Aloevera - Ghrit Kumari

Aloevera is a surprisingly wonderful herbal medicine among the many provided to us by the nature. Aloevera is a coolant, appetite-increasing, strengthening, aphrodisiac natural chemical. Aloevera can be given to any patient in any environment and climate, as it is temperate by nature. It cleans up the body by taking out the contaminated air, bile, cough, toxins and stool from the intestines and capillaries. Its consumption increases the seven minerals in the body. Latest researches have revealed the presence of the compound Acimenan in Aloevera. Acimenan increases the number of T-lymphocyte cells in the body, thereby increasing the immune capacity.

Diseases occur in the body due to toxins and due to lack of nutrition. Taking aloevera makes up for the deficiency of nutrients. The synergism of these nutrients is such that the radicals are destroyed, tissues are rebuilt and with the destruction of toxins, the body becomes healthy again.

Taking aloevera internally generates the power for the immune system to fight against bacteria and viruses. Healthy cells are generated that make the skin disease-free. Its external application removes scars. Aloevera acts on the body in two ways. One, it increases the immune power; second, it rebuilds muscles and tissues. First of all, aloevera prevents damage to the cells and tissues; secondly, cures the damage if it occurs.

There are more than 300 species of Ghrit Kumari plants all over the world. Of this, 11 are toxic and only 4 contain medicinal properties. Of these, Barbedensis-Miller is a very useful aloevera. It contains more than 200 life-essential elements. It contains vitamins (B, C, D, E and Beta carotene), all types of minerals, enzymes that help in various bodily processes, most essential fibers and 20 important amino acids. These amino acids are vital for physical build-up. They are necessary to reduce cancerous tumors and in manufacture of red and white blood corpuscles. Amino acids are useful in nervous system, controlling blood sugar and in
reducing ammonia air in the brain. Ghrit Kumari is known as Equaliser. It not only reduces the amount of unnecessary elements in the body, but also helps to increase the amount of vital elements. The use of Kumari reduces the unnecessary elements from the blood, like LDL cholesterol, triglycerides, uric acid creatine and sugar. Similarly, it increases HDL cholesterol, hemoglobin, red blood corpuscles and platelets. Some elements of aloe vera are the perfect cures for some diseases of various systems of the body. For example, it is extremely useful for eyes, skin, liver, spleen, pancreas, kidneys and gynecological problems.

Constituent elements of aloe vera: The usefulness of aloe vera has been revealed to the world on a big scale today. It will no exaggeration to call it the ultimate disease-fighting plant.

1. **Vitamins:** It is a main source of vitamins. Basically, it contains all the vitamins. Chiefly, the anti-oxidant vitamin 'A', Beta carotene, 'C', and 'E', and a little amount of vitamin B-12 is found in it. It is considered to be the best source of vitamins for vegetarians.

2. **Enzymes:** The enzymes found in it, when taken orally, improve digestion, control sugar and reduce fat. One of these is Bradychemese enzyme, which helps in burn if applied on the skin. Other enzymes found in it have the capacity to heal wounds quickly.

3. **Minerals:** It contains minerals like Calcium, Sodium, Potassium, Manganese, Copper, Zinc, Chromium and Selenium, which control metabolism in the body.

4. **Sugar:** It contains some amount of sugar that is helpful in quickly boosting up the immune system. Once the sugar enters the blood stream, it starts up the immune-regulating effect and removes diseases from the body.

5. **Carbose:** It contains 12 types of Carbolic acids that remove harmful elements and cleanse the body. Body's capacity to tolerate pain is generated in the presence of these elements, which means that the use of this plant while in pain is very useful. This plant also shows anti-viral properties.
6. **Lignin**: This plant contains an element called Lignin. Lignin present in aloe vera is an element that, upon application on skin, oxidizes all the pollutants and cleanses the skin and makes the skin shiny by removing dryness.

7. **Suponin**: This element protects the skin from viral infections, bacterial and fungal diseases. The Suponin present in aloe vera acts as an antiseptic. The Suponin present in the pulp of aloe vera protects the skin.

