

Aloe

Botanical name: Aloe vera

Energetics/Actions: Bitter, salty, warm with cooling potential, laxative, vulnerary

Description

Aloe is a desert plant but grows well indoors in a sunny window. Leaves may be broken as needed for use of the juice or the gel (internal part of the leaf). Aloe was regarded in ancient Egypt as a symbol of protection. Used on the skin by Indian women for beauty and graceful aging, it is called "Kumari" in Sanskrit, which means *goddess*.

Uses

Skin: Topically used to treat burns, inflammation and wounds. Traditionally used on wrinkles.

Gastrointestinal: Gel: used for constipation but avoid use when hemorrhoids are present.

*Aloe is a strong purgative and should be used internally with caution.

Dose

Topical: Apply fresh juice or gel to affected area up to 3 times a day.

Internal: Gel-take 2 tablespoons up to 3 times a day. Not for long term use.

Safety information

Not for use in pregnancy, breastfeeding or for children. Not for long term internal use. Use Aloe Vera only. Other types of aloe can be poisonous.

