



INCLINATION TOWARDS USE OF ALOE VERA AMONG URBAN POPULATION

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ABSTRACT

The plant Aloe Vera is used in Ayurvedic, Homoeopathic and Allopathic streams of medicine, and not only tribal community but also most of the people for food and medicine. The plant leaves contains numerous vitamins, minerals, enzymes, amino acids, natural sugars and other bioactive compounds with emollient, purgative, antimicrobial, anti-inflammatory, anti-oxidant, aphrodisiac, anti-helminthic, antifungal. The present study was aimed to create the awareness about Aloe Vera among people. 100 subjects were randomly selected from the Raipur city. Demographic profile, health status and existing knowledge about multiple uses of aloe vera were collected with the help of pre tested questionnaire. The result reveals that 80% people were homely with aloevera. 96% woman and 4% men were using fresh Aloe Vera and their products. 60% subjects using only one time and 40% subjects were using it twice a day. 13% subjects using in juice form, 77% subjects used to cosmetic form and 10% subjects using for other purposes(scars, stretch, dark cercal, etc.) .23%were using for skin,21%for hair fall,24%for burning. It was observed that 87%were using it for cosmetic purpose. The result reveals the positive impact of aloevera hence we recommend the continuous education towards local medicinal plant for health benefits.

INTRODUCTION

Aloe Vera (*Aloe barbadensis miller*) is a perennial plant of liliacea family with turgid green leaves joined at the stem in a rosette pattern. Aloe Vera leaves are formed by a thick epidermis (skin) covered with cuticle surrounding the mesophyll, which can be differentiated into chlorenchyma cells and thinner

walled cells forming the parenchyma (fillet). The parenchyma cells contain a transparent mucilaginous jelly which is referred to as Aloe Vera gel.

Demand for medicinal plants is increasing in both developed and developing countries due to growing recognition of natural products



being equally effective, safe, non-narcotic, and affordable and having no side effects. The acceptance of herbal medicines at global level is increasing day by day, which reflects the generalized adoption of medicinal plant products in the world. There is large scale international trade in the medicinal plants. One such medicinal plant is Aloe Vera.

There are many natural medicinal herbs, but Aloe Vera is granted with vast array of healing benefits. It can be applied externally and can be taken internally. Aloe Vera is world's best natural anti-septic, anti-biotic, anti-microbial, anti-viral, anti-toxic, and anti-bacterial, antiallergic, anti-inflammatory, anti-ulcer, anti-diabetic, anti-tumor, and anti-fungal. Ely effective intracellular anti-oxidant.

MATERIALS AND METHODS

Methodology is a way of doing work. In methodology each steps is arranged in a proper sequence to get a clear idea of whole work. The detailed and correct information related to the

material and method used for research is give under following subheads:

The sample for the study consisted of urban population of Raipur City. 100 people were selected from urban Raipur city. Purposive sampling method was used.

The questionnaire included various sections, they were: –

- General information
- Demographic characteristics
- Clinical assessment

In this section the data for each of the selected subjects included information regarding age, gender, types of family, income etc.

Tools of research

- Survey
- Questionnaire
- Schedule formation
- Interview

RESULT AND DISCUSSION

Result is a statement of facts based on systematically analyzed & tabulated data whereas



discussion is an explanation of justification to the observed relationship, on experience and past research.

Table no 1. Show the types of family. Out of 100 subjects, 48% subjects live in joint family and 52% subjects live in nuclear family. This table shows that the numbers of subjects' nuclear family exceed the subjects living the joint family.

Table no 2. Shows that nutritional knowledge and use of Aloe Vera in which subjects out of 100, 80 subjects know the importance of aloe Vera for health benefits. 20 subjects know about good digestibility of Aloe Vera bers of subjects' nuclear family exceed the subjects living the joint family.

Table No 3- Shows that subjects uses in Aloe Vera out of 100 subjects 30% subjects used as juice, 70% subjects used as cosmetic products of Aloe Vera.

Table No.4 Shows that uses of in Aloe Vera out of 100 subjects 18% subjects purchased at market, 38% subjects takes at home cultivation and 44%

subjects, take by market and home.

SUMMARY & CONCLUSION

The nutrient make up of Aloe Vera is one of a kind and has amazing Aloe Vera; an ancient Indian herb has a long history as a medicinal plant with diverse therapeutic applications, also used in many different countries. Through human trade and migration, this plant came to be known and was widely used to cure burns and wounds throughout ancient civilizations. Successful cultivation of this plant is economically attractive provided marketing is not a problem. The cultivation of Aloe Vera has acquired great commercial importance for medicinal products and cosmetics processing. Aloe Vera cultivation demands skill and it is also very lab our intensive. Better management can results in much higher income and net profit.

