

श्री हनुमान चालीसा दोहा

श्री गुरु चरन सरोज रज। निज मनु मुकुरु सुधार ॥
बरनऊँ रघुवर बिमल जसू। जो दायक फल चार ॥
बुद्धिहीन तनु जानिके। सुमिरों पवन-कुमार ॥
बल बुद्धि विद्या देहु मोहिं। हरहु कलेश विकार ॥
।।चौपाई।।

जय हनुमान ज्ञान गुन सागर। जय कपीस तिहुँ लोक उजागर ॥
रामदूत अतुलित बल धामा। अंजनि-पुत्र पवनसुत नामा ॥
महावीर बिक्रम बजरंगी। कुमति निवार सुमति के संगी ॥
कंचन वरन विराज सुबेसा। कानन कुण्डल कुंचित केसा ॥
हाथ बज्र अरु ध्वजा बिराजै। काँधे मूँज जनेऊ साजै ॥
शंकर सुवन केसरी नन्दन। तेज प्रताप महा जग बन्दन ॥
विद्यावान गुनी अति चातुर। राम काज करिबे को आतुर ॥
प्रभु चरित्र सुनिबे को रसिया। राम लखन सीता मन बसिया ॥
सूक्ष्म रूप धरि सियहिं दिखावा। विकट रूप धरि लंक जरावा ॥
भीम रूप धरि असुर सँहारे। रामचन्द्र के काज सँवारे ॥
लाय संजीवन लखन जियाये। श्रीरघुबीर हरषि उर लाये ॥
रघुपति कीन्ही बहुत बड़ाई। तुम मम प्रिय भरतहि सम भाई ॥
सहस बदन तुम्हरो जस गावैं। अस कहि श्रीपति कंठ लगावैं ॥
सनकादिक ब्रह्मादि मुनीसा। नारद सारद सहित अहीसा ॥
जम कुबेर दिगपाल जहाँ ते। कबि कोबिद कहि सके कहाँ ते ॥
तुम उपकार सुग्रीवहि कीन्हा। राम मिलाय राजपद दीन्हा ॥
तुम्हरो मन्त्र विभीषण माना। लंकेश्वर भये सब जग जाना ॥
जुग सहस्रत्र जोजन पर भानू। लील्यो ताहि मधुर फल जानू ॥
प्रभु मुद्रिका मेलि मुख माहीं। जलधि लांघि गए अचरज नाहीं ॥

दुर्गम काज जगत के जेते। सुगम अनुग्रह तुम्हरे तेते।।
 राम दुआरे तुम रखवारे। होत न आज्ञा बिनु पैसारे।।
 सब सुख लहै तुम्हारी सरना। तुम रक्षक काहू को डरना।।
 आपन तेज सम्हारो आपै। तीनों लोक हांक तें काँपे।।
 भूत पिशाच निकट नहीं आवै। महावीर जब नाम सुनावै।।
 नासै रोग हरै सब पीरा। जपत निरंतर हनुमत बीरा।।
 संकट से हनुमान छुड़ावे। मन क्रम बचन ध्यान जो लावै।।
 सब पर राम तपस्वी राजा। तिन के काज सकल तुम साजा।।
 और मनोरथ जो कोई लावै। सोई अमित जीवन फल पावै।।
 चारों जुग परताप तुम्हारा। है परसिद्ध जगत उजियारा।।
 साधु संत के तुम रखवारे। असुर निकंदन राम दुलारे।।
 अष्ट सिद्धि नौ निधि के दाता। अस बर दीन जानकी माता।।
 राम रसायन तुम्हरे पासा। सदा रहो रघुपति के दासा।।
 तुम्हरे भजन राम को भावै। जनम जनम के दुख बिसरावे।।
 अन्त काल रघुबर पुर जाई। जहाँ जन्म हरि-भक्त कहाई।।
 और देवता चित्त न धरई। हनुमत सेइ सर्व सुख करई।।
 संकट कटै मिटै सब पीरा। जो सुमिरै हनुमत बलबीरा।।
 जय जय जय हनुमान गोसाई। कृपा करहु गुरुदेव की नाई।।
 जो सत बार पाठ कर कोई। छूटहि बँदि महासुख होई।।
 जो यह पढ़ै हनुमान चालीसा। होय सिद्धि साखी गौरीसा।।
 तुलसी दास सदा हरि चेरा। कीजे नाथ हृदय मँह डेरा।।

॥दोहा॥

पवनतनय संकट हरन, मंगल मूरति रूप।
 राम लखन सीता सहित, हृदय बसहु सुर भूप।
 सियापति रामचन्द्र की जय पवन सुत हनुमान की जय

Table of Contents

Contents	Page #
1. Introduction of Aloe vera Plant	4
2. Aloe vera as Antiseptic	4
3. Aloe vera as Anti-Inflammatory	5
4. Aloe vera as Anti-Bacterial, Anti Viral	5
5. Aloe Vera Secret of Beauty	5
6. Active Substances in Aloe Vera	5
7. Aloe Vera Protects Human Immune System	6
8. Aloe Vera Improves the Digestive System	7
9. Aloe Vera Alleviates Irritable Bowel Syndrome	8
10. Besure Aloe Vera Gel/Juice - The Natural Choice	9
11. Aloe Vera - Gastrological Problems	10
12. Aloe Vera on Arthritis	11
13. What is Diabetes ?	12
14. Coronary Heart Disease	15
15. Aloe vera and angina Pectoris	15
16. Aloe Vera on Cancer	16
17. Aloe Vera - Radio & Chemo Therapy	16
18. Aloe Vera - Aids!	17
19. Kidney Tonic	18
20. Aloe kills parasites	18
21. Liver Tonic	18
22. Menstrual Problems	18
23. Health Supplement	18
24. Aloe Vera on Skin related problems	18
25. Increasing Your Sexual Pleasure	19
26. Aloe Vera - Windfall for Kids	20
27. Aloe Vera Juice....Nutritional Dosage	20
28. Users' Views	21
29. The Wonder Plant Aloe Vera	22

Introduction



Botanical Name: Aloe barbadensis

Ayurvedic: Ghratkumari

English Name: Aloe, Barbados Aloe, Indian Aloe

Indian Name: Hindi: Gheekanwar

Appearance: The fibrous root produces a rosette of succulent, lance like leaves with spines on the margins. Medicinal parts: The medicinal value lies in the mucilaginous gel like pulp obtained on peeling the leaves and its dried (powdered) form. The leaves also have medicinal use.

Properties: Aloe vera has cooling properties, is bitter in taste, is anabolic in its action and is a fighter of 'pitta'. This property enables it to guard against fever, skin diseases, burns, ulcers, excessive thirst and convulsions. The anabolic activity energizes the body. It is one of the most common ingredients in many a beauty products. Egyptian history refers it to be a favorite herb in Cleopatra's toilette. It acts against boils, skin eruptions, acne and sunburns. It acts as a remedy for hair loss and alopecia. It has actions against eczema, psoriasis and varicose veins. Hair and scalp care essentially needs aloe vera. It acts as an antiseptic and helps in wound healing.

