

# Aloe Vera

**Aloe Vera** is a succulent plant species widely recognized for its soothing and medicinal properties. Derived from *Aloe barbadensis* Miller, it has been used for centuries in traditional medicine, skincare, and wellness practices across many cultures.

## Key facts

- **Scientific name:** *Aloe barbadensis* Miller
- **Common names:** Aloe Vera, Medicinal Aloe
- **Family:** Asphodelaceae
- **Active compounds:** Aloin, polysaccharides, anthraquinones
- **Typical forms:** Gel, juice, creams, capsules

## Botanical characteristics

Aloe Vera is a perennial succulent plant with thick fleshy leaves containing a clear gel-like substance. It grows mainly in tropical and subtropical climates and is cultivated worldwide for medicinal, cosmetic, and nutritional use.

## Traditional and modern uses

Traditionally, Aloe Vera has been used to soothe burns, wounds, and skin irritation. In modern health and cosmetic industries, it is commonly incorporated into skincare products, digestive health supplements, and moisturizing formulations.

## Mechanism and research

Research suggests that Aloe Vera gel contains bioactive compounds with moisturizing, antioxidant, and anti-inflammatory properties. Some studies indicate potential benefits for skin healing and gastrointestinal support, although scientific evidence varies depending on formulation and dosage.

## Safety and regulation

Topical Aloe Vera is generally considered safe for most individuals. Oral use should be approached cautiously, as excessive intake of Aloe latex may cause gastrointestinal side effects. Product quality and purity can vary widely between commercial preparations.

## Culinary and supplement context

Aloe Vera is used globally in beverages, dietary supplements, cosmetics, and wellness products. Aloe-based juices and gels are especially popular within functional food and natural skincare markets.