterus. It is a wonderful tonic for the female reproductive system.

Skin: The gel contains Aloe Vera polysaccharides, otherwise known as acemannan or aloeverose, that are specifically healing for the skin and generally regenerates tissues throughout the body; epidermal, muscular and osteo. It has an affinity for the epidermis and enhances the quality of the skin. It is one of the best Ayurvedic herbs for burns, scars, wounds and stretch marks. Very beneficial in hot, inflamed *pitta* conditions; eczema, urticaria, ulcers, acne. It is specific herb to be used in jaundice and viral hepatitis.

Digestion: The juice is a mild laxative as its bitter principle works via the liver to encourage the release of bile. Its cholagogue effect can help to regulate blood sugar and lipid levels. As it is a cooling and demulcent herb that heals mucus membranes it is a specific for hyperacidity, ulcers, ulcerative colitis and any bleeding from the intestines.² It directly clears *pitta* and inflammation from the intestines.

Eyes: As a *netraroghaghna* herb it destroys eye diseases. Applied externally it is very soothing for eye inflammation and eyelid swelling.

Combinations:

- + **Shatavari Plus** for excessive menstrual bleeding
- + **Shatavari** for menopausal hot flushes, dryness and night sweats
- + **Amla & Peppermint Formula** for any intestinal inflammation and ulcers
- + **Neem & Sarsaparilla Formula** for any inflammatory skin problems
- + **Triphala Plus** for digestive complaints and constipation

Notes:

- Aloe grows wild in the dry parts of India and is excellent at opposing dryness.
- We use an organically certified Aloe Vera juice preserved in 0.1% citric acid made from tapioca.
- Mix with Ginger for *vata* and Turmeric for *kapha*.
- We use only the unfiltered gel of the inner leaf so it contains none of the bitter aloin found in the rind. Positive clinical trials have used the juice of the inner leaf.

Ayurvedic Energetics:

Taste *rasa*: Bitter, Sweet

Action *virya*: Cold

Post-digestive effect *vipaka*: Sweet

Quality *guna*: Heavy, Unctuous, Slimy

Dosha effect: VPK- as the juice

Contraindications:

Pregnancy

Dosage: 10-100ml/day

Duration: Long term 1-12 months

¹ Murray, Williamson

² Frawley and Lad