



## Aloe Vera ~ the flower of regeneration

**Latin name:** *Aloe barbadensis*

**Family:** Aloacea

**Folk name:** Burn plant, medicine plant

**Planet:** Moon

**Element:** Water

**Magical uses:** Protection, luck

**Part used:** Leaf

### History

From a simple house plant to a known medicinal plant, Aloe was used by the Ancient Greeks since the 4th century BC. In Sanskrit Aloe's name *kumari* means a young girl or virgin because the plant apparently imparts the energy of youth and brings about the renewal of female energy (the moon). Aloe vera is a very resilient plant, even if left with no water until shrivelled, a leaf once immersed in water for a few hours will become plump and fresh again. It also heals itself remarkably quickly if a leaf is damaged. The Doctrine of Signature propose that the healing properties of plants and flowers are influenced by their physical features such as color, shape, odor and their natural environment.

### Topical Usage

Aloe vera is a good example of "The Doctrine of Signature" the ancient method of plant identification, as the gel is used topically for treating burns, including sunburn and after radiation therapy, It is used in lotions to rejuvenate the skin and is an ideal base for skin conditions such as nappy rash and eczema.

### Herbal Remedy

Western herbalist may prescribe Aloe internally as a tonic to the liver and digestive tract.

### Flower Essence

It's theme of energy and regeneration continues through Aloe's use as a flower essence. It is for those who have a creative, fiery constitution, suffering from exhaustion or "burn out". Especially suitable for workaholics. Aloe pours *water* (Element) on excess fire.

Important: The information given does not replace medical advice or opinion.

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