

ANOTHER  
HERB HERBERT  
FACT SHEET

SPECIAL INTEREST HERBS

# ALOE VERA

Perennial  
Aloe vera 'Barbadensis'  
Family: Liliaceae



**HISTORY**  
The earliest record of Aloe was in 1500 BC on Egyptian papyrus. It has also been used by many other ancient cultures throughout history such as Greeks, Romans, American Indians and Chinese to name a few. It is also mentioned in the bible.

**DESCRIPTION**  
Aloe is a perennial succulent belonging to the Lily family. When cut the leaf has a clear gel inside, which is the part used. The leaf surface is very tough and a yellow sap lies between this and the gel. Aloe is known as a xeroid (posses the ability to close their stomata or pores to avoid loss of water to survive draught conditions), therefore any wound will heal almost immediately. Aloe vera. Barbadensis is larger than the form A.chinesis. It does not pip for 3-4 years unlike A.chinesis, which sends out pips almost immediately. The true Aloe leaves reach 3-4ft in length and are therefore used for production for internal and external use. The oldest leaf is nicked at the base of the leaf and orn away from the plant. These also have the strongest active constituents for healing. The A.cinesis has been proven to heal quite well externally.

**USES**  
Aloe Vera has been described at 'Mans Medicine Chest'. Aloe Vera contains vitamins A, B1, B2, B3, B6, Folic Acid, C and E, MINERALS: Calcium Chloride, Chromium, Copper, Magnesium, Potassium, Sodium, Zinc, 17 Amino Acids; 5 Enzymes and Polysaccharides.



Most important to Vegans and vegetarians, B12 is also present in Aloe Vera. This vitamin until recently was only thought to be available in foods from animals. The green leaf surface of the Aloe should be filleted away from the gel with a sharp knife, then wash under tap to remove any yellow sap from the gel. For drinking this can be vitamized with some water, it should have the consistency of a lightly beaten egg white. For external use cut a slice at a time and fillet leaf surface from the gel and apply to wounds, cuts or abrasions or other skin problems.

**CULTIVATION**  
Being a succulent, over watering is the main problem, especially in winter when the soil remains moist. Water heavily when dry. If under watered the tips of the plants will burn and go brown. If over watered brown circles will appear throughout the leaf.

**POSITION**  
Semi-shade. Aloes grow better in pots especially in southern states. A porch is a good position for winter frost protection.

**REPOTTING**  
This should be done only when plants are root bound or pips have been removed for repotting.



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This Herb description is for informal use only; we cannot accept any liability for any harm or illness arising from the misuse of the plant described above