

Aloe Vera Extract for Stomach Acid Use Safe and Effective Treatment

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Abstract

The purpose of this study was to determine the effectiveness of aloe vera juice against stomach acid. Aloe vera also contains key elements such as resin, aloin, tannins, aloin-emodin, polysaccharides, 19 amino acids, 12 vitamins and 20 minerals that are important for health. Aloe vera is a natural ingredient that is good for detoxifying heavy metals in the body, and is able to maximize the performance of the digestive system. Consuming aloe vera juice in a certain dose, is very effective for healing wounds in the stomach, as well as being a natural remedy for stomach ulcers which is quite effective. Aloe vera has the ability to stimulate the release of pepsin, which is an enzyme in the stomach that works to support the digestive system.

Keywords: Aloe Vera Extract, Stomach Acid, Effective Treatment

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Introduction

The World Health Organization (WHO) performed a survey of eight countries in 2010 and determined the global prevalence of gastritis. Starting with the country with the highest prevalence of gastritis, America, with a rate of 47 percent, followed by India with a rate of 43 percent and with a rate of 40.85 percent. Gastritis is one of the top ten most prevalent disorders among hospitalized patients, accounting for 30,154 cases (4.9 percent). According to 2018 statistics from the Basic Health Research, the prevalence of gastritis in Central Java is relatively high at 79.6 percent. In 2014, the Wonogiri District Health Office was rated fourth in the country for gastritis, with 38,075 patients. Gastritis is often characterized by discomfort in the pit of the stomach, nausea, vomiting, weakness, bloating, shortness of breath, decreased appetite, pale face, elevated body temperature, cold sweats, and dizziness, as well as constant belching and, in more severe instances, blood vomiting. Among the symptoms listed above, pain is one of the most distressing.

Pain-relieving activities can be classified into two categories: pharmacological and non-pharmacological (without treatment) (Eutink et al., 2011). The juice of the medicinal plant aloe vera is one of the non-pharmacological remedies (aloe vera). Aloe vera includes a variety of active chemicals that may be used to treat a variety of disorders (Christaki & Florou-Paneri, 2010). While this plant is well-known for its hair fertilizing and skin smoothing capabilities, little is known about its usage as a supplemental therapy for gastritis. Aloe vera has beneficial chemical components, particularly anti-inflammatory chemicals, and the findings of research indicate that aloe vera juice is a safe and efficient therapy for stomatitis (Sánchez et al., 2020). Aloe vera's ability is comparable to that of ranitidine and omeprazole.

One of the issues that occur in family nursing is the ineffectiveness of sustaining family health. The Nursing Outcome Classification (NOC) that can be enforced is that families are capable of caring for sick relatives. They understand how to care for family members who have gastritis

pain problems using family outcome criteria. The purpose of the Nursing Intervention Classification (NIC) in this scenario is to assist the family in determining which measures they feel would enhance or maintain health. The purpose of this study was to determine the effectiveness of aloe vera juice against stomach acid.

Review of Literature

Gastritis

Gastritis, or gastritis, is stomach pain caused by inflammation or damage. Gastritis may strike anyone at any age. Gastritis is classified into two types: acute gastritis and chronic gastritis. Acute gastritis is a transient and severe inflammatory condition. While chronic gastritis is a slow-moving inflammatory condition.

Aloe Vera Extract

The Aloe vera plant (Aloe vera) is more commonly recognized as an attractive plant, however it is frequently utilized as a fundamental component in medications and cosmetics, either directly or after being processed and blended with additional substances by the manufacturer. Aloe vera is a member of the Liliaceae family, which has over 200 species. Aloe sorocortin from Zanzibar (Zanzibar aloe) is cultivated, as is Aloe barbadensis miller and Aloe vulgaris. Linn's aloe vera Aloe nobilis, Aloe variegated Aloe vera (Aloe barbadensis), Aloe feerox miller, Aloe arborescens, and Aloe schimperii are the only recognized varieties. Aloe vera gel is mostly composed of water, which accounts for 99.5 percent of its content. The remainder are solids mostly composed of carbs, namely mono and polysaccharides. Aloe vera gel is mostly composed of carbohydrates, vitamins, and calcium. Aloe vera protein is present in trace levels quantitatively, but qualitatively, aloe vera protein is high in important amino acids, including leucine, lysine, valine, and histidine. Apart from necessary amino acids, aloe vera gel contains glutamic and aspartic acids. Aloe vera contains fat-soluble vitamins, as well as trace levels of folic acid and choline.

