



puKka

ALOE VERA

Aloe indica

A soothing, cooling, moistening herb that has been used for thousands of years in Ayurveda, by the ancient Egyptians and the early Greeks

COMMON NAME: Aloe vera | LATIN NAME: Aloe indica/vera/barbadensis

SANSKRIT: Kumari (maiden) reflecting use as a women's reproductive tonic | PART USED: Inner leaf gel | PLANT FAMILY: Liliaceae

Key points

1. Excellent remedy for wounds, burns and tissue trauma – and a common ingredient in many skin products
2. Relieves inflammation in the digestive, skin and urinary systems with a cooling and soothing effect
3. A tonic for the female reproductive system, helping to regulate blood flow

What conditions would you recommend it for?

- Inflammation of the digestive, skin, urinary and reproductive system e.g. colitis, Crohn's disease and irritable bowel syndrome
- Heartburn and stomach ulcers
- Menstrual imbalances, menopausal hot flushes and dryness

Sourcing organic practitioner-grade aloe vera

Aloe vera is a succulent plant with large fleshy leaves. The fleshy inner leaf allows it to thrive in areas with very little rainfall. Pukka's aloe vera comes from an organic farm in north-east Mexico, close to the Texan border. The plants are grown for four years before they are harvested to ensure they reach their full potential, containing a high content of the key polysaccharide constituents. Each succulent

leaf is covered in a tough rind that contains a bitter compound called aloin, which acts as a repellent against thirsty herbivores. Aloin is also a strong laxative, so must be removed before producing juice. To make Pukka aloe vera juice the outer rind is hand peeled at source to produce 'fillets' of the inner leaf. These are blended to create a delicious and pure juice, free of aloin.

How aloe vera works

Aloe vera contains polysaccharides (complex sugars) in a mucilaginous matrix, with the ability to soothe and regenerate tissues. In every litre of Pukka aloe vera juice, there is an average of 1000mg of polysaccharides, twice the level recommended in the American Herbal Pharmacopoeia. In every two capsules, there is the equivalent of 54g of fresh aloe vera juice. In Ayurveda, aloe vera is considered to be an excellent carrier for other herbs, nutrients, vitamins and minerals. Taking supplements alongside aloe vera may optimise their effective absorption.^{14,15}

Aloe vera by body system

- **Digestive:** Aloe vera is cooling and demulcent, healing mucous membranes in the digestive tract and treating hyperacidity and reflux¹, ulcerative colitis^{2,3} and intestinal

bleeding. As a mucilage, it balances digestive enzymes and stomach acid, regulates the metabolism of sugar and fat and is also likely to have a prebiotic effect.

- **Skin and mucous membranes:** Aloe vera is primarily a moisturising remedy⁴ and has been shown to have healing properties in the mouth⁵. As an external gel, it soothes and heals burns and wounds⁶. It also helps to heal pressure ulcers,⁷ anal fissures⁸, radiation damage⁹ and psoriasis.¹⁰
- **Metabolic:** Aloe vera can reduce fasting blood glucose and haemoglobin A1c, presumably as a result of its mucilaginous properties in the gut. In obese individuals with prediabetes or early untreated diabetes, aloe vera reduced body weight, body fat mass, and insulin resistance¹¹, low-density lipoprotein, blood glucose and insulin.^{12,13}
- **Reproductive:** Traditionally, aloe vera is seen to regulate the menstrual cycle and act as a rejuvenating reproductive tonic in both men and women. It is used to reduce hot flushes during the menopause and to alleviate PMS.

