

# Aloe Vera Uses Based on Tradition or Theory

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The below uses are based on tradition or scientific theories. They often have not been thoroughly tested in humans, and safety and effectiveness have not always been proven. Some of these conditions are potentially serious, and should be evaluated by a qualified healthcare provider.

Alopecia (hair loss), antimicrobial, arthritis, asthma, bacterial skin infections, bowel disorders, chronic fatigue syndrome, chronic leg wounds, congestive heart failure, damaged blood vessels, elevated cholesterol or other lipids, frostbite, heart disease prevention, hepatitis, inflammatory bowel disease (IBS), kidney or bladder stones, leukemia, lichen planus stomach ulcers, Merkel cell carcinoma, parasitic worm infections, protection against some chemotherapy side effects, scratches or superficial wounds of the eye, systemic lupus erythematosus (SLE), tic douloureux, untreatable tumors, vaginal contraceptive, yeast infections of the skin.

**Dosing** The below doses are based on scientific research, publications, traditional use, or expert opinion. Many herbs and supplements have not been thoroughly tested, and safety and effectiveness may not be proven. Brands may be made differently, with variable ingredients, even within the same brand. The below doses may not apply to all products. You should read product labels, and discuss doses with a qualified healthcare provider before starting therapy.

Selected references Bosley C, Smith J, Baratti P, et al. A phase III trial comparing an anionic phospholipid-based (APP) cream and aloe vera-based gel in the prevention and treatment of radiation dermatitis. *Int J Radiat Oncol Biol Phys* 2003;57(2 Suppl):S438. Ernst, E., Pittler, M. H., and Stevinson, C. Complementary/alternative medicine in dermatology: evidence-assessed efficacy of two diseases and two treatments. *Am.J.Clin.Dermatol.* 2002;3(5):341-348. Fenig, E., Nordenberg, J., Beery, E., Sulkes, J., and Wasserman, L. Combined effect of aloe-emodin and chemotherapeutic agents on the proliferation of an adherent variant cell line of Merkel cell carcinoma. *Oncol.Rep.* 2004;11(1):213-217. Heggie, S., Bryant, G. P., Tripcony, L., Keller, J., Rose, P., Glendenning, M., and Heath, J. A Phase III study on the efficacy of topical aloe vera gel on irradiated breast tissue. *Cancer Nurs* 2002;25(6):442-451. Kaufman, T., Kalderon, N., Ullmann, Y., and Berger, J. 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Credit Resource: <http://www.nlm.nih.gov/medlineplus/druginfo/natural/patient-aloe.html>