Aloe Vera Natural Medicine for Stomach Acid

Aloe vera is a well-known natural substance with several advantages. Apart from being used to maintain healthy hair and scalp, aloe vera has been shown to be a natural cure for heartburn (Nandal & Bhardwaj, 2012). However, you must first identify the rules. Ulcer is not an illness in and of itself, but a sign of a disease that damages the stomach. Nausea, stomach discomfort, burning, and bloating are all frequent signs of an ulcer. These symptoms occur after you eat or when you eat too late. Additionally, ulcer symptoms frequently repeat when you ingest spicy meals, caffeine-containing foods and beverages, high-fat foods, or foods (including fruits) with a high acid content. According to Livestrong, aloe vera's flesh in the form of a gel is an excellent natural element for wound healing. Not only may aloe vera be used externally, but it can also be used inside to treat wounds, even those in the stomach.

This is one of the reasons aloe vera is promoted as a natural heartburn cure. Additionally, aloe vera includes beneficial components such as resins, aloin, tannins, aloin-emodin, polysaccharides, 19 amino acids, 12 vitamins, and 20 minerals. According to the American Chronicle, aloe vera is a natural element that aids in the detoxification of heavy metals from the body, optimizes the digestive system's efficiency, and aids the stomach in breaking down carbs, proteins, and fats. Additionally, the methionine, serine, amino acids, threonine, and molybdenum concentration aids the body in efficiently preventing fat formation in the arteries and liver.

According to the book Prescription for Herbal Mending, multiple studies have demonstrated that ingesting aloe vera juice in specific amounts is quite helpful at healing stomach ulcers and is also a very good natural cure for heartburn. Additionally, according to a research published in the Journal of the American Osteopathic Society, aloe vera has the capacity to increase the production of pepsin, a stomach enzyme that aids in digestion.

The stomach's function will be improved with the aid of aloe vera, particularly when it comes to breaking down and crushing food, as well as being able to regulate the stomach's acid content.

Aloe Vera Consumption Guidelines

Aloe vera's efficacy as a natural cure for heartburn is undeniable. Dr. James F. Balch advocates drinking a cup of aloe vera juice three times a day in his book, Prescription for Natural Cures. However, not everyone should take aloe vera juice. It is especially suggested to avoid it for women who are menstruating, pregnant, nursing, or using birth control pills on a regular basis. Additionally, long-term intake of aloe vera is not recommended. The reason for this is that aloe vera can also result in electrolyte depletion or imbalance issues in the body, which are characterized by irregular heartbeats, weariness, and muscular spasms. Therefore, before consuming aloe vera on a regular basis to alleviate heartburn, you should visit your doctor. To be safe, you should ingest PROMAG GAZERO Herbal, a recognized natural medicine for stomach ulcers. Additionally, PROMAG GAZERO Herbal has been professionally evaluated to ensure that it is safe to use by anybody, from toddlers to adults.

Aloe Vera Juice's Anti-Acidity Properties

The fundamental pathophysiology of gastritis is an imbalance of aggressive and defensive components (gastric acid and pepsin) (mucosal resistance). Aspirin or other non-steroidal anti-inflammatory medicines (NSAIDs), corticosteroid medications, alcohol misuse, intake of erosive chemicals, or smoking, or a combination of these variables, might jeopardize the gastric mucosa's resistance. Gastritis can manifest itself in the form of pain, pains, or discomfort in the upper abdomen.

Pain in general may be described by stating that gastritis pain begins as a result of increased gastric acid or hydrochloric acid production, which causes irritation/injury to the stomach wall. This wound results in inflammation, which results in discomfort and nausea. Increased stomach acid is induced by a variety of reasons, including stress, alcohol consumption, irregular eating patterns, drug use, and strenuous employment. Pain in the stomach, weakness, gripping the stomach, and groaning in pain are among responses that patients with gastritis frequently exhibit or might observe. It should be mentioned that because gastritis is a chronic condition that might reoccur, gastritis patients may need to take medications consistently.

