



## Student's awareness regarding the medicinal value of aloe vera

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### Abstract

The present study aimed to assess the awareness among students regarding the medicinal value of Aloe vera. The sample of the study consists of 50 undergraduate students of science stream. Purposive sampling technique was used to select the sample. Sample was drawn from different colleges Gurgaon. Questionnaire was used to collect the information. Results reveal that students were actually aware about Aloe vera but surprisingly they got such information from their grandparents and parents majorly and not much from teachers. However majority of the students were in favour of planting it in their gardens as they were well equipped with its usefulness. They also had information regarding the medicinal value but most of them were unable to give the scientific explanation about the same.

**Keywords:** *Aloe vera*, medicinal value, herbal plant

### Introduction

#### *Aloe vera* Plant

*Aloe vera* is a succulent and mucilaginous plant that can grow up to 40 inches in height. Without a stem, its green leaves resemble blades or a sword coming out from a central point. These thick and heavy leaves contain the precious healing gel that provides the medicinal uses of *Aloe vera*. The leaves are notched with small white points. Their orange flowers bloom in the summertime.

If you want to grow the plant for making *Aloe vera* remedies then put your plant in a hot dry location in your home. It thrives on lots of sunlight. It's important not to crowd too many aloes in one pot and give them room to grow big. In doing so, you'll get more available *Aloe vera* gel over time. *Aloe vera*, sometimes described as a "wonder plant," is a short-stemmed shrub. *Aloe* is a genus that contains more than 500 species of flowering succulent plants. Many Aloes occur naturally in North Africa.

#### *Aloe vera* is used in

- Food - it is approved by the FDA as a flavouring.
- Cosmetics.
- Food supplements.
- Herbal remedies.

#### Few Proven Benefits of *Aloe vera*

##### 1. Soothes Rashes and Skin Irritations

In 2009, a systematic review summarized 40 studies that involved using *Aloe vera* for dermatological purposes. The results suggest that oral administration of *Aloe vera* in mice works effectively to **heal wounds**, can decrease the number and size of papillomas (small growths on the skin), and reduce the incidence of tumors by more than 90 percent in the liver, spleen and bone marrow. The studies also showed that *Aloe vera* **effectively treats genital herpes**, psoriasis, dermatitis, frostbite, burns and inflammation. It can be used safely as an

antifungal and antimicrobial agent.

##### 2. Treats Burns

*Aloe vera* gel has a protective effect against radiation damage to the skin. With the threat of nuclear warfare always looming, the U.S. government conducted research on the ability of *Aloe vera* to treat thermal and radiation burns with the aim of introducing its use into the military.

By 1959, the U.S. Food and Drug Administration approved the use of *Aloe vera* ointment as an over-the-counter medication for healing burns on the skin. When *Aloe vera* gel is used on burns, it prevents UV-induced suppression so the area can heal at a faster rate.

##### 3. Heals Cold Sores

The amino acids and vitamin B1, **vitamin B2**, vitamin B6 and vitamin C are also extremely helpful. One of the **vitamin B6 benefits**, for example, is it acts as a natural pain treatment and creates antibodies that our immune system uses to protect us.

##### 4. Moisturizes Hair and Scalp

*Aloe vera* is a great natural treatment for dry hair or an itchy scalp. It has nourishing properties, and the tons of vitamins and minerals that are present keep your hair strong and healthy. Because of aloe vera's antibacterial and antifungal properties, it also helps with dandruff, and the gel's enzymes can rid the scalp of dead cells and promote the regeneration of skin tissue around the hair follicles.

Too many shampoos and conditioners are full of chemicals that damage hair and helps in keeping the scalp free of bacteria and uncomfortable skin reactions.

##### 5. Treats Constipation

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 chyme.

**6. Helps with Digestion**

*Aloe vera* has been used to soothe and heal stomach ulcers because it has antibacterial agents and natural healing properties that can restore the stomach lining back to health.

**7. Boosts the Immune System**

The enzymes present in *Aloe vera* break down the proteins that we eat into amino acids and turn the enzymes into fuel for every cell in the body, which enables the cells to function properly. The Brady kinase in *Aloe vera* stimulates the immune system and kills infections. Zinc is also an important component in *Aloe vera* - making it a great source to combat zinc deficiency - because it's essential to maintain immune function.

**8. Provides Antioxidants and Reduces Inflammation**

Inflammation is the major root of most diseases. *Aloe vera* provides an amazing number of vitamins and minerals that help reduce inflammation and fight free radical damage

These antioxidant properties are also helpful when you're exposed to cigarette smoke or UV rays from sunlight - they protect the skin from skin cancer and fight skin inflammation after exposure to the sun. *Aloe vera* can also be treated naturally on acne and eczema since it helps the healing process in the skin. Brady kinase, also present in *Aloe vera*, helps reduce excessive inflammation when applied to the skin topically.

**9. Treats Diabetes**

Some evidence in humans and animals suggests that *Aloe vera* is able to alleviate the chronic hyperglycemia and perturbed lipid profile that are common among people with diabetes and are major risk factors for cardiovascular complications. This add natural diabetes cure to the list of *Aloe vera* benefits.

**Research Methodology**

**Sample description**

- **Sample: undergraduate students**
- Sample size:50 students
- Sampling technique: Purposive sampling technique was used to select the sample.
- Sample selection: Sample was drawn from different colleges Gurgaon

**Criteria for the sample selection**

Respondents should be undergraduate students of different streams

**Tools used: Questionnaire was used to collect the data.**

**Data collection**

Firstly rapport was established with the respondents in order to make them comfortable. The questionnaire was handed over the samples and there after the purpose of research has been explained to them. On an average time taken for the completion of questionnaire by a respondent was 15-20

minutes. Information was derived as per the convenience of the sample.

