



Kumari

Common Name: Aloe Vera

Botanical Name: Curacao Aloe

Part used: Leaf juice and pulp

A cultivated or wild cactus-like plant seen in the drier parts of India containing a clear healing gel. This fresh herb has therapeutic properties for reducing pitta and kapha doshas. Administered both internally as a juice and externally as a paste application, Kumari has anti-inflammatory and anti-bacterial properties.

Therapeutic benefits:

- Purifies blood and is useful in menstrual problems (combined with shatavari) it also increase blood flow to wounded areas
- Useful on normalising digestive activity and aids absorption of nutrients. It protects against worm infestation, infections, pain in abdomen, piles and rectal disturbances
- Stimulates liver and spleen activity. Liver purification also benefits the complexion of the skin
- Helpful in reducing body temperature
- Useful in a variety in inflammatory skin conditions as well as for minor cuts, insect bites, burns including sun burn, bruises, acne, eczema and itching
- Helpful in dysurea and other urinary conditions.

1 tbsp of aloe vera gel taken on empty stomach will cleanse digestive tract of toxins. If taking juice a larger dosage (i.e. up to 100ml) will produce therapeutic effects. As a paste use a gel or fresh from the leaf.

Large doses can cause diarrhoea. Pregnant women should not take aloe vera internally.