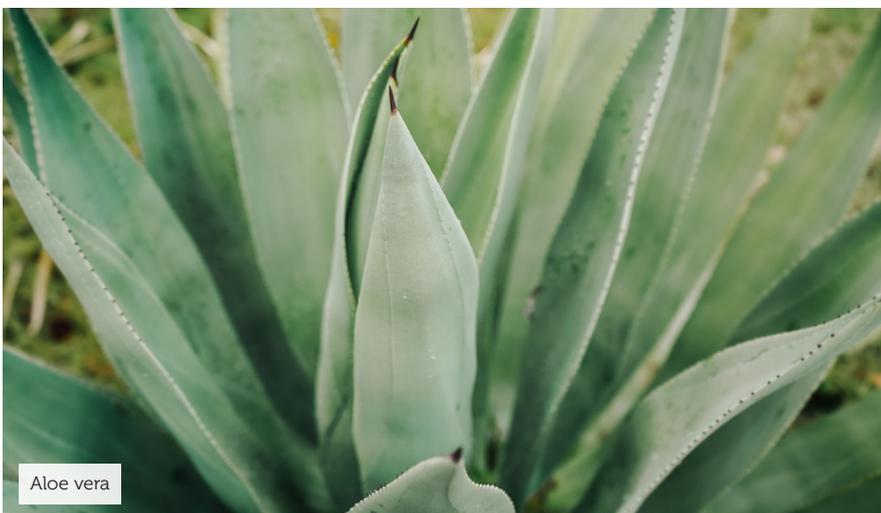
Constituents of Aloe Vera

Polysaccharides; acetylated galactomannan known as acemannan or aloe-rose, glucose phytosterols – beta-sitosterol, fatty acids – gamma linolenic acid, vitamins – B, C, E and choline.

Research highlights

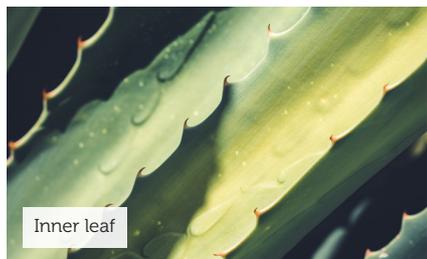
In a double-blind, randomized, controlled trial 12 patients who underwent split-thickness skin grafts were divided into two groups: aloe vera and placebo. Topical aloe vera gel significantly demonstrated accelerated split-thickness skin graft donor-site healing but did not show significant pain relief.⁹

In a randomized, triple-blind clinical trial, 80 patients in an orthopaedic ward were randomly assigned into two intervention and control groups. In the intervention group in addition to routine nursing care to prevent bed sores,



pure aloe vera gel was applied twice a day. Compared with control, aloe vera reduced the incidence of pressure sores, reducing temperature rise, redness, swelling and pain.⁴

A small study looked at the effect of aloe vera on the absorption of vitamins C and E, the most popular vitamin supplements for humans. **Aloe gel was found to increase their absorption by 200% in humans.** The study concludes that aloe is the only known supplement to increase the absorption of both of these vitamins and should be considered as a complement to them.¹⁴ Another study confirmed increased absorption for both vitamin C and B12.¹⁵ A pilot study on the effect of aloe extract in patients with irritable bowel syndrome found an improvement in secondary endpoints and called for a larger study to further determine clinical significance.¹⁶



Inner leaf

Ayurvedic energetics

- ☑ **Taste:** Bitter, sweet, astringent
- ☑ **Temperature:** Cooling
- ☑ **Doshic effect:** Reduces all three doshas (gel and juice), but dried gum powder aggravates vata
- ☑ **Energetic actions:** Soothing, calming, cleansing, rejuvenating

Safety, drug interactions & contraindications

- Provided aloe vera gel is effectively filtered to remove the laxative aloin (as is assured in Pukka Aloe Vera) then it is a safe supplement¹⁷
- No drug-herb interactions are known
- To be safe, we suggest seeking professional advice before taking aloe vera in pregnancy

Dosage

For Adults: Take 3-6 tablespoons of the juice (45-90ml) per day before food

For Children aged 2-12: Take 2 tablespoons (30ml) per day before food

- Capsules: Take 1-2 Pukka Aloe vera capsules a day with water
- Aloe Vera juice: Will serve you best if taken daily
- Gel: Externally as needed

Where to find Aloe vera at Pukka

Tea family:

Cleanse



Supplement family:

Aloe Vera juice
Aloe Vera capsules
Womankind Premenstrual
Glow
Vitalise



Aloe vera at home

Soothing aloe and honey mask

You can harness aloe vera's skin healing properties by making a simple face mask

at home. This mask combines the soothing benefits of aloe with the anti-microbial and moisturising properties of honey to calm skin, whilst helping with acne and spots.

Ingredients

Add 1 tablespoon of 100% pure organic aloe vera gel and 1

tablespoon of raw honey to a bowl.

Method

Stir until well-combined. Apply to your face or any other areas of the body and leave on for 20 minutes. Rinse with warm water to remove.