Aloe vera contains the active principle 'aloin' that is responsible for its purgative action so it is known to relieve constipation. It acts as carminative by increasing the downward movement, if wind in the intestines reducing the distention of the abdomen. It regulates the peristaltic movements of the intestines & promotes digestion. The liver and spleen functions are stimulated by the use of this herb. This action further aids in improving digestion. It acts on the kidney through its diuretic action, thus is used safely in scanty urination & burning micturation.

Aloe vera has aphrodisiac properties when combined with proper medicines or used independently. It rejuvenates and gives strength to the body. It reduces the fatigue after a hectic day. It is also used as a tonic for general weakness.

It improves the vision of the eyes & reduces the redness of the same. It provides soothing effect to the eyes. Thus is good for computer users.

Rheumatism and arthritis need a special mention in this regard. Aloe vera acts as an analgesic and anti inflammatory for painful joints. Hormonal effects - Aloe vera acts on the pituitary gland (anterior and posterior), the thyroid and the ovaries. Hence it is useful in Goiter, Anenonrhea, Menopausal Syndrome and other related problems. It is completely non-toxic.

In general, Aloe increases the immunity of the body as a whole thus making it strong enough to resist against various diseases and pathologies of various systems.

Aloe vera as Antiseptic

The Aloe vera plant produces six antiseptic agents: Lupeol, a natural salicylic



acid, urea nitrogen, cinnamic acid, phenol, and sulfur all demonstrate antimicrobial effects. Lupeol and salicylic acid also have analgesic effects.

Aloe vera as Anti-Inflammatory

Aloe contains three plant sterols, which are important fatty acids - HCL cholesterol (which lowers fats in the blood), campestral, and B sitosterol. All are helpful in reducing symptoms of allergies and acid indigestion. These compounds also aid in arthritis, rheumatic fever, both internal and external ulcers, and inflammation of the digestive system. The stomach, small intestine, liver, kidneys, and pancreas can all benefit from these anti-inflammatory effects.

Aloe vera as Anti-Bacterial, Anti Viral

Recent research has suggested some exciting new possibilities. Aloe not only provides vigorous overall immune system support, but aids directly in the destruction of intra vascular bacteria. The reason is Aloe's unique polysaccharide component. The body's natural "complement system" a critical defense system involving a series of proteins only needs to be activated in order to attack bacteria. It is the polysaccharide that trigger these proteins in a sequence called the "cascade phenomenon", to take on a doughnut shape and insert themselves into the surface membranes of bacteria. Through this action they literally create holes in the bacteria, exposing the pathogens' interior to surrounding fluids, causing their death.

Aloe Vera Secret of Beauty

Reputed as one of herbs in the beauty arsenals of Cleopatra and Nephertiti, aloe vera gel today is showing up as a main ingredient in cosmetics and in bottles on the shelves of health food to grocery stores. Form its history painted on ancient walls to the Controversies of today, this is one herb you can freely use for skin almost as much as water.

Active Substances in Aloe Vera

Aloe vera gel can be used both internally and externally. It is obtained from the plants pulp containing approximately 200 biologically active substances, which can be broken down into the following groups:

Vitamins - Antioxidants, D and B12

Minerals - Trace

Enzymes - Several different types

Sugars - Immune system and detoxification

Anthraquinones - Gastrointestinal absorption, pain relief, anti bacterial, anti viral.

Lignin - Helps other constituents penetrate skin.

Saponins - Soapy substance, cleansing, anti bacterial microbial.



Salicylic Acids - Aspirin like, anti inflammatory

Fatty Acids - Anti inflammatory

For details see Aloe Vera Myth or Medicine? By Dr. Peter Atherton M.B.Ch.B., D.Obst. R.C.O.G., M.R.C.G.P.

Some believe it is the synergistic effect of the constituents is what make the gel so effective. The gel does degrade quickly so it is important to use gel either from a fresh plant or one that has been preserved without degrading processing.

Externally you can use this as a base for wounds, burns, softening, UV protection, regeneration, moisturizing and as aroma therapy facial products, especially during troubled and oily periods. After washing and toning the face, you can lightly massage in cold (kept in the refrigerator) aloe vera gel for a moment, then blot of the excess. The cold also helps tighten pores. You can use it as a light moisturizer base by adding selected essential oils. You could keep small amounts at room temperature as aloe is not an oil and the essential oils don't easily mix. Shake it up prior to using. You can also use it as an after sun treatment with selected essential oils added. For a little more emollient action you may add a few drops of jojoba or rose hip oil.

Aloe Vera Protects Human Immune System

Specialized molecules in Aloe vera interact with some special “receptor” substances that are embedded into the outer membrane of our immune system cells. The result is that the immune system cells are galvanized into action. In particular, the class of cells known as “phagocytes” increases the activities by which they attack, and then engulf bacteria, waste products and debris. This increase in scavenging activities cleanses and protects the body, with knock-on benefits for a whole cascade of different medical conditions. The literature indicates that a common mechanism in this respect probably exists in both humans and animals and that both can benefit enormously from use of Aloe vera.

The Immune System provides the defense mechanisms of the body. It is concerned with defense against foreign cells and foreign substances. It involves the white blood cells (leukocytes) and some special plasma proteins called “antibodies.” Very especially important are the types of white blood cells known as “lymphocytes.” These cells, while they form a most important component of white cells in the blood, they actually travel extensively within the body. Many of them, originating in the bone marrow, travel to the thymus gland, where their further development is influenced, and they then establish themselves in a number of centers around the body, especially the lymph glands in the neck, armpit and groin areas and in the spleen. Here they constitute centers of “lymphoid tissue.” The tonsils and the appendix also constitute centers of lymphoid tissue and hence should be regarded as part of the immune system.



Two other very important type of cell in the body's defenses, both of which are also white cells, is the "macrophage," a name derived from the Greek and really meaning "big eater" and the "neutrophil." Both of these cell types carry out the process called "phagocytosis." This is process of engulfing foreign particles and cells, and this includes the debris from body cells, which may have been killed by bacterial toxins, or by environmental poisons which have found their way into the body. The engulfing process consists of the cell sending out processes of its own cell substance until they join up around the offending item and consequently draw it into the cell. Once within the cell the engulfed particle is enclosed within a membranous "vesicle", which separates it from the rest of the cell. Digestive enzymes and oxidizing substances can then be poured into the vesicle from the cell to digest or otherwise destroy the offending item.

This process of phagocytosis plays an important part of the overall processes of immunity. The actual phagocytosis step is really a cleaning up operation after some of the earlier immune processes have taken place. In the earlier stages, antibody proteins are likely to have produced against the offending item, which coat it and make it more "palatable" to phagocytosis. Also, if the offending item is a bacterial cell, or even a moribund body cell, it may have been killed by the action of "killer" lymphocytes. Nonetheless, phagocytosis is an extremely important step and can be seen as a cleansing process. The phagocytosed item is "neutralized" and ends up being destroyed and eliminated. The digestive and oxidizing processes, that take place within the phagocyte, destroys the structure of the offending item and makes it unrecognizable as what it was. The effect is, therefore both protective and cleansing. The phagocyte may even migrate to place from which it will be eliminated, as when it migrates to an area of pus, such as a boil, and the pus is eventually shed from the surface.

