

Aloe Vera (Kumari): A Comprehensive Ayurvedic Herb Profile

◆ Sanskrit Name: Kumari

- Meaning: “Young maiden” — symbolizes rejuvenation and feminine vitality.
- Other Names: **Ghrithkumari** (Hindi), **Korphad** (Marathi), **Aloe barbadensis** (botanical name)

Ayurvedic Classification

Sanskrit	Description
Rasa (Taste)	<i>Tikta (Bitter), Madhura (Sweet)</i>
Guna (Qualities)	<i>Snigdha (Unctuous), Guru (Heavy)</i>
Virya (Potency)	<i>Shita (Cooling)</i>
Vipaka (Post-digestive)	<i>Madhura (Sweet)</i>
Karma (Actions)	Rasayana (Rejuvenative), Pittahara (Pacifies Pitta), Virechana (Mild laxative), Raktashodhaka (Blood purifier), Yogavahi (Potent carrier of herbs)
Effect on Doshas	✓ Pacifies Pitta and Vata , ✗ may increase Kapha if overused internally

Part Used

- Inner Gel (Mucilaginous pulp)** – widely used
- Latex (Yellow sap)** – *strong laxative*, used cautiously in Ayurveda
- Leaves (whole)** – used externally in poultices or cosmetics

□ Therapeutic Benefits

1. Pitta Disorders

- Reduces internal heat and inflammation
- Treats **acidity, hyperacidity, gastritis**, liver disorders
- Beneficial in **skin conditions**: acne, boils, eczema, rashes

2. 🍷 Digestive Health

- Acts as **Mild Virechana (Laxative)** – promotes gentle bowel cleansing
- Reduces bloating and **Ama** (toxins) in the colon
- Soothes intestines in **IBS or ulcerative colitis** (under guidance)

3. 👩♀ Female Reproductive Health

- Regulates **menstrual cycle**
- Tonic for **uterine health**, supports fertility
- Used in classical formulation **Kumaryasava**

4. 🛡️ Immunity & Rejuvenation (Rasayana)

- Boosts **ojas**, helps body resist infections
- Supports recovery from weakness or fatigue
- Aids **wound healing**, cell regeneration

5. 🏠 Skin & Hair Care

- Moisturizes without clogging pores
- Heals cuts, burns, rashes, sunburns
- Promotes **collagen** production
- Controls **dandruff**, nourishes scalp, strengthens roots

🔬 Medicinal Preparations in Ayurveda

Formulation	Use
Kumaryasava	Liver and uterus tonic; used in menstrual disorders
Aloe Juice (Kumari Saar)	Taken early morning for Pitta balance, detox
Aloe Rasayana	With herbs like Haridra (turmeric) for skin and liver
Kumari Ghrita	Herbal ghee for gynecological and digestive disorders

🏠 Home Remedies Using Aloe Vera

Sunburn Soother

- Mix **fresh gel + rose water + sandalwood** → Apply to sunburn

Hair Growth Oil

- Mix **Aloe Vera gel + Bhringraj powder + coconut oil**, leave overnight → wash

Digestive Juice

- 15 ml aloe juice + pinch of turmeric + ½ tsp ginger juice → take before meals (under supervision)

Skin Glow Pack

- **Aloe + Multani Mitti + Rosewater** → apply for 15 mins
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Precautions & Contraindications

Use with caution if...

Pregnant or menstruating women (avoid raw latex)

Sensitive digestion — too much can lead to diarrhea

Taking it long-term — may deplete electrolytes or affect absorption

Use only **fresh inner gel**, avoid greenish/yellow latex unless prescribed by Vaidya

Spiritual & Energetic Significance (Optional for Site)

- Aloe Vera is associated with **Moon energy** in Ayurveda – calming, nurturing, and feminine
- Used in **tantric rituals and wound healing** since ancient times
- Considered **Satvik** and **cooling** for body, mind, and spirit