**Data Analysis**

In accordance with the kind of data collection, data was subjected to quantitative as well as qualitative analysis. Categories for analysis were formulated; the responses were coded and tabulated with respect to the analytical category. They were analyzed keeping in mind the objective of the present study.

**Results and discussion**

**Table 1:** Awareness about Aloe vera

Responses	No (%ages)
Heard about Aloe vera.....	N=50
Yes	50(100)
No	-

Table 1 depicts that 100% of the respondents were aware about "Aloe vera" though few of them were not able to give its importance in our daily life.

**Table 2:** Source of awareness

Responses	No (%ages)
Where did you come to know about it?	N=50
Text books	3(6)
Social Media	6(12)
Grandparents/parents	28(56)
Others	13(26)

It is clear from the above table that majority (56%) of the respondents received such information from their grandparents/parents. Only 6% of the total sample received from textbooks, 12%received from social media and 26% received information regarding Aloe vera from other sources

**Table 3:** Plantation at home

Responses	No(%ages)
Should we plant <i>Aloe vera</i> in our garden?	N=50
Yes	49(98)
No	1 (2)

Table 3 depicts that majority of the respondents (98%) believe that we should plant *Aloe vera* in our garden whereas only 2% respondents were not in favour of planting it at home.

**Table 4:** Usefulness of *Aloe vera*

Responses	No (%ages)
How useful it is for us.....	N=50
Not aware	12 (24)
Very good	38 (76)

It is evident from table 4 that 76% of the students believed that *Aloe vera* in very good for every one whereas 24% of the students were not aware about the same.

**Table 5:** Knowledge about Aloe vera

Responses	No (%ages)
Aloe vera is.....	N=50
Plant	49 (98)
Tree	1 (2)
2-which part of it has a medicinal value?	N=50
Root	2(4)
Flower	6(12)
Stem	18 (36)
Leaf	24(48)

Table 5 reveals that 98% of students stated that “Aloe vera “is a plant whereas only 2% believed it’s a tree. On the other hand 48% of the respondents believed that leaf of Aloe vera is

having medicinal value while 36% of the respondents believed it is a stem, 12% says it’s a flower and only 4% believed that it’s a root which has medicinal value.

**Table 6:** knowledge about medicinal value of Aloe vera

Responses	No(%ages)
Does Aloe vera has medicinal value?.	N=50
Yes	34 (68)
No	16(32)
Which disease can be cured with the help of Aloe vera? Asthma	
Skin problems	44 (88)
Pneumonia	–
TB	–
Any other	4 (8)
Not aware	2 (4)
Does it help in solving skin problems as well?	
Yes	44(88)
No	6(12)
Does Aloe vera help in losing weight?	
Yes	36 (72)
No	14(28)
Can we take Aloe vera if we are on medication?	
Yes	30(60)
No	3(6)
Can’t say	17(34)
Is it beneficial for diabetic patient?	
Yes	40(80)
No	4(8)
Sometimes	6(12)

Table 8 revealed that 68% of students believed that “Aloe vera has a medicinal value” whereas 16 % doesn’t believed in the same; always whereas 36%students say sometimes. Majority i.e. 88% of the students believed that “Aloe vera can cure skin problems”. 72% of them stated that it is helpful in losing weight” as well; 60% of them knew that one can take Aloe vera if he/she is on some medication. 80% of them believed that it is helpful for diabetic patients too.

**Table 7:** Side Effects of Aloe vera

Responses	No (%ages) N=50
Does it has a side effect?	
Yes	2(4)
No	48(96)

It is evident from Table 7 that 96% of respondents believed that Aloe vera has no side effects on consuming as medicine whereas only 4% say that consumption of Aloe vera has a side effect

**Table 8:** Importance of Awareness about Aloe vera

Responses	No(%ages)
Should we make others aware about importance of Aloe vera.....	N=50
Yes	48 (96)
No	2 (4)

It is evident from Table 8 that 96% of students /sample believe that “we should make others aware about importance of Aloe vera”; whereas 4% believe that we should not make aware about importance of it.

**Table 9:** Rating of Aloe vera

Responses	No (%ages)
Rate Aloe vera.....	
Good	2(4)
Better	8(16)
Best	30 (60)

Table 9 depicts that 60% students rated Aloe vera in the best category whereas 16% rated it better, only 4% rated it in good category.

**Table 10:** Bringing Public Awareness Regarding Importance of Aloe vera

Responses	No(%ages)
What can be done in order to make others aware regarding it?	N=50
Through text books	3 (6)
By planting it	12 (24)
Through social media	4(8)
All of these	31(62)

Table 10 reveals in order to make others aware regarding Aloe vera majority of the students believed that all the steps like through text books, social media, and planting etc should be taken in order to make others aware regarding the same.

**Table 11:** Public Role in bringing awareness regarding the value of Aloe vera

Responses	No (%ages)
What would be our role in spreading awareness? Delivering lectures in the community	_
By reviewing and make other aware	4(8)
By planting it	12(24)
All of these	34(68)

The above table shows that 68% of the sample stated that “Our role in spreading awareness regarding the value of Aloe vera”, is to deliver lectures in the community, by reviewing and 68% believed that all these methods need to be applied to make others aware.

**Discussion**

The current study aimed to assess the awareness among students regarding the medicinal value of Aloe vera. After the findings it has been found that they were actually aware about Aloe vera but surprisingly they got such information from their grandparents and parents majorly and not much from teachers. However majority of the students were in favour of planting it in their gardens as they were well equipped with its usefulness. They also had information regarding the medicinal value but most of them were unable to give the scientific explanation about the same. Therefore the need of the hour is to spread or impart knowledge about Aloe vera and its medicinal value among people in order to get the best out of it

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