Obviously, anything, which can make the process of phagocytosis more effective and more active, is going to be significant for the processes of immunity. Such a substance will be an immune system stimulant.

Aloe Vera Improves the Digestive System

Research work carried out over many years points conclusively to a toxic colon being the cause of a very wide range of illnesses, from minor to very serious. It is widely recognized that problems of the bowel are on the increase with many millions of people suffering a range of conditions including colitis, diverticulitis, Crohn's disease and spastic colon - this latter condition more commonly known as irritable bowel syndrome (IBS).

The digestive tract is designed to ensure nutrients from food are absorbed into the blood stream whilst dispensing with the unwanted waste. Bacteria play a major role in achieving the breakdown of food matter but in doing so, also produce toxins. This is perfectly normal and in a healthy system the level of toxins



is controlled. Nowadays our diet includes many unwanted substances including various chemicals, fats, insecticides etc. that can result in a high level of toxins, some of which can be poisonous. If these are absorbed into the blood the effect can give rise to a variety of conditions including lethargy and even food poisoning.

The bowel can gradually 'fur up' with a lining of unabsorbed food residues. These deposits become impacted and prevent essential nutrients from our diet being absorbed. This situation gives rise to nutrient deficiency which in turn can cause lethargy and exhaustion whilst the affected colon can be the cause of lower abdominal pain, diarrhea or constipation.

Colonic irrigation is a technique, which loosens and washes out these residues. Some practitioners are finding that Aloe Vera Juice, if taken daily for a period of several weeks, helps to ensure that the irrigation process is greatly facilitated. However, it is more usual to find that a regular, daily course of Aloe Vera Juice is sufficient to gently and gradually break down, loosen and assist in the natural dispersal of these residues.

Detoxification also takes place and the results are often most gratifying with reports of ability to enjoy a wider range of foods, relief from pain, reducing or dispensing with prescribed bulking agents or antispasmodic drugs and also a greater feeling of well being and an improvement in the quality of life.

In establishing a regime of a regular daily dose of Aloe Vera Juice it may not only be found that the effects are gradual, gentle and with no irritant or harmful side effects, but also blood condition will be improved due to Aloe Vera's ability to detoxify. Also, being a natural healer, any internal ulcers or lesions will be soothed and healing will be enhanced.

Aloe Vera Alleviates Irritable Bowel Syndrome

The Symptoms :

Many people, including some members of the medical profession, find it difficult to recognize the symptoms of IBS, which manifest themselves in many ways. The following list includes the majority of the signs and symptoms of IBS. Individuals can experience one or several of these over a period of time:

1. Swollen abdomen, irrespective of time of day.
2. Stomach pains, usually low down, often recurring.
3. Constipation accompanied invariably with griping pains in the lower abdomen.
4. Diarrhea, which can also be accompanied by pains. Alternating diarrhea and constipation.
5. Flatulence and belching often associated with disturbed, rumbling gut.
6. Passing mucus and hard, pellet like stools.
7. A diminished appetite, particularly when experiencing a distended



abdomen.

8. General depressed feeling and continual lethargy.
9. Heartburn.
10. Unpleasant taste in mouth.

Possible Causes :

Stress

It is extremely difficult to be specific but one of the underlying causes is considered to be stress. Stress manifests itself in many ways, often not apparent to the sufferer. Stress can set up a tension within the individual, resulting in anxiety. The situation can create a spasm in the intestinal tract.

It is important to understand how the food we eat is moved through the intestine. A totally automatic regular muscular contraction of the walls of the colon (peristalsis), forces the material to move through. If an external influence (i.e. stress) causes the natural rhythm of peristalsis to be interrupted, this can result in painful, irregular contractions in intestine which can continue for a very long time. The constant presence of stress hormones can weaken the immune system, making us more susceptible to disease and dysfunction. That's why exercise is so important. It enables the natural release of built-up stress hormones and toxins, allowing the body to function more efficiently. Plus, a special treatment such as Besure Aloe Vera Juice is just the thing we need to get us going smoothly and efficiently again.

Diet

Other possible causes are thought to include a change of diet, food poisoning or gastro-enteritis and the well known situation of insufficient fibre in the diet. However, there is also conflicting professional advice that too much fibre can also be linked to IBS.

Treatment

Medical practitioners who recognize IBS may suggest a variety of treatments including stress management and relaxation, diet changes and prescribe antispasmodics of which there are several available over the counter. But it is important to be mindful of misdiagnosis. Bloating after meals and a continual feeling of lethargy, particularly if suffering from fungal infections like thrush, can indicate that candida albicans is more likely to be a problem.

Besure Aloe Vera Gel/Juice - The Natural Choice

Notwithstanding this bewildering variety of differing approaches to the treatment of IBS, there is a big emphasis on natural and homoeopathic remedies. Aloe Vera Juice has many benefits to the human body. An analysis of the Aloe Vera plant shows it is made up from a large variety of amino acids, enzymes, vitamins and minerals and it comes closer than any other known plant to the duplication of



life's essential substances in the biochemistry of the human body.

Aloe Vera has natural healing and detoxifying powers and works gently within the intestinal tract to help break down impacted food residues and thoroughly cleanse the bowel. It can help ease constipation and prevent continuing diarrhea, setting regularity to the bowel. All this helps to reduce discomfort and bloating. Naturally, as these symptoms are eased, so the stress associated with the discomfort is also reduced.

Of course, the individual must have a due regard for the diet but if this can be normalized, the regular consumption of dose of Aloe Vera Juice can often improve and maintain the feeling of well being and the quality of life.

The many unsolicited testimonials and letters of grateful thanks received show that Aloe Juice can be of help when all else has failed. Nevertheless, It must be stressed that professional medical advice should always be sought at the earliest possible stage for abdominal problems and pains.

Aloe Vera - Gastrological Problems

As the main delivery system for nutrients that fuel the body and all its functions, the gastrointestinal system plays a vital role in our overall health. When the digestive system doesn't work properly, it affects the ability of the rest of our organs to function well. While physicians may prescribe diagnostic tests and medications to help resolve digestive symptoms, there are additional steps we can take to improve digestive health naturally. Do you drink as much water as you should each day? According to Baibara Levine, R.D., Ph.D., Director of the Nutrition Information Center, "Most Americans are probably only getting about a third of the valuable hydration benefits they need. The vast majority aren't drinking enough water to begin with, and, to make matters worse, many don't realize that beverages containing alcohol and caffeine actually rob the body of water." To some people, a word of advice about increasing water intake may seem overly simple or even silly. But think about it: we are 75% water. Water breaks down food, transports nutrients throughout the body and carries waste out of it. Though our bodies can function when we drink less-than-optimal amounts of water, they can't function as efficiently. So the first step you can take to help improve your digestive health naturally is to increase the amount of water you drink each day. A good rule of thumb for determining how much is enough is to take your body weight and divide it by two. The number you get is the number of ounces of water you should drink everyday.

