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Review

Br J Nurs

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. 2017 Mar 9;26(5):S12-S19.

doi: 10.12968/bjon.2017.26.5.S12.

[The Potential Benefits of Using Aloe Vera in Stoma Patient Skin Care](#)

[Mark Rippon](#)¹, [Angie Perrin](#)², [Richard Darwood](#)³, [Karen Ousey](#)⁴

Affiliations expand

- PMID: 28328276
- DOI: [10.12968/bjon.2017.26.5.S12](https://doi.org/10.12968/bjon.2017.26.5.S12)

Abstract

Individuals living with an ostomy may suffer from a variety of peri-stomal skin complications related to the use of their stoma appliance or accessories. These conditions can be serious enough to significantly impact on a patient's quality of life and may result in severe clinical complications (such as infection). This article is a review of the literature with the objective of investigating and presenting evidence for the well-documented use of aloe vera in the prevention of skin conditions similar to those seen in peri-stomal skin complications. An exploration for the potential use of aloe vera directly or indirectly (as an adjunct to medical devices such as wafers) in stoma patients is presented with the view that this use may be beneficial in the prevention of such peri-stomal skin complications.

Keywords: Aloe vera; Colostomy; Dermatitis; Excoriation; Ileostomy; Infection; Maceration; Peri-stomal skin complications.

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Publication types, MeSH terms, Substances expand

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Molecules

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. 2008 Aug 8;13(8):1599-616.

doi: 10.3390/molecules13081599.

Composition and Applications of Aloe Vera Leaf Gel

[Josias H Hamman](#)¹

Affiliations expand

- PMID: 18794775
- PMCID: [PMC6245421](#)
- DOI: [10.3390/molecules13081599](#)

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Abstract

Many of the health benefits associated with Aloe vera have been attributed to the polysaccharides contained in the gel of the leaves. These biological activities include promotion of wound healing, antifungal activity, hypoglycemic or antidiabetic effects antiinflammatory, anticancer, immunomodulatory and gastroprotective properties. While the known biological activities of A. vera will be briefly discussed, it is the aim of this review to further highlight recently discovered effects and applications of the leaf gel. These effects include the potential of whole leaf or inner fillet gel liquid preparations of A. vera to enhance the intestinal absorption and bioavailability of co-administered compounds as well as enhancement of skin permeation. In addition, important pharmaceutical applications such as the use of the dried A. vera gel powder as an excipient in sustained release pharmaceutical dosage forms will be outlined.

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[Review](#)

Aloe Vera

No authors listed

In: LiverTox: Clinical and Research Information on Drug-Induced Liver Injury [Internet]. Bethesda (MD): National Institute of Diabetes and Digestive and Kidney Diseases; 2012—. 2016 Feb 24.

- PMID: 31643946

- [NBK548634](#)

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Excerpt

Aloe vera is a cactus-like plant belonging to the Lily family, extracts of which are used topically for skin care, orally as a laxative and as a component of many herbal mixtures claimed to have medicinal benefits. Oral forms of aloe vera have been linked to rare instances of clinically apparent liver injury.

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[LiverTox: Clinical and Research Information on Drug-Induced Liver Injury \[Internet\]](#)

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Phytomedicine

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. 2019 Jul;60:152996.

doi: 10.1016/j.phymed.2019.152996. Epub 2019 Jun 20.

Therapeutic Potential of Aloe vera-A Miracle Gift of Nature

[Ramesh Kumar](#)¹, [Amit Kumar Singh](#)¹, [Ashutosh Gupta](#)¹, [Anupam Bishayee](#)², [Abhay K Pandey](#)³

Affiliations expand

- PMID: 31272819
- DOI: [10.1016/j.phymed.2019.152996](https://doi.org/10.1016/j.phymed.2019.152996)

Abstract

Background: Aloe vera is commonly used in the primary health care of human beings since time immemorial. It is an herb widely used in various traditional systems of medicine worldwide. Systematic and scientific investigation on A. vera as a medicinal plant has drawn considerable attention, and many laboratories are involved in isolation, characterization and evaluation of phytoconstituents for their nutraceutical and pharmaceutical applications.

Purpose: The aim of this study was to provide an overview of the phytochemical, biological and medicinal attributes of A. vera against various diseases with special emphasis on underlying mechanisms of action.

Methods: PubMed, EBOSCO host, Science Direct, Scopus, and Cochrane library databases were utilized to search literature published between 1977 and 2019 (till March). Major keywords used in various combinations included: Aloe vera, phytochemistry, metabolism, pharmacological activity, prevention, treatment, health, disease, in vivo, in vitro, and clinical studies.

