

Use of *Aloe vera* for obesity control

Opinion

Obesity is the most rampant nutritional disease and a rapidly growing human health problem globally. This disease is a fundamental part of the metabolic disorder related with various abnormalities including Hypertension, hyperglycemia, inflammation and dyslipidemia.¹ In family *Liliacea*; *Aloe vera* is the plant of medicinal importance which is commonly used in the food manufacturing, pharmaceuticals, drink products and cosmetics.²

Latest investigation has reported that *Aloe vera* has anti-obesity effect. *Aloe vera* gel powder was studied by administration in rats with diet-induced obesity at two doses (20 and 200mg/kg/day) for 90days. The modest decrease in body weights was observed i.e. approx. 41 % at both doses.³

Many studies suggested that *Aloe vera* is not only used for weight or obesity but also used for metabolic disorders. The results of oral administration of *Aloe vera* extracts in diabetic rats showed reduced serum glucose and total cholesterol upto 52 and 31% respectively.⁴

By taking *Aloe vera* juice regularly, ensures a better sensation of well-being, allowing energy levels to increase and also helps maintain a healthy body weight. *Aloe vera* juice is a best natural aid for detoxification. As the pollution around everywhere creating lives stressful, *Aloe vera* juice provides a enormously rich cocktail of vitamins, minerals and trace essential elements to help our bodies deal with these stresses and strains every day.^{5,6}

Aloe vera cures constipation and is best laxative due to presence of anthraquinones present in its latex which act as potent laxative substances. It increases intestinal water content, stimulates mucus secretion and increases intestinal peristalsis and hence regulates digestion and helps in weight reduction.^{7,8}

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Conflict of interest

The author declares no conflict of interest.

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