

ALOE VERA

கற்றாழை

In other languages: **Tamil:** katRaazhai; **Telugu:** Kalabanda; **Hindi:** ghikauvar; **Malayalam:** kattuvazha; **Sanskrit:** kumari; **Kannada:** kathalaigidsa; **English:** aloes

Family: Liliaceae (வெங்காயக் குடும்பம் vengkaayak kudumpam)

Parts used: root, pulp

Taste: little bitter

Nature: neutral

Division: sweet

Action: Stimulant; Tonic; Purgative; Emmenagogue; Alterative.

Phytochemicals: **Plant:** aloesin and aloesone. **Leaves:** glycoside, isobarbaloin, barbuloins, β -barbaloin, free anthraquinone like aloe emodin, etc. **Dried leaves:** feralolide, aloins A and B, aloe emodin.

Description: The term katRaazhai in Tamil is made of two words (kal + thaazhai) that is (stone + screw pine). That this plant has rejuvenating effect is clear from its very name. It is a common indigenous plant with thorny edged leaves that are thick. It is extensively used as medicine and is good remedy in venereal affections, affections through germs, leprosy, piles, bilious diseases and giddiness. The pulp of the leaves (see picture on opposite page) is mainly used for medicinal purposes. It removes bodily heat, burning sensation and difficulty in passing urine. In fact it is an excellent remedy for burns. One can smear the pulp in the hand and can touch hot iron! Oil prepared from this is used for different diseases. It is also common practice to eat the pulp and seeds during famine. Aloe vera is used today all over the world for cosmetic purposes. The old Siddha text says:



வற்றாக்க் குமரிதன்னை வற்றலென வண்ணினுஞ்சீர்
முற்றாக்க் குமரியென முளுமே--- நற்றாக்குந்
திண்மையு மல்லாத் தெரிவையமே யானாலு
முண்மைமிகு நூறாமா யுள்.

Dry the never dried Aloe vera and eat
Will always remain young ready to greet
The body gets all the strength and vigour
True, one can live long for hundred year

Method of Use:

- (1). Take a leaf of Aloe vera. Remove the outer green skin and take the pulp. Wash the pulp several times till its stickiness is gone. Then add small amount of sugar candy and cumin seeds. This is a good remedy for **loose motion** with blood.
- (2). The pulp of Aloe vera with a small amount of turmeric powder is a good remedy for **enlargement of spleen**.
- (3). Take the pulp of Aloe vera and add alum or powder of Terminalia chebula. Put them in a thin cloth and hang it over a vessel. Water will start dripping from the cloth. Collect it. This water can be applied over the eyes. Will cure redness of eyes, itching and improves eye sight.
- (4). Add the pulp of Aloe vera to gingili oil and boil and filter. The oil prepared in this way can be used for oil bath. This is good for **hair growth** and also for **insomnia**.
- (5). Take castor oil about 800 gram; 170 gram of Aloe Vera pulp. Soak aloe vera in castor oil for some time and then grind them. To this add 20 grams of fenugreek seeds, and nicely chopped onion. Boil the whole content to consistency. Filter and keep it in a closed bottle. One tea spoon of this oil taken every night will remove bodily heat. The body will start improving.
- (6). Take 1 kilogram of castor oil; 1 kilo thoroughly washed Aloe vera pulp; half a kilo palm sugar and half a kilo white onion juice. Mix all of them and boil to consistency. This is called "katRaazhai yeNNey". Administering about 15 ml. of this oil both in the morning and evening will cure many diseases like **zymotic** ("maandham" in Tamil) **disease**; stomach pain; abdominal tumour; loss of appetite and **flatulency**.
- (7). Take about 10 leaves of Aloe vera. Remove the outer green skin and take the pulp. Wash the pulp several times till its stickiness is gone. Put the pulp in a piece of cloth and hang them overnight. In the morning take the pulp and add about 100 grams of palm sugar and 10 grams of fried Cumin seeds. Keep it for six hours. Take about a tea spoon both in the morning and evening for 10 days. This is good for **urine attended with blood that is not related to venereal affection** ("chengamaari" in Tamil).