



**EFFECTS OF ALOE VERA ON CONSTIPATION**

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**ARTICLE INFO**

**Article History:**

Received 17<sup>th</sup> January, 2017

Received in revised form 6<sup>th</sup> February, 2017

Accepted 22<sup>nd</sup> March, 2017

Published online 28<sup>th</sup> April, 2017

**Key words:**

Effects of Aloe , Constipation

**ABSTRACT**

**Aim:** To demonstrate the effects of Aloe Vera on constipation

**Objective:** To study the effects of different forms of Aloe Vera on constipation and more efficient ways to use it.

**Background:** Aloe Vera can be used as a natural remedy for constipation. We can use Aloe Vera over constipation, as in the form of juice, gel or in capsule. Aloe latex is taken by mouth mainly as laxative for constipation. Aloe latex contains chemical that works as a laxative, which helps to empty the intestine naturally. Study will be carried out on person having constipation problem.

**Reason:** To find out the effects of Aloe Vera in treating constipation.

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**INTRODUCTION**

Constipation is a common problem. It means either going to the toilet less often than usual to empty the bowels, or passing hard or painful stools (faeces). Constipation may be caused by not eating enough fibre, or not drinking enough fluids. It can also be a side-effect of certain medicines, or related to an underlying medical condition (1). A normal pattern of stool evacuation is thought to be a sign of health in children all ages. Especially during the first months of life, parents pay close attention to a frequency and the characteristics of their children's defecation (2). Chronic constipation is a source of anxiety for parents who worry that a serious disease may be causing the symptom. Yet, only a small minority of children have an organic cause for constipation. Beyond the neonatal period, the most common cause of constipation is functional and has been called idiopathic constipation, functional fecal retention, and fecal with holding (3). Most cases of constipation respond to conservative treatment, such as dietary and exercise changes or mild laxatives. Except for fiber or bulking agents, over-the-counter laxatives should be avoided (4). Fecal impaction is a more serious form of constipation that sometimes affects the elderly and disabled. A gentle enema using warm water or mineral oil may also be helpful (5). Aloe Vera play an important role in curing of constipation (6). Aloe vera is popularly known as Aloe barbadensis by taxonomist, most often used herbs in Indian ayurveda, homoeopathic and allopathic streams of medicine and it contains many vitamins including A,C,E, folic acid, choline, B1 ,B2,B3,B6 and B12(7).

Aloe vera contains 75 potentially active constituents: vitamins, enzymes, minerals, sugars, lignin, saponins, salicylic acids and amino acids and other bioactive compounds with emollient, purgative, antimicrobial, anti-inflammatory, anti-oxidant, aphrodisiac, antihelmenthic, antifungal, antiseptic and cosmetic values for health care(8). This plant has potential to cure sunburns, burns and minor cuts, and even skin. It also play an important role in curing of constipation(9). Aloe vera produces two substances used for medicine: The gel is obtained from the cells in the center of the leaf, and the latex is obtained from the cells just beneath the leaf skin. Most people use aloe gel as a remedy for skin conditions, including burns, sunburn, frostbite, psoriasis and cold sores, but there is a host of other aloe vera benefits. Aloe gel is used for treating osteoarthritis, bowel diseases. It's also used as a naturalremedy for asthma, stomach ulcers, diabetes and for soothing side effects of radiation treatment (10). Aloe latex is used to naturally treat depression, constipation, asthma and diabetes (11). We can use aloe vera over constipation as in the form of juice, gel or capsule. Aloe vera contains aloe latex which forms laxative for constipation. Aloe latex is taken by mouth mainly as a laxative, which helps to emptying the intestine naturally (12). The use of aloe latex as a laxative is well-researched; the anthraquinones present in the latex create a potent laxative that increases intestinal water content, stimulates mucus secretion and increases intestinal peristalsis, which are contractions that break down food and mix the chime (13). In this article I am going to discuss about the effects of aloe vera on construction and how it can be used to treat constipation.