Results: Various biological and pharmacological activities of A. vera, such as antioxidant, anti-inflammatory, immuno-modulatory, antimicrobial, antiviral, antidiabetic, hepatoprotective, anticancer, and skin-protective and wound-healing responses, have been attributed to the presence of many active compounds, including anthraquinones, anthrones, chromones, flavonoids, amino acids, lipids, carbohydrates, vitamins and minerals.

Conclusion: Based on various preclinical studies, A. vera constituents have enormous potential to prevent and treat various diseases. Randomized clinical trials are needed to understand the full therapeutic potential of this unique medicinal plant.

Keywords: Aloe vera; Anti-inflammatory; Anticancer; Antioxidant; Health benefits; Phytochemicals.

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PLoS One

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. 2016 Oct 13;11(10):e0164799.

doi: 10.1371/journal.pone.0164799. eCollection 2016.

Beneficial Effects of the Genus Aloe on Wound Healing, Cell Proliferation, and Differentiation of Epidermal Keratinocytes

[Mariko Moriyama](#)¹, [Hiroyuki Moriyama](#)¹, [Junki Uda](#)¹, [Hirokazu Kubo](#)¹, [Yuka Nakajima](#)¹, [Arisa Goto](#)¹, [Junji Akaki](#)², [Ikuyo Yoshida](#)², [Nobuya Matsuoka](#)², [Takao Hayakawa](#)¹

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- PMID: 27736988
- PMCID: [PMC5063354](#)
- DOI: [10.1371/journal.pone.0164799](#)

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Abstract

Aloe has been used as a folk medicine because it has several important therapeutic properties. These include wound and burn healing, and Aloe is now used in a variety of commercially available topical medications for wound healing and skin care. However, its effects on epidermal keratinocytes remain largely unclear. Our data indicated that both Aloe vera gel (AVG) and Cape aloe extract (CAE) significantly improved wound healing in human primary epidermal keratinocytes (HPEKs) and a human skin equivalent model. In addition, flow cytometry analysis revealed that cell surface expressions of β 1-, α 6-, β 4-integrin, and E-cadherin increased in HPEKs treated with AVG and CAE. These increases may contribute to cell migration and wound healing. Treatment with Aloe also resulted in significant changes in cell-cycle progression and in increases in cell number. Aloe increased gene expression of differentiation markers in HPEKs, suggesting roles for AVG and CAE in the improvement of keratinocyte function. Furthermore, human skin epidermal equivalents developed from HPEKs with medium containing Aloe were thicker than control equivalents, indicating the effectiveness of Aloe on enhancing epidermal development. Based on these results, both AVG and CAE have benefits in wound healing and in treatment of rough skin.

Conflict of interest statement

Authors JA, IY, and NM of this study are regular employees of the KOBAYASHI Pharmaceutical Co., Ltd. However, the funder did not have any additional role in the study design, data collection and analysis, decision to publish, or preparation of the manuscript. This does not alter our adherence to PLOS ONE policies on sharing data and materials.

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Phytomedicine

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. 1994 Sep;1(2):161-71.
doi: 10.1016/S0944-7113(11)80036-X.

Evidence for the Efficacy and Safety of Topical Herbal Drugs in Dermatology: Part I: Anti- inflammatory Agents

[H P Hörmann](#)¹, [H C Korting](#)

Affiliations expand

- PMID: 23195891
- DOI: [10.1016/S0944-7113\(11\)80036-X](https://doi.org/10.1016/S0944-7113(11)80036-X)

Abstract

Topical herbal drugs have for centuries been used for treating skin ailments. Although they are currently widely accepted by patients, their scientific esteem among dermatologists in particular is limited. A variety of herbal drugs for topical application deserves consideration regarding their widespread use or their still ill-defined potential with respect to their benefit/risk ratio.

Clinically, camomile (*Chamomilla recutita*) and hamamelis preparations look particularly well documented. While the final proof of efficacy in common dermatoses such as atopic dermatitis is still lacking, there is fairly ample evidence for their activity against cutaneous inflammation in man, as may be deduced from experiments with normal volunteers. With *Hamamelis virginiana* this looks particularly promising, as unwanted effects related to the drug are virtually absent.

With camomile preparations the degree of safety seems to depend largely on the plant used. Some herbal drugs clearly need further analysis until their value can be determined. This includes the frequently-used aloe preparations. This is the more remarkable as huge numbers of in vitro studies are available. Arnica is fairly unique in so far as the lack of proof of efficacy strongly contrasts to its sensitization potential. So far, in particular dermatitis and related disorders can be considered potential indications for topical herbal antiinflammatory drugs. Studies in psoriasis vulgaris should also be performed addressing long-term application. In this context such fairly ill-defined drugs as Mahonia deserve attention.

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