8. **Fatty acids**: The elements cholesterol, campesterol, B Misosterol and lupin found in aloe vera are considered to be natural steroids. The main use of these is to reduce swelling of the body. The properties of protection against skin diseases, antacid and pulse regulation of aloe vera are because of these fatty acids.

9. **Salicylic acid**: By the presence of this element, aloe vera becomes as highly effective as Aspirin. The acid element reduces swelling and it also gives protection against viruses.

10. **Amino acids**: The body contains 22 types of amino acids. Aloe vera contains 20 types of amino acids. Amino acids play a vital role in body construction. Protein is digested with the help of these acids, which helps protect the body. It also fortifies the body strongly.

Aloe vera, which has unlimited healing properties, has been known for more than four thousand years. It the world’s best natural medicine. It has the following medicinal properties, which have been known since ages:

1. Anti-inflammatory
2. Anti bacterial
3. Anti fungal
4. Anti pyretic
5. Antiseptic
6. Antibiotic
7. Antimicrobial
8. Antitoxic
9. Anti-allergic
10. Anti-yeast
11. Anti-oxidant
Aloe vera acts on the body in the following manner:

1. **Digestive system**: Aloe vera improves digestion, excites liver and destroys cough and spleen disorders and at the same time, controls gases disorders. This improves digestion. It is very effective on digestive system disorders like, loss of appetite, gasses, stomach ache, spleen disorder, constipation, piles, colitis and swelling of liver and spleen.

2. **Excretion of toxins**: Due to various reasons, like through food ingredients, through water or air, or even from some medicines, toxins keep accumulating in our body. These toxins are responsible for many of the diseases. The toxins accumulated in small intestine of the body are removed completely by Ghrit Kumari. The Suponin contained in Ghrit Kumari does this work. Accumulation of toxins is one of the main reasons of cancer in the body. Taking Ghrit Kumari promotes blood purification. This leads to removal of skin diseases, hair loss etc. and the skin tone improves. Skin spots and roughness are removed and the skin becomes soft and glorious. Cholesterol, triglycerides and sugar reduced in the blood.

3. **Heart problems**: Ghrit Kumari is beneficial in heart problems in many ways. It reduces triglycerides and bad Cholesterol (LDL) in the blood with the chromium contained in it. It protects the heart with its anti-oxidant properties. The Calcium isocitrate present in Ghrit Kumari slows down the heart, so that it receives more nutrients. Electric activity is reduced, thus the heart’s working capacity is increased. Due to all these reasons, more pure blood is circulated in the body. The heart muscles are strengthened by calcium, magnesium and potassium. Ghrit Kumari is effective due to the 20 amino acids it contains. These amino acids help minerals to remove toxic elements. Carbohydrates and fats are digested properly and accumulation of fat in liver and blood vessels is avoided.

4. **Circulatory system**: Ghrit Kumari increases the amount of white and red blood corpuscles and platelets, increases oxygen by reducing ammonia air in the head. Improves blood circulation by widening the arteries. High blood pressure is controlled. The immune system of the
body improves due to generation of new cells. Old tissues are rejuvenated.

5. **Urinary tract:** Ghrit Kumari removes excess water accumulated in the cells. Ghrit Kumari is very effective in diseases like reduced urine, urine blockage, renal and kidney stone, etc.

6. **Reproductive organs:** Ghrit Kumari is called a friend of the women. There is no better natural medicine like Ghrit Kumari for various illnesses of women. It helps menses. It is useful in diseases of the uterus. It is also useful in men's semen related diseases.

