

## Evaluation of Aloe Vera Gel Effective against Skin Problem

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### ABSTRACT

#### BACKGROUND

There are great demands going on herbal product today. Moreover, the use of alternative and complimentary medicine is becoming a need. We used here aloe vera gel to take care of student's skin problems. We prepared aloe vera gel without adding any preservative by very simple methods. We have selected all kind of medical students who have skin problem, who wants to get relief from skin problem and stress of study. Those who want to stimulate their mind to concentrate. Here, in this study, we get excellent result in all kinds of problem.

#### AIM

Effect of aloe vera gel on skin problem with other more benefits.

#### MATERIAL AND METHODS

Here in this study, we used only two groups of students, those who are applying aloe vera gel as well on the skin problem. This is case control study. Group A: 40 students participate, who having skin disease.

#### CONCLUSION

Aloe vera gel having all kinds of benefit. It is not only beneficial to skin problem but also it shows good result as anti-stress.

#### RESULT

Aloe vera gel and juice showing excellent result in all types of the skin problems.

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## **KEYWORDS**

Aloe vera gel; Students; Herbal product

## **INTRODUCTION**

According to recent research, it is come to know that there is increasing the demands of herbal product day by day. The number of research and number of books listed on herbal medicine. The use of herbal medicine has grown from the past two decades worldwide, it's nothing but alternative medicine which will complement to modern treatment [1]. In the European Union, the prevalence of herbal medicine use ranges from 5.9% to 48.3%, whereas herbal medicine use in the USA and Canada is estimated to be 17.9% and 12%, respectively [2-4]. Herbal medicines are used in all countries of the world, including India. There are so many medicines updated in India listed by Charaka. In our mythology also listed so many ayurvedic medicines. In out Veda also have reference of herbal medicine. So, India has remarkable biodiversity with a great range of plant species. In India, herbal product market is experiencing a tremendous growth due to intense public interest in the use of crude plant-based products as medications. More people are turning to herbal products as an alternative to the conventional therapeutic medicine. According to recent estimate by the World Health Organization (WHO), more than 3.5 billion people in the developing countries including India are relying on plants to treat various diseases [5,6].

Aloe vera also called as Ghritkumari, it is widely used in medicine, it has been used to treat constipation, burns, genital herpes, dandruff, osteoarthritis, inflammatory bowel disease, asthma and epilepsy. With the improvement in cosmetology. Recent studies also shown that aloe vera is very important component [7]. Aloe vera contains protein, calcium, magnesium, zinc, vitamins A, B12, C, E and essential fatty. It is general tonic for the improvement for the immunity. It is helping to fight against all kinds of the skin problem. Moreover, it also has good result in treating

the cancer. There is no adverse effect seen. It also works in burns. It also works as anti-inflammatory agents. It contains near about 20 amino acids. Aloe vera initiates the synthesis of elastin as well as collagen. These proteins are essential for preventing the aging of the skin [8,9]. It also gives the sensation freshness. It helps in increasing distribution of blood therefore providing easier oxygen exchange among the cells, hence giving them nourishment [10].

Since, in this study, our main moto to produce aloe vera gel without preservative as alternative medicine for taking care of student's problem.

## **MATERIAL AND METHODS**

The Aloe vera used here for all types of skin diseases. The skin absorbs it first, it should get dry over the infected area. It can be re-applied on the infected area.

### ***Informed Consent***

The informed consent was taken from the student without any force.

### ***Study Design***

Randomize control study.

### ***Sample Size***

40 people were included in this study. Group A: 40 students participate here to cure their skin problem.

### ***Inclusion Criteria***

Age group - 19 years to 24 years. With all kinds of problem.

### ***Exclusion Criteria***

The patient had history of psychological problem, was not include here.

### ***Preparation***

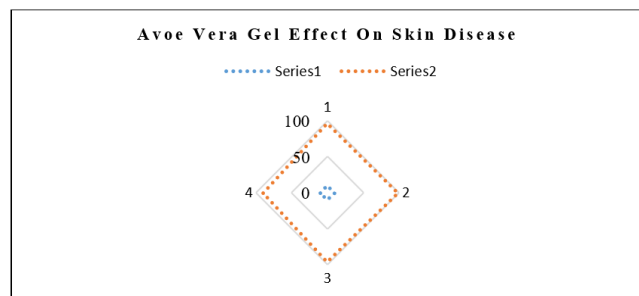
Cut the fresh leaf from the plant and remove base of leaf which in yellow colour because it has some toxic properties. Then again remove all hard parts of leaf, and soft part add in wet grinder. All extract tie in fresh cloth. This cloth again sticks to wall against gravity. Then, wait for 1 hour. Then put boil water under tie cloth for 20 minutes. We will get aloe vera gel without preservative. Apply this gel daily before going to bed. Wash with warm water in the morning.