Besure Aloe Vera Juice Can Help ! Besure Aloe Vera has natural anti-inflammatory properties which can help calm the digestive tract and promote healing; and Besure Aloe vera aids your body in cleansing and removing unwanted toxins, reducing stress on your organs. The advantage of drinking a Besure Aloe Vera juice is that it works with your body naturally to calm and



cleanse the digestive tract. It can also reduce digestive discomfort, and help to heal damaged tissue.

According to the American Gastrological Association, a balanced and varied diet that contains fruits and vegetables is needed to maintain digestive health. Other recommended foods that specifically aid and promote intestinal health and function include brain and other whole grain breads and cereals, beans, dried plums and nuts. In addition, the AGA advises limiting fats and avoiding concentrated sweets. Instead, they recommended complex carbohydrates, which are high in fiber. Complex carbohydrates are found in grains, fruits, legumes (peas and beans), and other vegetables.

If you are experiencing unusual or ongoing digestive discomfort, you should make a point of visiting your doctor to see if he or she can locate the source of the problem.

Your body is an incredible piece of machinery. But like a fine automobile, it must be maintained: water for lubrication, exercise to keep your battery charged and your parts moving. Plus, sometimes, a special treatment such as Besure aloe vera juice is just the thing we need to get us going smoothly and efficiently again.

Aloe Vera on Arthritis

Aloe Vera is a stimulant to the immune system, a powerful anti inflammatory, an analgesic and is able to speed up cell growth. Aloe Vera contains a large number of mucopoly saccharides (basic sugars), which are found in every cell in the body. Aloe vera also contains large numbers of nutrients including vitamins E, C, B1, 2, 3 and 6 as well as iron, manganese, calcium and zinc. Seven essential amino acids and fatty acids are also found in Aloe Vera.

Rheumatoid arthritis is a painful, debilitating condition. It manifests itself as stiff, swollen joints with varying degrees of associated pain caused partly due to nerve damage and partly by the pressure of the swollen area.

The swollen area is normally red in colour and described as inflamed. The redness is caused by the blood supply to the 'damaged' area being increased.

Conventional treatment includes use of anti-inflammatory drugs and steroids, typically cortisone injections or non-steroidal anti-inflammatory drugs. These certainly can ease the painful effects but unfortunately do not repair damaged tissues. There can also be undesirable side effects, particularly thinning of the skin and osteoporosis. Although many NSAIDs are available, each one had the potential to cause stomach ulcers.

Repairing damaged tissue by regenerating cells is a function at which Aloe Vera has been shown to be most successful. It not only relieves the painful symptoms but also helps to disperse damaged tissue a type of detoxification process. Aloe Vera may be taken both internally as a juice or as a gel applied to the painful joint. Here Aloe Vera's deep penetration may show benefit.



The degree of success with this treatment varies considerable from person to person. With some, relief and improved joint flexibility is virtually immediate an apparent 'magical' cure, whereas in others, the process can take much longer and the degree of recovery may not be so great.

In any event, an important fact must be remembered: Aloe Vera has no known adverse side effects. It is an extract from the leaf of the Aloe Vera plant, known throughout the world where it grows naturally as the 'First Aid Plant', the 'Burn Plant', the 'Miracle Plant' and the 'Medicine Plant'.

What is Diabetes ?

The key to managing diabetes is knowledge. Beginning with the type of diabetes you are suffering from to the right type of diet, exercise and regular check-ups .The more you know, the better are your chances of keeping this disease under control.

Diabetes is a chronic metabolic disorder in which your body is unable to properly use and store glucose a form of sugar resulting in hyperglycemia (high blood sugar) and sugar in urine. This happens as result of deficiency of insulin secretion by the pancreas or insulin resistance. Insulin is a hormone that enables your body to use glucose that your body requires for energy.

Symptoms of Diabetes

- Excessive thirst
- Increased hunger
- Wounds that won't heal
- Frequent urination
- Blurred vision
- Unexplained extreme fatigue
- Weight loss
- Recurrent infections
- Excessive hunger

In some cases there are no symptoms, which happen at times with type II diabetes.

Who gets DIABETES ?

Anyone. However, if you have close relatives with the disease you are a likely candidates. Or if you are over 40,overweight,with a sedentary lifestyle .Also women who develop diabetes while pregnant gestational diabetes, are more likely to get it back during later life.

Types of DIABETES

There are two major types of diabetes. In type I diabetes (Juvenile-onset or



insulin - dependant) diabetes, your body completely stops producing insulin, and therefore you must take daily insulin supplement (injection) to survive. The usually develops in children or young adults, but can occur at any age. In type II diabetes (adult onset or non insulin dependent) Diabetes, your body produces insufficient insulin to properly convert food into energy. This usually occurs if one is over 40, overweight and has a family history of diabetes.

What are the DIABETES related problems?

- Poorly managed diabetes can lead to a host of long term complications.
- Heart attacks
- Kidney failure
- Impotence in men
- Strokes
- Nerve damage
- Pruritus in women
- Blindness
- Amputation of a limb

But happily a recent study in the USA over a ten year period showed that if patients keeps their "blood sugar close to normal "they can reduce the risk of these ailments by 50% or even more!

Diagnosis of DIABETES

Should you suspect you are a likely candidate for diabetes, consult your doctor for a blood test. The blood test parameters for confirmed diabetes are: Glucose Connection (Mg / dl) Whole Blood Plasma

Fasting > 120 > 140

2 hrs. after consuming 75 gm. glucose orally > 180 > 200

If post glucose whole blood value is between 120-180, it could be a situation of impaired glucose tolerance (IGT), and you should go for further tests every six months.

Should DIABETICS exercise?

Positively yes. The therapeutic use of exercise for diabetes was prescribed as early as 600B.c. by the Indian physician Sushruta. Exercise lowers the blood sugar and enhances the body's ability to use glucose.

Exercise can help reverse the resistance to insulin.

Regular exercise reduce LDL the bad Cholesterol and promotes HDL - the good cholesterol.

Finally exercise can effectively help you to lose or maintain body weight.

However it's imperative that you consult your doctor before starting any exercise programme. Do not exercise if blood glucose is over 240 and there are Ketones



(a by products of fat) in your urine ,r if blood glucose is 300+ in type I, ot if blood glucose is 400+ in type II diabetes.

Diabetes and diet planning

Diet planning is the cornerstone of managing diabetes. The diabetic diet is an otherwise normal balanced diet,with a few modifications. a balanced diet depending on the patient's age height, weight, physical activity and sex, will limit the number of calories to be taken each day. An ideal diet for a diabetic should contain the right amount of carbohydrates, proteins and fats, plus vitamins, minerals and micro nutrients.