¹ Panahi Y, Khedmat H, Valizadegan G, et al. (2015) Efficacy and safety of Aloe vera syrup for the treatment of gastroesophageal reflux disease: a pilot randomized positive-controlled trial. J Tradit Chin Med. 35(6):632-6
² Langmead, R.M. Feakins, S. Goldthorpe, H. et al. (2004) Randomized, double-blind, placebo-controlled trial of oral aloe vera gel for active ulcerative colitis. Aliment Pharm Ther, 19 (2004), pp. 739-747
³ Lin H, Honglang L, Weifeng L et al (2017) The mechanism of alopoylsaccharide protecting ulcerative colitis. Biomed Pharmacother;88: 145-150
⁴ Dal'Bele SE, Gaspar LR, Maia Campos PM.(2006) Moisturizing effect of cosmetic formulations containing Aloe vera extract in different concentrations assessed by skin bioengineering techniques. Skin Res Technol. 12(4): 241-6
⁵ Anuradha A, Patil B, Asha VR. (2017) Evaluation of efficacy of aloe vera in the treatment of oral submucous fibrosis - a clinical study. J Oral Pathol Med. 2017 Jan;46(1):50-55
⁶ Burusapat C, Supawan M, Pruksapong C, et al. (2018) Topical Aloe Vera Gel for Accelerated Wound Healing of Split-Thickness Skin Graft Donor Sites: A Double-Blind, Randomized, Controlled Trial and Systematic Review. Plast Reconstr Surg. 142(1): 217-226.
⁷ Hekmatpou D, Mehrabi F, Rahzani K, Aminiyani A. (2018) The effect of Aloe Vera gel on prevention of pressure ulcers in patients hospitalized in the orthopedic wards: a randomized triple-blind clinical trial. BMC Complement Altern Med. 18(1):264
⁸ Rahmani N, Khademloo M, Vosoughi K, Assadpour S. (2014) Effects of Aloe vera cream on chronic anal fissure pain, wound healing and hemorrhaging upon defecation: a prospective double blind clinical trial. Eur Rev Med Pharmacol Sci. 18(7): 1078-84.
⁹ Sahebhasagh A, Ghasemi A, Akbari J, et al. (2017) Successful Treatment of Acute Radiation Proctitis with Aloe Vera: A Preliminary Randomized Controlled Clinical Trial. J Altern Complement Med. 23(11): 858-865.
¹⁰ Choonhakarn C, Busaracome P, Sripanidkulchai B, Sarakarn P. (2010) A prospective, randomized clinical trial comparing topical aloe vera with 0.1% triamcinolone acetonide in mild to moderate plaque psoriasis. J Eur Acad Dermatol Venereol. 24(2): 168-72
¹¹ Choi HC, Kim SJ, Son KY, et al. (2013) Metabolic effects of aloe vera gel complex in obese prediabetes and early non-treated diabetic patients: randomized controlled trial. Nutrition. 29(9): 1110-4
¹² Devaraj S, Yimam M, Brownell LA, et al. (2013) Effects of Aloe vera supplementation in subjects with prediabetes/metabolic syndrome. Metab Syndr Relat Disord. 11(1): 35-40
¹³ Huseini HF, Kianbakht S, Hajiaghah R, Dabaghian FH. (2012) Anti-hyperglycemic and anti-hypercholesterolemic effects of Aloe vera leaf gel in hyperlipidemic type 2 diabetic patients: a randomized double-blind placebo-controlled clinical trial. Planta Med. 78(4): 311-6.
¹⁴ Vinson, J.A., Al Kharat, H. and Andreoli, L., (2005). Effect of Aloe vera preparations on the human bioavailability of vitamins C and E. Phytomedicine, 12(10), pp.760-765
¹⁵ Yun JM, Singh S, Jialal R, et al. (2010) A randomized placebo-controlled crossover trial of aloe vera on bioavailability of vitamins C and B(12), blood glucose, and lipid profile in healthy human subjects J Diet Suppl. 7(2): 145-53
¹⁶ Storsrud S, Pontén I, Simrén M (2015) A Pilot Study of the Effect of Aloe barbadensis Mill. Extract (AVH200®) in Patients with Irritable Bowel Syndrome: a Randomized, Double-Blind, Placebo-Controlled Study. J Gastrointest Liver Dis. 2015 Sep;24(3):275-80
¹⁷ Guo X & Mei N. (2016) Aloe vera: A review of toxicity and adverse clinical effects. J Environ Sci Health C Environ Carcinog Ecotoxicol Rev. 34(2):77-96.