

Formulation and Evaluation of Herbal Aloe Vera Gel

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Abstract: *Aloe Vera, commonly known as Barbados or Curacao Aloe, is an herbal medicine with along tradition of use by a variety of cultures. The succulent plant grows in arid and subtropical climates and is best known for 2 distinct preparations: the clear mucilaginous gel that is widely used for the treatment of minor burns, especially sunburns, and the thick sap of the leaves that turns yellow-brown and has strong laxative effects that caution its use. The traditional uses of the clear mucilaginous gel are manifold, ranging from topical applications to reduce perspiration to oral dosing for diabetes and a range of gastrointestinal ailments. The efficacy of aloe Vera gel to treat burn wounds, genital herpes, and seborrhea dermatitis have been shown in clinical trials, but other indications such as psoriasis or internal application for the treatment of type 2 diabetes remain inconclusive. The main limitation of the current clinical knowledge about aloe vera gel is small clinical studies that often lack rigorous methodology. Several clinical trials are being conducted to further evaluate the use of aloe vera gel for a variety of disorders, as well as to further confirm traditional uses of the plant extract.*

Keywords: Aloe vera, Barbados, dermatology