- A few precaution that will help to cope with the disease:
- Do not miss out on meals.
- At the first sign of any infection consult your doctor.
- Try and control your weight. Join an exercise programme as guided by your physician.
- Go for regular health check ups and stick to a diet advised by your doctor.
- Make regular checks on the urine and or blood to make sure that the sugar are under control.
- Stay stress free and pursue a positive attitude

Aloe Vera on diabetes

Aloe vera juice lowers blood glucose and triglyceride levels in diabetic patients. It also improves the responsiveness of the body tissues towards insulin, thereby making insulin more effective. This makes Aloe Vera extremely suitable for wide scale treatment to all diabetic conditions.

Two placebo-controlled studies were conducted at the Medical Plant Information Centre, faculty of Pharmacy, Mahidol University in Bangkok investigated the application of Aloe vera juice derived from the preserved gel in the treatment of patients suffering from diabetes mellitus.

In the first study(l), 72 patients (aged 35-60 years) with a high fasting blood sugar level and a typical diabetic glucose tolerance test result were assigned to a treatment or placebo group, and were matched according to age, sex and weight. The patients in the treatment group received one tablespoon of Aloe vera juice (80%) twice a day for 42 days. The Aloe vera juice was prepared at the Faculty of Pharmacy at Mahidol University in Thailand from Aloe vera gel with the addition of flavourings and preservatives.

In another study, the researchers monitored 72 patients (aged between 35-70 years) with diabetes mellitus who had been unsuccessfully treated with glibenclamide, 23 of the patients were women and the remaining 49 were men.

The patients were assigned to either the placebo or treatment group, and were

matched according to sex, age and weight. The patients in the treatment group received one tablespoon of Aloe vera juice twice a day, plus glibenclamide (5 mg) twice a day for 2 days. The placebo juice was reported to have the same colour, taste and smell as the Aloe juice with the same dosage of glibenclamide.

The results after two weeks showed that the mean fasting blood glucose level of the patients in the Aloe juice and glibenclamide group was significantly reduced and this continued to fall as the study progressed. Mean blood glucose levels fell in the treatment group from 288.14 (+/- 8.45mg%) on day 1 to 148.03 (+/- 4.61 mg%) by day 42. Triglyceride levels also fell significantly in the Aloe and glibenclamide group after 4 weeks. In the treatment group triglyceride levels

(1) Yongchaiyudha S, Rungpitarangsi V, Bunyapraphatsara N, et al. Antidiabetic activity of Aloe vera juice. I Clinical trial in new cases of diabetes mellitus. *Phytomedicine* 1996; 3,3:241-243.

(2) Bunyapraphatsara N, Yongchaiyudha S, Rungpitarangsi V et al. Antidiabetic activity of Aloe vera juice. II Clinical trial in diabetes mellitus patients in combination with glibenclamide. *Phytomedicine* 1996; 3,3:245-248

Coronary Heart Disease

Studies suggest that the ingestion of Aloe Vera gel may have a beneficial effect to the accumulation of blood fat lipids associated with the disease. Test groups given Aloe Vera showed a decrease in total cholesterol, triglyceride, phospholipid and nonesterified fatty acid levels, each of which when elevated, seem to accelerate the accumulation of fatty material in large and medium sized arteries, including the coronary arteries of the heart.

Aloe vera and angina Pectoris

Five thousand patients of atheromatous heart disease, presented as angina pectoris, were studied over a period of five years.

After adding the 'Husk of Isabgol' (psyllium) and 'aloe vera' (an indigenous plant known as gheepaththa) to the diet, a marked reduction in total serum cholesterol, serum triglycerides, fasting and post prandial blood sugar level in diabetic patients, total lipids and also increase in HDL were noted. Simultaneously the clinical profile of these patients showed reduction in the frequency of anginal attacks and gradually, the drugs, like verapamil, nifedipine, betablockers and nitrates, were reduced.

The patients, most benefited, were diabetics (without adding any anti-diabetic drug). The exact mechanism of the action of the above two substances is not known, but it appears, that probably they act by their high fibre contents. Both these substance need further evaluation. The most interesting aspect of the study was that no untoward side effect was noted and all the five thousand patients are surviving till date.



Aloe Vera on Cancer

The use of Aloe vera enables the body to heal itself from cancer and the damage done to it by conventional treatment: the immune system is boosted, tumors shrink, metastases are reduced so the cancer does not spread, and new healthy cells begin to grow.

Varying theories which attribute the onset of cancer to abnormal radiation exposure, environmental contaminants, pollution” preservatives and chemicals in the food supply, lack of proper nutrition, stress, viruses, genetics or whatever else, may very well all be correct. That is to say, there might be any number of variables that cause cancerous cells to begins to form. According to this understanding of cancer, it is when the immune system is compromised and cannot fight off the growth of abnormal cells that the cancer takes hold, and a tumor begins to form. Further compromise of the immune system to respond to cancer cell growth determines whether the body develops cancer or successfully eliminates the abnormal cells and remains healthy.

A brief explanation of the important parts of the immune system will make the amazing benefits of Aloe Vera in the treatment of cancer more clear. White blood cells are the most crucial part of the body's immune system. Certain chemical signals released by tissues in response to an antigen (foreign particles in the body) attract white blood cells, which respond by concentrating in the affected tissue. Neutrophils are the first cells to respond to an infections and they “eat” the foreign particles. The swelling associated with infections is due in part to enzymes released by neutrophils in this process. Monocytes follow up by “eating” larger particles that could not be handled by the neutrophils as well as the neutrophils that died as a result of having eaten the foreign particles. The monocytes release a number of chemicals which play crucial roles in fighting of infection, including interferon and interleukin. These chemicals stimulate lymphocytes to continue the response to the antigen. The white blood cells break the antigen down into fragments, which the lymphocytes can chemically recognize and respond to. The most common lymphocytes are B-cells, which kill foreign antigens, and “helper” cells, which regulate the action of T-lymphocytes by intensifying or slowing down the “killer” cell response.

Aloe Vera - Radio & Chemo Therapy

When radiation and chemotherapy are necessary, Aloe vera helps to minimize the damage done to the body by these treatments, which destroy healthy cells-particularly immune system cells-crucial to the body's recovery.



Aloe Vera - Aids!

The study of 30 HIV positive patients (one non-compliant patient dropped out of the study, reducing the number to 29).

The patients were put on a daily regimen of nutritional supplements and a minimum of 1200 milligrams of the active ingredients found in aloe vera juice.

After six months, 27 of the 28 patients had improved on their Walter Reed scores. All had improved on the Karnofsky Quality of Life Assessment Scores. There were substantial improvements in other medical tests indicating such things as an increase in the T4 cell count (which reflects a boosting of the immune system) and a drop in the P-24 core antigen activity.

According to Dr. Pulse, "Aloe is to an AIDS patient such as insulin is to a diabetic." He further stated that aloe vera played an active role in halting the progression of AIDS virus.

