RED ALOE JELLY

(This formulation uses agar as a thermo-reversible gelling medium that stabilises polysaccharides and phenolic compounds naturally present in *Aloe ferox*. Gentle heating preserves aloe-derived acemannan and antioxidant molecules, which may support gastrointestinal motility, mucosal hydration, and cellular protection. Incorporation of the aloe gel into the agar–sugar matrix enhances uniform dispersion and improves shelf stability by reducing water activity. Controlled drying converts the gel into a chewable candy form while retaining bioactive components. Overall, the preparation provides a hydrating, fibre-rich confection with mild laxative and antioxidant potential.)

Ingredients	**#**	**Name of Ingredients**	**Botanical Name**	**Qty**
	1	Senkattraalai (Red Aloe Gel)	*Aloe Ferox*	Qs
	2	Agar	*Gelidium amansii*	Qs
	3	Sarkkarai (Sugar)	*Saccharum officinarum*	Qs
Preparation Time	60 minutes			
Preparation Method	1. Dissolve agar in water by heating until fully melted, then add sugar and mix. 2. Warm filtered Red Aloe gel separately and add slowly into the agar–sugar solution with stirring. 3. Pour into moulds, allow to set, then refrigerate for firming. 4. Cut, dry at low heat to candy consistency, and store airtight.			
Benefits	Red aloe is claimed to help bowel movement in constipation, improve hydration, and provide antioxidants that may support general wellbeing and Gynaecological problems like dysmenorrhea.			
Reference	Pathaartha Guna Chintamani. Chennai: Department of Indian Medicine and Homeopathy; 2022. p.150, stanza 395.			

RED ALOE / ALOE FEROX

BIOACTIVE COMPOUNDS AND POSITIVE EFFECTS

BIOACTIVE COMPOUINDS
RED FEROX

BIOACTIVE COMPOUNDS PRESENT IN ALOE FEROX

- Anthraquinones (Aloin, Aloe-emodin)
- Polysaccharides (especiallyacemannan)
- Sterols and flavonoids
- Vitamins A (β-carotene), C, E, B12, folic acid
- Sterols and saponins
- Salicylic acid
- Fatty acids and sesquiterpenes

MAJOR BIOLOGICAL ACTIVITIES / POSITIVE EFFECTS

Anti-inflammatory and wound-healing:
Aloe-emodin and aloin exert **strong anti-inflammatory action**, supporting healing of superficial burns, atopic dermatitis, and skin rashes. Polysaccharides enhance **epithelial repair and hydration**, aiding wound closure.

Antioxidant protection
β-carotene, vitamins C & E, phenolic compounds and flavonoids provide free-radical scavenging and tissue-protective effects

Cardiometabolic benefits
Sterols and saponins show cardio-protective action. In obese adults, Aloe ferox supplementation improved lipid profile, fasting glucose, BMI and diastolic blood pressure in clinical trials.

Analgesic and neuromodulatory action
Salicylic acid and polysaccharides possess pain-relieving and anti-inflammatory properties that relax tight muscles and provide soothing effects. Aloe gel is described as calming to the nervous system, and traditionally indicated for headaches and

Digestive and detoxifying support
Anthraquinones stimulate bowel motility and elimination, aligning with detoxification claims and metabolic regulation. Acemannan and related polysaccharides show immune-stimulating effects, and anticancer potential.

RED ALOE VERA

BIOLOGICALLY ACTIVE COMPOUNDS

Vitamin A (B-carotene), Vitamins C and E, B12, Folic Acid: Antioxidants

Aloe-emodin, Aloin: Anti-inflammatory benefits

Saponins, Sterols: Cardio-protective effects

Salicylic Acid, Polysaccharides: Painkilling and anti-inflammatory properties

POTENTIAL EFFECTS

- Treatment for burns and skin conditions
- Soothes headaches and migraines
- Calms the nervous system
- Relaxes muscles
- Stimulates metabolism
- Removes toxins from the body

RED ALOE JELLY:

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3. Sin, Chandra & Bethap, Rama & Chari, M. & Pullagummi, Chakrapani & Thota, Latha & Venkatesh, Krishnan & Jyothi, Arun & Pudutha, Amareswari & Rani, Roja. (2013). Cultivation, Phytochemical Studies, Biological Activities and Medicinal Uses of Aloe ferox, Grandfather of Aloes an Important Amazing Medicinal Plant. International Journal of Pharmacology. 9. 405-415. 10.3923/ijp.2013.405.415
4. Gherbon A, Frandes M, Timar R, Nicula M. Beneficial effects of Aloe ferox on lipid profile, blood pressure, and glycemic control in obese persons: A CONSORT-clinical study. Medicine (Baltimore). 2021 Dec 17;100(50):e28336. doi: 10.1097/MD.0000000000028336. PMID: 34918714; PMCID: PMC8677954.
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