I.Another study found that Aloe Vera gel reduced erythema and improved skin integrity in individuals with dry skin due to occupational exposure.Briefly discuss the extensive history of aloe vera's use in various cultures for centuries, highlighting its enduring reputation for promoting well-being Aloe vera, known as "Heaven's blessing," has been used since ancient times by various cultures like the Egyptians, Arabs, Romans, Greeks, and Hindus for its medicinal properties. It has been revered for its ability to treat skin infections, respiratory issues, and gastrointestinal problems, earning it the nickname "elixir of youth" in Chinese culture.Aloe vera, a clump-forming perennial succulent, is characterized by basal rosettes of tapering thick leaves with jagged edges and sharp points.Additionally, research on patients with psoriasis vulgaris demonstrated that an Aloe Vera extract in a hydrophilic cream effectively cleared psoriatic plaques.Another study compared the anti-inflammatory effects of Aloe Vera with chamomile extract and demonstrated that both ingredients showed significant anti-inflammatory activity, with Aloe Vera exhibiting additional wound-healing properties.Optimal growing regions for aloe vera include dry and sunny climates with well-draining soil to prevent waterlogging and root rot.Aloe vera thrives in xerophytic conditions, originating mainly in Africa, and prefers arid environments.3.4.

Summarized by © lakhasly.com