These were patients who had previously been very sick with AIDS. They had been confined to their beds, unable to work. They had the characteristic symptoms, including night sweats, nausea, and vomiting. Doctors had told them that they were nearing the end and that nothing really could be done for them. The stories they told were astounding. With T4 helper cell counts starting below 200 (frequently substantially below) the counts had climbed to numbers like 400, 500, 800, and their symptoms had disappeared.

According to Dr. Pulse's published report in the Journal of Advancement in Medicine: "No adverse effects attributable to the essential fatty acid capsules were observed nor any side effects of the nutritional supplementation powder nor of the aloe vera juice. Most patients who were symptomatic reported that within three to five days their energy levels improved, fever disappeared, night sweats stopped, cough decreased or stopped altogether, shortness of breath decreased, lymph nodes decreased in size, diarrhea stopped, strength improved, and the only measurable side effect of this particular study was weight gain, which is a desirable effect. There were no biochemical abnormalities noted on SMAC in this particular study. Chest x-rays remained normal throughout the study. No changes in ECG from baseline were observed. There were great improvement in all patients to hypersensitivity skin testing at the end of 90 days.

Dr. Pulse stated, "We have recently concluded that, 18 months after initiating the study, of those patients who completed it, one half have now gone sero-negative. This is an increase from the one-third reported at the end of one year."

There is no better determinant of whether a patient is improved than his or her own feeling over an extended period of time. It would be interesting to see what the study would have reflected had the patients taken an even more concentrated daily amount of aloe vera. The opinion is that the results would have been even more astounding.



Kidney Tonic

Aloe Vera supplements the kidneys in its function to eliminate body wastes with increased hydration and cleansing properties.

Aloe kills parasites

An aqueous extract of *Aloe barbadensis* (Miller) was used for its antiparasitic action against an in vitro culture of *Trichomonas vaginalis*. Three strains of this parasite were used for the first time in a study. Taking an initial concentration of 400 mg/mL of the extract, double serial dilutions were performed, and final concentration based on the dried weight of the extract were 10.4, 20.8, 41, 83, and 160 mg/mL. Within 24 hours, percentages of inhibition greater than 50% were obtained from concentrations of 20.8 micrograms/mL. Similar results were obtained at 48, and 72 hours, with a lower concentration, the inhibition of growth was greater than 50%.

Aloe baradensis(Miller) in an in-vitro culture of *Trichomonas vaginalis*]. Rev Cubana Med Trop 1995;47 (3):181-4 [Article in Spanish]. Rojas L, Matamoros M, Garrido N, Finlay C Instituto de Medicina Tropical Pedro Kouri

Liver Tonic

Poor liver function may be the cause of frequent bad breath, abdominal bloating, poor digestion, fatigue, headaches, unpleasant moods, coated tongue, sluggish metabolism, poor immune system and numerous other symptoms. Aloe Vera corrects Liver dysfunction by improving metabolism, stimulating and modulating the immune system and detoxification.

Menstrual Problems

According to Ayurveda, Aloe Vera is one of the best treatments for menstrual disorders like irregular periods, pain during the periods and hormonal imbalance during menopause etc.

Health Supplement

All of these medicinal properties make Aloe Vera an ideal health supplement. Being a natural product Aloe Vera does not have any known adverse side effects besides it is also non-addictive. The beauty of Aloe Vera is that, all components work synergistically to give maximum benefits and enhance potency of any other medications.

Aloe Vera on Skin related problems

Biological Vehicle: Aloe Vera has great penetration power and acts from deep inside. It reaches the bottom most layer of the skin and increases blood flow to the skin and acts from deep inside. Aloe Vera is able to move through the surface



of the skin to the vascular dermal area. Not only that, it carries along with it other nutrients and medicines wherever required in the human body, while making them more effective. Aloe Vera contains water soluble and insoluble compounds, which makes it a good carrier for all kinds of drugs water and lipid-soluble compound.

Specifically, aloe vera may help to: Speed healing of first degree burns, including sunburns: The gel is excellent for easing first degree burns (including sunburns) and certain minor second degree burns. If applied after the burn has cooled, it will relieve pain and inflammation and accelerate healing. In one study of 27 people with moderately severe burns, those who used aloe vera healed in about 12 days on average, whereas the control group, who covered the affected areas with a regular gauze dressing, took 18 days to heal.

Soothe and hasten healing of cuts, scrapes, and other minor wounds and skin irritations; The gel contains a number of active ingredients, including substances known to help relieve pain, reduce swelling, quell itching, and increase blood flow to an injured area. Some research even indicates that the gel has antifungal, antibacterial, and antiviral properties.

Stimulating wound healing: The sterols present in Aloe Vera contribute to the anti-inflammatory activity. The plant growth factors in Aloe Vera enhance the proliferation of cells as well as cellular migration, which helps in faster wound healing. Healing is also accelerated by transfer of water content from Aloe Vera to injured tissues. Its cell regeneration properties help in faster healing and preventing scars. Moreover, in adverse condition like diabetes, which hampers the natural healing mechanism of body, Aloe Vera helps in healing the wounds faster.

Lessens painful effects of shingles: Applied gently to the painful lessens that characterize this condition, aloe vera gel acts promptly to soothe these sores and provide relief from itching. It also works to decrease the chances that the blisters will become infected.

Reduce symptoms of psoriasis: The ability of aloe vera gel to promote healing and quell itching and pain may offer some relief to those who suffer from this troubling condition. In a recent study of 60 people with chronic psoriasis, 83% of those who applied Aloe to lessens three times a day for eight months experienced substantial improvement. Only 6% of those using a placebo benefited from its effects. The use of aloe vera cream in the treatment of mild to moderate psoriasis was considered a safe alternative treatment for psoriasis patients.

Increasing Your Sexual Pleasure

Setting the mood and desiring to have sex are certainly the first two steps to



enjoying sex. But once the “game has begun,” there are many ways to ensure maximum sexual pleasure, Aloe vera herb can help, usually by initiating a change in your body's chemical balance, such as increasing your body's production of testosterone, the “male” hormone that functions in both men and women to create your body's sexual response. Because of this chemical changing role, Aloe Vera is more effective when taken consistently over a period of time. Within a few weeks of taking the herb, you should gradually begin to notice a change in your sexual response, increasing your sexual pleasure.

Aloe Vera - Windfall for Kids

With all the scrapes, cuts, bug bites, sunburns and digestive upset that kids get growing up-every medicine chest needs Aloe Vera. It is safe to use for healing on the outside and internally for toddlers and children on the inside

- (1). Note: Over the age of 12 months. Yes children can drink Aloe Vera! It is the most natural and safe traditional bitter herb when in the juice form for children and adults
- (2). It soothes stomach upset and encourages daily regularity without being a laxative. Topically Aloe Vera is a sulfur rich herb that takes the pain out of a burn or bite fast. Natural safe occurring growth factors, antimicrobials and anti inflammatory agents found in the yellow sap reduces swelling and stimulates new cell growth almost miraculously
- (3). Helps diaper rash too!

