

HEALTH BENEFITS OF ALOE VERA: A REVIEW

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Aloe vera (Fam: Asphodelaceae), an oldest herb has been widely used in ayurvedic medicine from ancient times throughout the world. In addition to being self-resistant from diseases and insects, it can slow down various signs of aging. The demand of Aloe vera as a phytonutrient has increased globally not only in cosmetology but also for preventing degenerative diseases and enhancing body's immune system. Although Aloe vera industry is flourishing, users are misguided enough due to lack of extensive scientific reports regarding its proper health benefits. Present attempt is being made to focus on the importance of Aloe vera highlighting the bio-active compounds present in it.