Natural healing properties. Its uses are multiple and undoubtedly, the nature's gift to humanity and it remains for us to introduce it to



ourselves and thank the nature for its never-ending gift.

The present study was conducted on 100 people in different age and sex group from the Raipur city. The positive and beneficial result in all users of Aloe Vera.

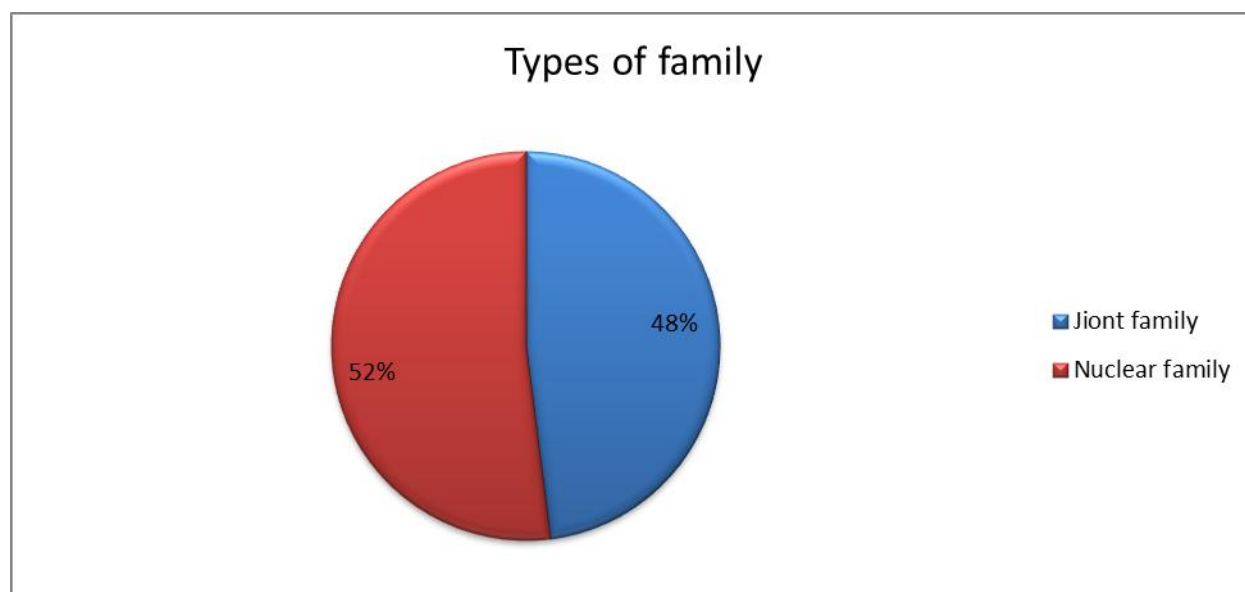
Aloe Vera is a useful plant, and helpful our daily life and 100% result is successful. 100% had knowledge and important of aloe

Vera for health benefits and good digestibility, 77 subjects, used in cosmetic products, and its medicinal value. They used for different problems for example skin problems, hair falls, burning case, and digestion problems etc. We thanks to nature for its never-ending gift.