Aloe vera can be used in conjunction with pharmacological treatment. Aloe vera concentrate aids the digestive system by cleaning, smoothing, and chilling it. Aloe vera's saponins and tenins content may help to alleviate inflammation and prevent it from worsening. Then bradykinase, carboxypeptidase, and salicylate chemicals might help alleviate discomfort produced by inflammation, such as nausea, bloating, vomiting, pain, or pain in the stomach. Aloe vera (Aloe vera) is a tropical plant that is one of herapeutic plants (herbs). Aloe vera has around 75 different helpful chemicals and over 200 compounds that are useful in herbal therapy.

This aloe vera therapy is not only beneficial for digestive health, but it may also be used to alleviate pain associated with external wounds such as burns, infection wounds, and wounds caused by infusion (phlebitis) (Sadoyu et al., 2021). Aloe vera as a complementary treatment By utilizing this product, specifically Herbalife's aloe vera concentrate, it has been shown that the material included within it can assist in accelerating the decrease in stomach acid secretion (reduce HCl production) and maintaining a normal gastric pH of 1-2 to 4-5. Reduced HCl in the stomach and a normal gastric pH result in a reduction in gastritis discomfort. Aloe vera concentrate is also used as a companion to medicinal medications and can be ingested daily to preserve digestive health (Nandal & Bhardwaj, 2012).

Aloe vera concentrate is made by PT. Herbalife International of America, Inc. in Winston-Salem, North Carolina, USA. It is utilized as a supplemental therapy for this medicinal medicine. Hebalife Aloe Concentrate (HAC) mango flavor comprises the following ingredients: water, citric acid, natural mango flavor, pure aloe vera concentrate (0.0723g), potassium sorbate, sodium benzoate, sucralose powder, and powdered chamomile flower extract (3.8 mg). Aloe vera leaves have anti-inflammatory properties, help to strengthen the stomach, and help to combat inflammation (Fehrmann-Cartes et al., 2019). This aloe vera beverage may be drank daily to help maintain good health. Aphthous stomatitis is a type of inflammation and discomfort that is frequently encountered in the oral mucosa (thrush). Aloe vera includes a variety of beneficial chemical components, most notably as an anti-inflammatory treatment for stomatitis (thrush).

The Efficacy of Aloe Vera in the Treatment of Stomach Acid

Aloe vera syrup is a well-tolerated, safe, and efficient therapy for the most frequent symptoms of GERD. Additionally, aloe vera is as effective as the usual medications ranitidine and omeprazole for the majority of symptoms (Mahboubi, 2021). Aloe vera is commonly used in Poland to treat stomach hyperacidity, as well as gastric and duodenal ulcers among smokers, according to an epidemiological research.

The aloe vera plant (Aloe Vera) is based on clinical trial data established by the Natural Standard/Harvard Medical School's Level of Evidence Grade, which emphasizes evidence-based information on safety, risks, interactions, and dose. Clinical experiments conducted on people have shown that administering 1-2 tablespoons of juice (10-30 mg hydroxyanthraquinone equivalent) is effective for patients suffering from constipation. The laxative action of aloe is mostly due to the presence of 1, 8-dihydroxyanthracene glycosides, aloin A and B. (barbaloin). 1 capsule (100 mg extract) in the evening (start of action 8 hours). Aloe vera is utilized for a brief duration, up to 8-10 days.

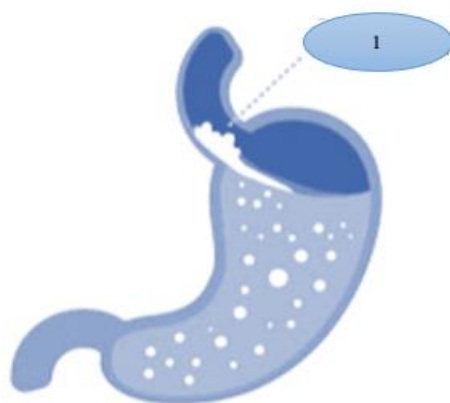


Figure 1. Unhelathy Stomach Acid (GERD)

Note: 1: Sphincter open, allowing reflux

One of aloe vera's advantages is that it helps to alleviate excess stomach acid. Aloe vera can help alleviate stomach and intestinal inflammation. Additionally, aloe vera can increase the amount of water in the colon, which aids in the smooth functioning of the digestive system. The process can be seen in the figure below:

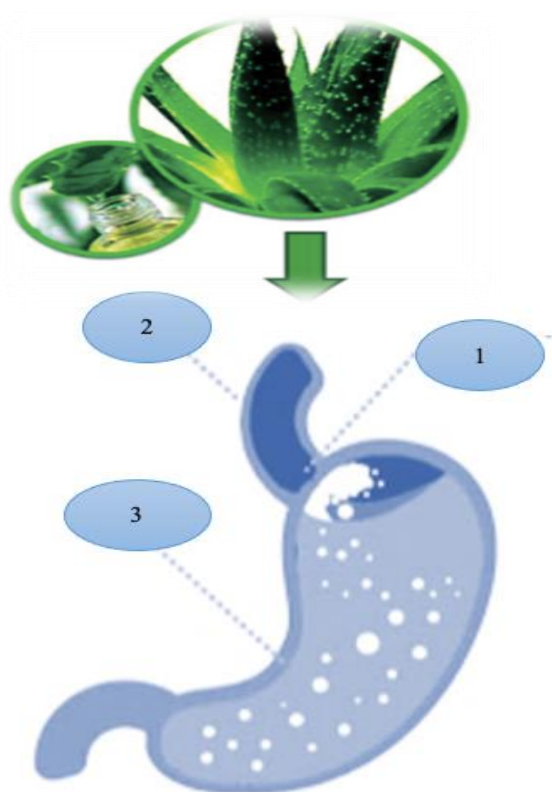


Figure 2. Aloe Vera in the Treatment of Stomach Acid Became Healthy

Note: (1): Spincter closed; (2): Esophagus (3): Stomach

Aloe vera contains a high concentration of natural compounds, making it one of the plants that may be used to cure ulcer condition (Rajeswari et al., 2012). Aloe vera contains vitamins A, B1, B2, B3, B6, B12, C, E, folic acid, choline, and vitamin F, as well as minerals calcium, phosphorus, potassium, iron, sodium, magnesium, manganese, copper, and zinc. Additionally, there are enzymes and amino acids such as isoleucine, leucine, lysine, methionine, theronin, and valine, as well as lipase, serine, tyrosine, cyzin, and arginine.

Aloe vera's efficacy for ulcers is a real statement; nevertheless, aloe vera can also treat ulcers by lowering stomach acid that abruptly surges as a result of irregular eating, tension, or fear. Aloe vera's alkaline component helps to neutralize and decrease excess stomach acid.

Aloe vera preparations have expanded in variety in recent years, and can be converted into juice or a combination of meals. With here's one method for combining aloe vera and diet to treat ulcer condition. One of them may be used as a combination to manufacture jelly; the procedure is relatively simple. (1) Clean the aloe vera; (2) Separate the skin and meat from the

aloe vera or extract the gel from the aloe vera; (3) Cook the agar as normal; (4) Add the aloe vera gel and stir continually until it boils; (5) Allow to cool before consuming.

Conclusion

Ulcer is not an illness in and of itself, but a sign of a disease that damages the stomach. Nausea, stomach discomfort, burning, and bloating are all frequent signs of an ulcer. Ulcer symptoms frequently repeat when you ingest spicy meals, caffeine-containing foods and beverages, or high-fat foods. Aloe vera is a recognized natural medicine for stomach ulcers. PROMAG GAZERO Herbal has been professionally evaluated to ensure that it is safe to use by anybody, from toddlers to adults. The juice's saponins and tenins content may help to alleviate inflammation and prevent it from damaging the body. Aloe vera has around 75 different helpful chemicals and over 200 compounds that are useful in herbal therapy. It can be used to accelerate the decrease in stomach acid secretion (reduce HCl production) and maintain a normal gastric pH of 1-2 to 4-5. Reduced HCl in the stomach result in a reduction in gastritis discomfort. The laxative action of aloe is mostly due to the presence of 1, 8-dihydroxyanthracene glycosides, aloin A and B. Aloe vera's alkaline component helps to neutralize and decrease excess stomach acid. One of them may be used as a combination to manufacture jelly; the procedure is relatively simple.

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