**STATASTICAL ANALYSIS**

According to the statistical results, all types of skin problem were improved and disease severity going to decrease. In the three months of follow-up improved during the study on the second month compared to the first month, but there was no significant difference in the first two month to improve skin texture. But in the third month getting significant improvement in all types of skin problem (P >0.05).

**RESULT**

Outcome of the data recorded on the basis of question asked to students every 8 days upto six months with observation and then recorded the result. Here, in this study we used students having all kinds of disease (Figure 1).



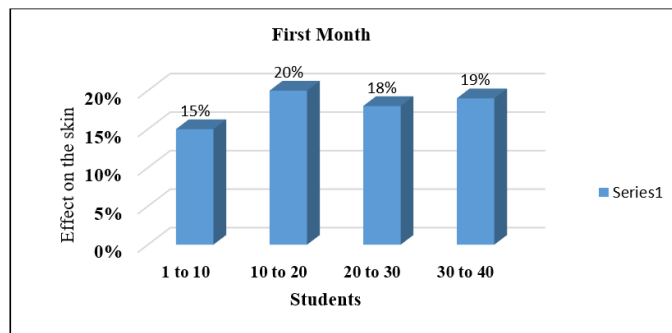
**Figure 1:** Effect of aloe vera gel on skin disease.

The 40 students divide into four sub-group to take follow-up of the students. That make easy to take the follow-up within 8 days based on the question.

***First Month Follow-Up***

Here, in this study mostly students have the skin problem like acne, pimples, and some other skin disease. So, in first

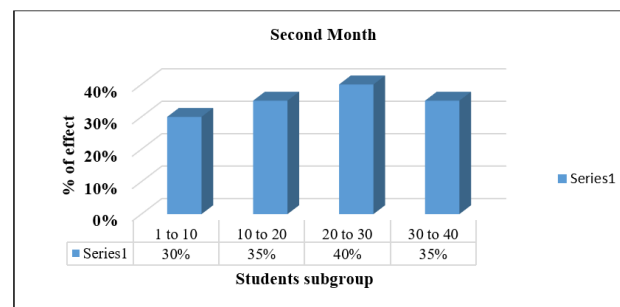
month we will get on an average 20% improvement in the skin disease. Shown in Figure 2.



**Figure 2:** Effect of aloe vera gel on different types of skin disease.

***Second Month Follow-Up***

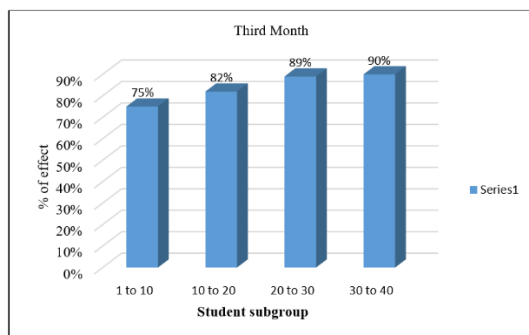
Here in this second month, we get near about 40% improvement in all types of the skin disease. Shown in Figure 3.



**Figure 3:** Effect of aloe vera gel on different types of skin disease.

***Third Month Follow-Up***

In this study, we found that we get excellent result in all types of skin disease by only application of Aloe vera gel on skin, where it is infected. On an average 90% improvement found in the skin problems. Shown in Figure 4.



**Figure 4:** Effect of Aloe vera gel on different types of skin disease in third month.

## **DISCUSSION**

The aim of this study was to investigate the effect of aloe vera gel on all types of skin problem facing by the college students. The routine treatment of application of gel on infected area were given the excellent result reducing the severity of the skin disease. The Figure 4 that is nothing but

follow-up of the students in third month shows excellent result.

## **CONCLUSION**

Regarding the treatment process in all three groups and having positive results in the treatment of skin problem, the Aloe vera gel were effective in treatment, but they were given average 40% result in two follow-up each. But it is found to be excellent result in last month follow-up by removing all types of the skin problems.

## **CONFLICTS OF INTEREST**

There are no conflicts of interest.

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