Table No -1

Demographic profile of the selected subjects:-

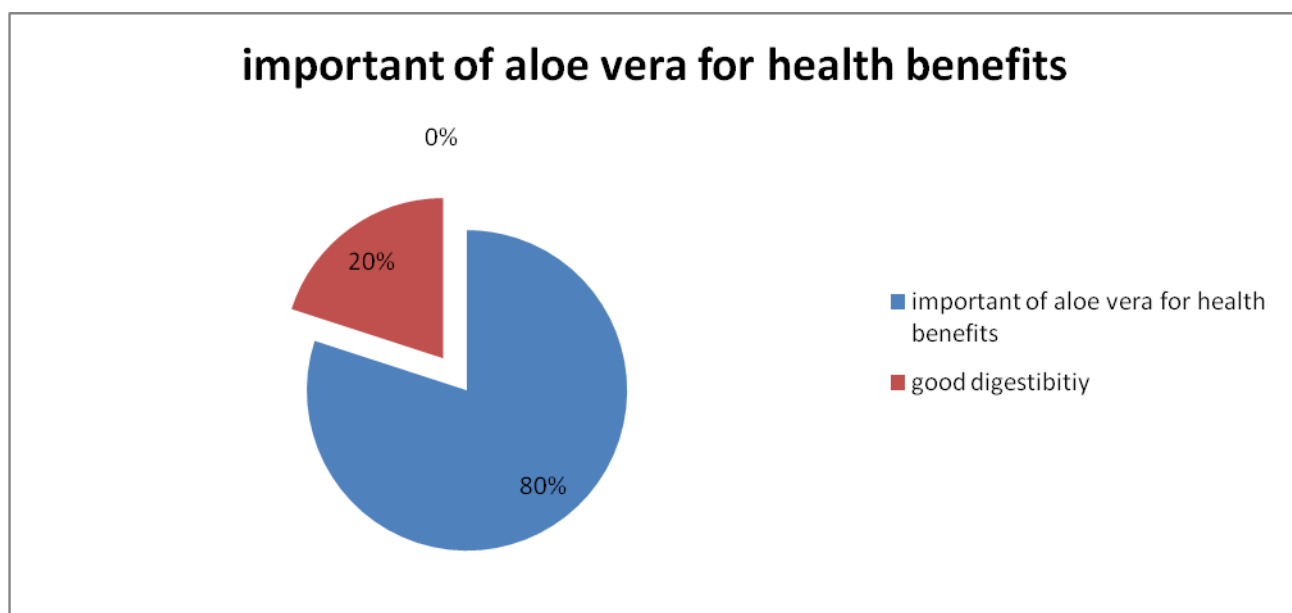
Types of family	No. of subjects	Percentage
Joint family	48	48%
Nuclear family	52	52%
Total	N = 100	100%



**Table No - 2**

Distribution according to nutritional knowledge of Aloe Vera:-

Knowledge aspect	subjects	Percentage
Important of Aloe Vera for health benefits	80	80%
Good digestibility	20	20%
Total no=	100	100%

**Table no - 3**

Distribution according to uses of the Form of Aloe Vera –

Form of Aloe Vera	User	Percentage
Vegetable(sbj, upma)	None	0%
Juice	30	30%
Cosmetics	70	70%
Total	100	100%

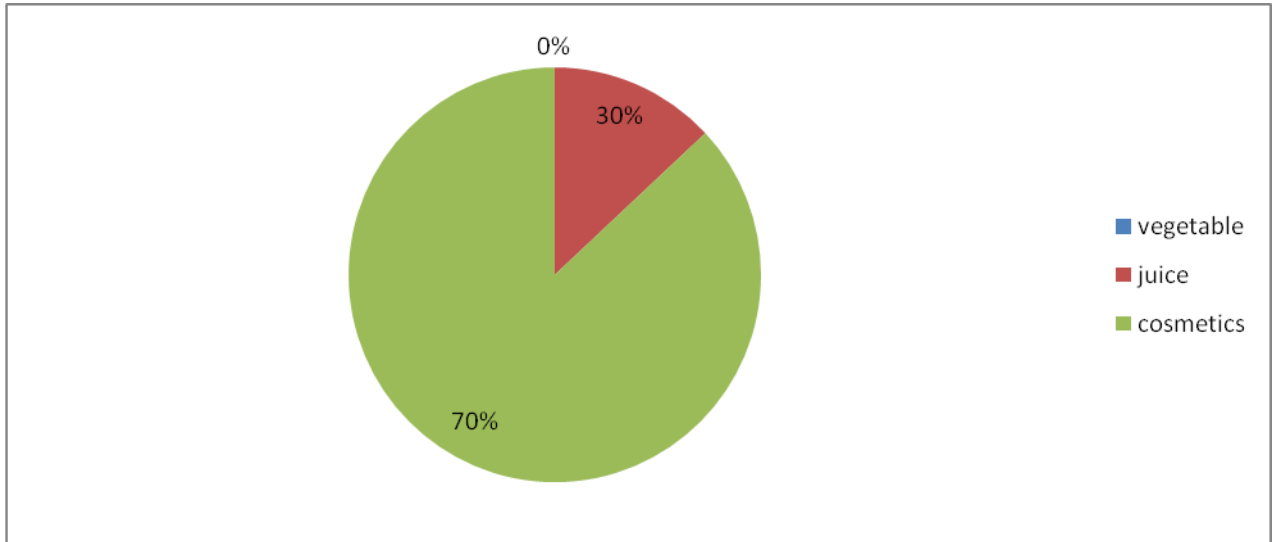


Table No - 4

Distribution according to the basis of availability:-

Place	Subjects	Percent
Market	18	18%
Home	38	38%
Both	44	44%
Total	100	100%