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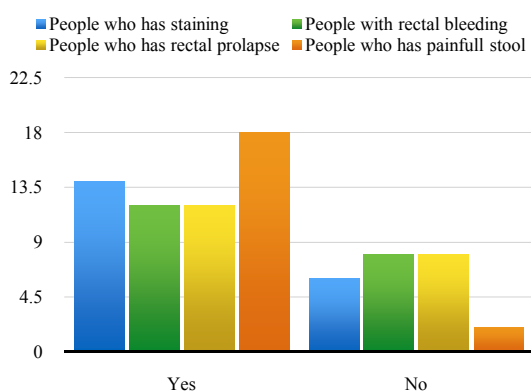
## MATERIALS AND METHODOLOGY

A detailed study was carried out in volunteered people who were suffering from constipation. Sample size of the study was 20 people. 100-200 milligrams of aloe Vera latex taken by the patients who are suffering from constipation for two times per day in empty stomach for 20 days.

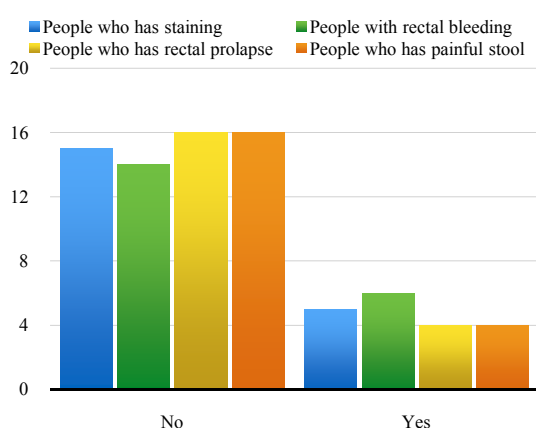
## RESULTS

There were considerable changes on constipation in the sample size of 20 constipated people. Before taking of aloe latex, out of 20 constipated patients, 14 had straining, 12 had rectal bleeding, 12 had rectal prolapse, 18 had pain during passing of stool. But after taking of aloe latex only 5 had staining, 6 had rectal bleeding, 4 had rectal prolapse and only 4 had painful stool. Some of the constipated patients didn't have any response on aloe Vera latex and the constipation remain same as before. It may be due to parasitic infection. The graph below shows the curing of constipation after the intake of aloe latex.

### Before taking Aloe Vera



### After Taking Aloe Vera



## DISCUSSION

Aloe Vera helps in digestion by reducing constipation. It helps in regularising bowel movement. Given the tendency of people towards traditional medicine and using, the findings of this study indicate that the use of the aloe latex along with conventional drugs seems to be an effective, inexpensive and safe treatment for constipation management. In Oliver Grundmann's study the aloe latex had cured constipation, as aloe latex contain anthraquinone as laxative, the anthraquinones present in the latex create a potent laxative that increases intestinal water content, stimulates mucus

secretion and increases intestinal peristalsis, which are contraction that break down food and mix the chyme(14). In the study of Amar Surjush, Resham Vasani, and D G Saple, they says that aloe Vera helps in curing of constipation and in irritable bowel syndrome (15). In the study of Geetha Bhat, Praveen kudva and Vidya Dodwad, they says that Aloe vera juice, which is taken systemically as a drink for irritable bowel syndrome and as a strong detoxifying agent(16). Our study also shows the effectiveness of Aloe Vera in curing constipation.

## CONCLUSION

Aloe Vera has a greater significant effect on constipation. Aloe latex is unarguably a good natural remedy for constipation, which increase the fluid in the intestine to soften the stools. From the results, it is clear that Aloe Vera supplemented group showed a favourable impact on constipation of the subjects in this study. Stimulant laxative of aloe latex stimulates the muscle of intestine and thereby promoting the bowel movements. Also further studies should be done to know the exact role of aloe vera on constipation.

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Year : 2011 | Volume : 15 | Issue : 3 | Page : 205-209

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**How to cite this article:**

Shebi S and Preetha S (2017) 'Effects Of Aloe Vera On Constipation', *International Journal of Current Advanced Research*, 06(04), pp. 3300-3302. DOI: <http://dx.doi.org/10.24327/ijcar.2017.3302.0255>

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