

# Department of Dravyaguna Vidnyan

## Plant Name: Kumari



### Plant Name: Kumari (Aloe Vera)

#### Introduction

- **Botanical Name:** *Aloe barbadensis* (Syn. *Aloe vera*)
- **Family:** Asphodelaceae (formerly Liliaceae)
- **Common Names:**
  - **Sanskrit:** Kumari, Grihakanya, Ghritkumari
  - **Hindi:** Gwarpatha
  - **Marathi:** Korphad
  - **Gujarati:** Kunwarpathu
  - **Tamil:** Chirukuttali
  - **Telugu:** Kalabanda
  - **Kannada:** Lolesara

#### Significance in Ayurveda

- The name "**Kumari**" means "**young girl**", symbolizing **youth, beauty, and vitality**.
- It is a well-known **Rasayana (rejuvenative) herb** that promotes **skin health, digestion, and liver function**.
- Acts as a **pitta-balancing and cooling herb** with **detoxifying, healing, and rejuvenating properties**.

## Classification According to Ayurveda

- **Charaka Samhita:**
  - Virechanopaga (Purgative group)
  - Kandughna (Antipruritic)
- **Sushruta Samhita:**
  - Sukasarpogna (Snakebite antidote)
- **Vagbhata:**
  - Stanya shodhana (Lactation purifier)

## Morphology

- **Type:** Perennial, succulent herb.
- **Stem:** Short, thick, and branched.
- **Leaves:** Thick, fleshy, lance-shaped, and serrated along the margins.
- **Flowers:** Yellow to orange-red, tubular, arranged in spikes.
- **Fruit:** Triangular capsule with seeds inside.
- **Latex:** Yellowish bitter sap from the leaf surface, known for its purgative action.
- **Gel:** Translucent, cooling, and soothing, extracted from the inner part of the leaf.

## Distribution & Habitat

- Grows wild in dry, tropical, and subtropical regions.
- Widely cultivated in India, Africa, and the Mediterranean.
- Found in arid regions, rocky lands, and sandy soil.

## Chemical Constituents

- **Anthraquinones** – Aloin, Barbaloin, Aloe-emodin
- **Polysaccharides** – Acemannan, Mannose, Glucomannan
- **Glycoproteins** – Lectins
- **Enzymes** – Amylase, Lipase, Catalase
- **Vitamins & Minerals** – Vitamin A, C, E, Zinc, Magnesium
- **Sterols & Saponins** – Anti-inflammatory and cleansing compounds

## Properties (According to Ayurveda)

- **Rasa (Taste):** Tikta (Bitter), Madhura (Sweet)
- **Guna (Quality):** Guru (Heavy), Snigdha (Oily), Sara (Flowing)
- **Virya (Potency):** Sheeta (Cooling)
- **Vipaka (Post-digestive effect):** Katu (Pungent)
- **Karma (Actions):**
  - Rasayana (Rejuvenative, promotes longevity)
  - Deepana (Appetizer, improves digestion)
  - Virechana (Purgative, cleanses intestines and liver)
  - Shothahara (Anti-inflammatory, reduces swelling)
  - Balya (Strength-giving, promotes immunity)
  - Twachya (Good for skin health and wound healing)

## Dosha & Dhātu Affinity

- **Dosha:** Balances Vata and Pitta, mildly increases Kapha.
- **Dhatus:** Acts on Rasa (plasma), Rakta (blood), Mamsa (muscle), and Shukra (reproductive tissue).

## Indications

- **Digestive Disorders:** Indigestion, acidity, constipation, ulcers
- **Liver Diseases:** Jaundice, fatty liver, hepatitis
- **Skin Problems:** Acne, eczema, burns, psoriasis, wounds
- **Gynecological Issues:** Irregular menstruation, PCOS, leucorrhea
- **Respiratory Ailments:** Cough, bronchitis, asthma
- **Urinary Disorders:** Burning urination, kidney stones
- **Immunity Booster:** Strengthens the immune system
- **Diabetes Management:** Regulates blood sugar levels
- **Joint Pain:** Beneficial in arthritis and inflammatory conditions

## Parts Used

- **Gel** – Internally and externally
- **Latex** – Strong purgative, used cautiously
- **Leaf Juice** – Cooling, anti-inflammatory, and digestive tonic

## Dosage

- **Fresh Juice:** 10-20 ml with water or honey
- **Powder (Churna):** 1-3 g with warm water
- **Decoction (Kwatha):** 50-100 ml
- **Aloe Vera Gel:** Applied externally or consumed internally

## Uses

### External Uses

- **Skin Health**  
Heals burns, wounds, acne, and eczema.  
Natural moisturizer for dry skin.
- **Hair Care**  
Prevents dandruff and promotes hair growth.
- **Wound Healing**  
Used as a first-aid gel for cuts, burns, and insect bites.

### Internal Uses

- **Liver Detoxification**  
Kumari juice with honey detoxifies the liver and improves bile secretion.
- **Menstrual Regulation**  
Aloe Vera juice balances hormones and regulates irregular periods.
- **Digestive Health**  
Acts as a mild laxative, improves gut health, and relieves bloating.

- **Immunity & Anti-Aging**  
Boosts immunity, slows aging, and acts as a Rasayana (rejuvenator).

## **Important Yogas (Formulations)**

1. **Kumari Asava** – Used for liver disorders, anemia, and digestion.
2. **Kumariasava** – Menstrual regulator and blood purifier.
3. **Aloe Vera Juice** – Detoxifier, digestive tonic, and skin healer.
4. **Kumari Ghrita** – Used in Pitta disorders, skin diseases, and mental health.
5. **Navayasa Churna** – A combination with Kumari for liver detox and blood purification.

## **Therapeutic Uses**

1. **Constipation & Digestion**  
Take **Kumari juice with warm water in the morning** for smooth digestion.
2. **Liver Detox & Jaundice**  
Mix **Kumari juice with honey and turmeric** for liver cleansing.
3. **PCOS & Irregular Periods**  
**Aloe Vera juice with cinnamon** regulates menstrual cycles.
4. **Acne & Pimples**  
Apply **Aloe Vera gel mixed with turmeric** to reduce acne and scars.
5. **Weight Loss**  
Drinking **Aloe Vera juice in the morning** helps burn fat and improve metabolism.

## **Contraindications & Precautions**

- **Pregnancy:** Avoid latex, as it can stimulate contractions.
- **Severe Diarrhea:** Excess use can cause loose motions.
- **Kidney Patients:** Should be used cautiously in renal diseases.
- **Pitta Imbalance:** Overuse can lead to excess heat and acidity.

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