Other benefits children have experienced drinking Aloe Vera include decrease in allergies and colds, less labored breathing, calmer energy, healthier skin, less bed wetting and better sleeping at night. One explanation may be that the herbal bitter Aloe Vera juice taken before a meal encourages better digestion from the foods eaten. So always plan a nutritious diet for your children of proteins, vegetables & fruits with healthier snacks and see for yourself how kids & Aloe Vera go together!

Aloe Vera Juice....Nutritional Dosage

As a nutritional supplement, 30 ml for adults and 15 ml for children preferably on an empty stomach preferably in the morning is recommended to maintain normal health. As a therapeutic nutritional support, larger amounts may be used depending on the illness and as per body's requirement. Though Aloe Vera juice taken directly is the most preferred, it could also be taken with water, juice etc.

People may experience noticeable benefits within 6 weeks. However, we advise a regular intake for minimum 3 months for optimum benefits. The opened Aloe Vera Health Drink bottles must be consumed within 45 days. It is preferable to store the opened bottles in the fridge, however, it can also be stored in any cool, dark and dry place away from direct sunlight and heat.

उपभोक्ताओं की प्रतिक्रियाएँ (User's Views)



Mrs. Manju Mehra

मैं पिछले 20 साल से पैरों के Eczema से परेशान थी। मुझे उस हिस्से में बहुत दर्द और जलन रहती थी। मैंने बिशयोर एलोवेरा पीने के लिए लिया और क्रीम लगाने के लिए लिया। मुझे बहुत आराम मिला। बस 40-45 दिन में ही Eczema का हिस्सा सूखने लगा जो पहले गीला रहता था। अब मुझे दर्द भी नहीं रहता। अब बस कुछ निशान ही रह गए हैं। पहले इस बीमारी की वजह से कहीं आना-जाना नहीं होता था। पर अब मैं खुश हूँ कि मुझे सिर्फ बिशयोर एलोवेरा की वजह से इस बीमारी से छुटकारा मिल गया है।

I suffered with Eczema from last 20 years. The effected part gave me so much irritaiton and pain Effected part always look wetty and like watery fluid, I heard about Besure aloe vera, I tried it, It gave me relief very fast, Within 40 days I got relief and effected part got dry and now I am fine. A little bit scars are still left, I am happy B'coz of Besure Aloe Vera. Now I am free from this painful disease.

Mr. N. K. Agarwal

मैं Heart Patient हूँ डाक्टर ने मुझे हृदय की सर्जरी कराने को कहा था। मेरा Blood Circulation ठीक तरह से काम नहीं कर रहा था। मैं बहुत जल्दी थक जाता था। मुझे दो-तीन सीढ़ियाँ भी मुश्किल से चढ़ी जाती थी। मैंने Besure Aloe Vera के बारे में सुना और उसे प्रयोग किया। असर चमत्कारी था, मुझे अब थकान नहीं होती। मैं पहले की तरह सीढ़ियाँ चढ़ने में परेशान नहीं होता। मेरा Blood Circulation भी अब ठीक से काम कर रहा है। Aloe Vera ने मेरी जिंदगी आसान बना दी है।

I am a Heart Patient, Doctor

Suggested me a By-Pass surgery, My Blood Circulation got effected. I felt very tired to walk or step 2-3 stairs. I heard about Besure Aloe Vera and tried. My blood circulation gets proper now I am not feeling lethargic. I can step 2-3 stairs easily Aloe Vera Made my life easy.

Mrs. Radha Agarwal

मैं अपने बाल झड़ने की वजह से बहुत परेशान थी, कहीं आना जाना भी अच्छा नहीं लगता था, मैंने Besure Aloe Vera का प्रयोग किया इससे मेरे बाल पहले से ज्यादा घने और चमकदार हो गए हैं।

I had hair fall problem. My hair quality was getting down day by day I felt very odd to go out, I tried Besure Aloe Vera Gel, Now my hair quality has improved and hair fall problem got reduced Now my hair has become dense and more shining than ever before.

Mr. Gupta

मैं पिछले 8 साल से parkinson से परेशान था, मुझे चलने फिरने में, बोलने में, हाथ-पैर हिलाने से बहुत परेशानी होती थी। कोई दवा मुझे असर नहीं कर रही थी। मैंने Besure Aloe Vera का इस्तेमाल किया अब मैं चलने फिरने लगा हूँ अब हाथ पैर हिलाने में, बोलने में भी कोई तकलीफ नहीं होती। मैं Besure Aloe Vera का शुक्रगुजार हूँ।

I was suffering with Parkinson from last 8 years, I was unable to walk and it was very difficult to move my hands also, I tried Besure Aloe Vera, It works, Now I can walk easily, my hand movement is also in a proper way I am very thankful to Besure Aloe Vera.

THE WONDER PLANT ALOE VERA



Aloe Vera, Ghratkumari, GheeKanwar, the names are many but they all belong to one miracle plant *Aloe barbadensis*. It's a wonder plant with health benefits so myriad and astounding that hardly any part of human body remains that is not influenced by its healing touch. From being a natural fighter against all sorts of infection, an efficient anti-oxidant to helping in all digestion related problems, arthritis, stress, diabetes, cancer, AIDS to being an enhancer of beauty, Aloe has been proved by research to be a plant of amazing medicinal properties. The medicinal value of the plant recognized for centuries for its remarkable properties, lies in the gel like pulp obtained on peeling the leaves.

Its juice has cooling properties, is anabolic in action, a fighter of 'pitta' and guards against fever, skin diseases, burns, ulcers, boils eruptions etc. Aloe's active principle 'aloin' is responsible for its unique digestive properties. Though it would be too exhaustive to enumerate its health benefits, the areas in which Aloe plant extract helps is summarized, in short, as under Antiseptic, Anti-bactericidal - Aloe Vera produces six anti-septic agents with anti microbial properties and if its juice is taken on daily basis is protective against diseases.

Protector of human immune system—The leaf extract galvanizes the cells of immune system. The phagocytes increase their scavenging activities, thus cleansing the body and kicking off a whole cascade of protective actions which strengthen immunity. Improves digestive system Research work carried out over the years points conclusively that aloe juice helps in digestive disorders. Constipation, diarrhea, indigestion, irritable bowel syndrome etc are cured by the flushing action. The deposits of toxins and unwanted substances in our diet which keep accumulating in intestines prevent the absorption of essential nutrients causing nutritional deficiency, lethargy, constipation, lower backache. Aloe juice helps flush out these residues boosting the digestion and giving a greater feeling of well-being.

Aloe Vera in arthritis—Being a stimulant to the immune system, a powerful anti-inflammatory, an analgesic and able to speed up cell growth, it repairs arthritis damaged tissue. While conventional allopathic treatment only relieves pain, Aloe Vera juice taken internally and applied externally helps in repair process by regenerating cells and detoxifying the affected area.

Aloe Vera fights stress—The stress filled life of today cause bio-chemical and physiological changes in the body, making us susceptible to diseases and dysfunction. Aloe Vera juice is just the thing to get our machinery smoothly and effectively going.