7. **Skin problems:** The molecular structure of Ghrit Kumari is very small. It can easily penetrate down to the seventh layer of the skin, if applied. Therefore, it is a good conductor. At the same time, Ghrit Kumari is antiseptic and a painkiller, too. Ghrit Kumari makes the skin soft and glorious. It can also rejuvenate dead tissues. Ghrit Kumari heals the wounds 70% faster than other medicines. Ulcer, which is a wound inside the stomach, heals quickly by taking Ghrit Kumari. The toxins accumulated in small intestine and impure blood are the root cause of all skin diseases. Ghrit Kumari removes all the toxins and purifies blood. Thus Ghrit Kumari cures all the skin diseases like psoriasis, etc. This is done by the elements constituting Ghrit Kumari. It is a specialty of the gel made from the leaves of aloe vera that it heals the wound faster, does away with numbness, relieves pain and reduces swelling. It is really an anti toxin, fungus remover, promotes blood circulation and removes foreign matter from wounds and helps in regeneration of new cells in the skin.

8. **Hair fall:** The chief cause of hair fall is also the toxins accumulated in small intestine. Once these elements are removed, hair loss stops. A light massage with aloe vera gel helps in regeneration of new tissues and makes the hair grow longer. Dandruff is removed. Hair becomes glorious with the removal of dryness. It also stops premature graying of hair.

9. **Brain and nervous system:** Ghrit Kumari is an extremely useful medicine for the brain and the nervous system. Ghrit Kumari purifies...
nerves and nervous system. Choline helps to increase memory power. Brain becomes sharper with the help of constituents like Boron, Phenylamine, Glutamic acid, Thiamin, Asparagines etc. The spinal cord is strengthened. It relieves migraine. Not only this, even Parkinson's patients show improvement.

10. Arthritis: Around the age of 45, women experience a reduction of calcium. At the same time, the ligament of the knees also weaken, due to which, the cartilage between the two bones of the knee is eroded. As a result, the two bones grate against each other and cause intense pain. But Ghrit Kumari helps build a new cartilage with its tissue building qualities. The tissues and ligaments are fortified. Ghrit Kumari also acts as a painkiller and reduces the pain and swelling in the knee. It contains an element called Antiracunane, which quickly reduces the swelling caused by rheumatism.

11. Diabetes: The amount of sugar in blood and urine increases due to reduction in amount and quality of insulin created in pancreas. Ghrit Kumari has proved to be a boon for the diabetes patients with its control over insulin making process of pancreas. This is done by the chromium metal present in Ghrit Kumari. Diabetes can be controlled by regular intake of Ghrit Kumari. It does not harm liver and kidneys at all, but on the contrary, it benefits them. The use of Ghrit Kumari is extremely beneficial as a healer of wounds and as a painkiller in diabetes patients. The vitamin C, zinc, water, proteins and gibberellins present in Ghrit Kumari help in healing the wound faster.

12. Cancer and AIDS: Ghrit Kumari has proved to be very effective against these diseases. Patients regain their strength from the nutrients present in it. The toxins accumulated in their bodies due to strong medication can be removed with the help of Ghrit Kumari. Due to continuous oxidation in the body, free radicals are formed, which is one of the major causes of cancer. Ghrit Kumari contains powerful antioxidants that stop oxidation, thereby removing the very cause of cancer. According to a study conducted in Japan in 1994, the juice of aloe vera can prevent or cure all the cancer causing elements. Lactin, present
in Ghrit Kumari destroys cancer and tumor cells. Its juice has the wonderful capacity to generate healthy cells.

13. Immunization: Ghrit Kumari, with its more than 200 vital constituents, strengthens immune capacity. So the frequency of common cold, cough, asthma and other allergies is vastly reduced. The chemicals, cartilage and aspartic, have proved beneficial for this. Apart from this, Ghrit Kumari has proven useful against various ailments like anemia, pyorrhea and other dental diseases, swelling, backache, muscular pain, fits, stone, jaundice, illnesses of the prostate gland, sinus, varicose veins etc.

Any person feeling unwell physically can feel a wonderful change by taking aloe vera juice regularly for just 90 days. Aloe vera is edible. Aloe vera can be taken along with any other treatment like, allopathic, Ayurvedic, Homoeopathic etc.

Use Aloe Vera Today
Ensure - Healthy & Happy tomorrow

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