Aloe Vera and cancer—aloe juice enables the body to heal itself from cancer and the damage done by radio and chemotherapy which destroy healthy immune cells crucial to the recovery.



Aloe Vera and diabetes—It lowers glucose and tri-glyceride levels in diabetic patients. Effects can be seen from the second week of the treatment.

Aloe Vera and hepatitis—Extract of aloe juice has been shown to have beneficial effects on liver and alleviate symptoms considerably in chronic hepatitis patients.

Aloe Vera in heart disease—Addition of isabgol and Aloe Vera juice to the diet of patients of angina pectoris, results in marked reduction of serum cholesterol and tri-glycerides and increase in level of HDL. Aloe Vera and AIDS- A daily dose of min. 1200mg. of active ingredients of aloe vera showed substantial improvement in AIDS symptoms. Says Dr. Pulse, "Aloe is to an AIDS patient as insulin is to a diabetic."

Aloe Vera as wound and skin disease healer—The gel is excellent for easing first degree burns, relieves inflammation and accelerates healing.

The Aloe Vera gel has anti-fungal, anti-bacterial and anti-viral effects and helps heal minor wounds. It lessens painful effects of shingles, reduces symptoms of psoriasis and eases heartburns and ulcers.

Aloe Vera for kids—Aloe Vera can be an important ingredient of medicine chest. Children can take Aloe Vera juice as it helps heal on the outside and inside. It soothes stomach upset. It takes the pain out of burns and bites and the growth factors in its yellow sap stimulate new cell growth almost miraculously. Aloe helps by decreasing allergies and colds, lessens laboured breathing, gives calmer energy, better digestion and healthier skin. Infect, kids and Aloe Vera go together wonderfully.

Aloe Vera and Beauty care—Once, a beauty arsenal of Cleopatra, today Aloe Vera is showing up as a main ingredient in cosmetic industry. It is one herb which can be used almost as freely as water on skin. Mixed with selected essential oils, it makes for excellent skin smoother and moisturizer, sunblock lotion plus a whole range of beauty products. No wonder then that Aloe Vera is referred to as the 'Miracle Plant'. From being an antiseptic, anti-inflammatory and a cure for heart burns to helping relieve the symptoms of severe illnesses like cancer and diabetes, to being a beauty aid and health nourisher, this ancient Indian herb has it all. Known for centuries for its unique medicinal properties, it has been rediscovered, recognized and benefitted from in the last few years. The active ingredients hidden in its succulent leaves have the power to soothe human life and health in a myriad ways. Aloe Vera is undoubtedly, the nature's gift to humanity and it remains for us to introduce it to ourselves and thank the nature for its never ending bounty.

एलोवेरा-संक्षिप्त में

धृतकुमारी या ग्वारपाठा एक आश्चर्यजनक औषधि है। साथ ही यह 220 से अधिक रोगों में उपयुक्त है। इस वनस्पति में विटामिन (बी. सी. डी. ई. तथा बिटा कॉरोडीन) 18 प्रकार के अमीनों एसिड्स होते हैं।

पाचन क्रिया (Digestive System) : एलोवेरा के कारण विपन्न पाचन (जठराग्नि) ठीक होता है। यकृत उत्तेजित होता है। और साथ ही वात को भी काबू में लाता है। इससे पाचन सुधर जाता है। और पाचन से सम्बन्धित विविध विकारों पर जैसे भूख कम होना, पेट दर्द, पित्त प्रकोप, कब्ज, बवासीर, Colities और यकृत तथा प्लिहा की सूजन आदि विकारों पर यह बहुत उपयुक्त है।

विषैले पदार्थ (Toxin) उत्सर्जित करना : हमारे शरीर में अनेकानेक कारणों से विषैले पदार्थों का संचय होता है, जिसकी वजह से कैंसर जैसी बिमारियाँ उत्पन्न होती है। एलोवेरा में स्थित अवशिष्ट (Saponins) की वजह से ये विषैले पदार्थ शरीर से बाहर फेंक दिये जाते हैं। रक्त शुद्ध होता है। जिसकी वजह से रंग सुधर जाता है और रक्त संचार क्रिया (Circulation System) बढ़ जाता है। शरीर में नयी पेशियों का निर्माण होने से रोग प्रतिकारक शक्ति बढ़ जाती है।

हृदय विकार (Heart Ailment) : खून में ट्रिग्लिसराइड्स तथा बुरे कॉलेस्ट्रॉल (LDL) की मात्रा कम करके अच्छे कॉलेस्ट्रॉल (HDL) की मात्रा बढ़ती जाती है।

मूत्र प्रणाली (Urinary System) : Aloe Vera पेशियों में होने वाले अतिरिक्त पानी को बाहर निकालती है तथा पथरी और Dialysis पर होने वाले व्यक्तियों के लिए अत्यन्त गुणकारी है।

प्रजनन प्रणाली (Reproductive System) : Aloe Vera के प्रयोग से स्त्रियों के गर्भाशय व पुरुषों के शुक्र धातु के दोष दूर होते हैं।

त्वचा विकार (Skin Problem) : Aloe Vera का लेप त्वचा के लिए अति उत्तम है इससे घाव जल्दी भरते हैं, जैसे पेट में अल्सर एक घाव ही होता है। Aloe Vera में अंतर्भूत Glycine, Threonine Beta Carotene आदि घटकों के कारण यह ठीक करता है।

बालों का झड़ना (Hair Fall) : Aloe Vera के प्रयोग से छोटी आंतड़ियों में संचित विषैले घटकों को बाहर फेंक कर बालों को झड़ने से रोका जा सकता है। नई पेशियों के निर्माण से बाल लम्बे होते हैं, डैण्ड्रफ और रूक्षता नष्ट होती है।

जोड़ो व घुटनों का दर्द (Arthritis) : Aloe Vera में (Phenylalanine, Brone, Proline, Cystine, Valine जैसे घटक द्रव्यों के कारण धृत कुमारी घुटनों की सूजन और दर्द को कम करता है।

मधुमेह (Diabetes) : Aloe Vera के प्रयोग से इन्सुलिन का निर्माण नियंत्रित किया जाता है। इसकी वजह से लीवर या गुर्दे को किसी भी प्रकार से नुकसान नहीं होता।

Radio Therapy & Chemotherapy हमारे शरीर के स्वस्थ Cells को नष्ट करती हैं, विशेष रूप से Immune System Cell को। Aloe Vera के सेवन से इस दुष्प्रभाव को कम किया जा सकता है। क्योंकि यह हमारे रोग प्रतिरक्षण कार्यप्रणाली (Immune System) को सुदृढ़ करता है।

सावधानी : दस्त लगने तथा स्त्रियों में महावारी के दिनों में तथा गर्भ धारण के दिनों में एलोवेरा का उपयोग न करें।

विशेष निर्देश : सुबह खाली पेट व रात को 30 मि. ली. (बिना कुछ मिलाए) अथवा चिकित्सक के परामर्श अनुसार।