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**The Impact of Aloe Vera on Mental and Physical Health - A Comprehensive Research Study**

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**ABSTRACT**

Natural remedies are widely used for ‘Health Management’ and general well-being. ‘Aloe Vera’ has gained a lot of interest in this natural remedy for its purported benefits for both physical and mental health. The main findings regarding the potential effects of ‘Aloe Vera’ on physical and mental health have been elaborated and discussed in the study.

The research study has used mixed methods incorporating both quantitative and qualitative methods to effectively capture the effect of ‘Aloe Vera’ in total, 100 participants between 25 and 50 years of age participated in this study. As part of the experiment, they were divided into two groups; One was given ‘Aloe Vera’ supplementation, and another a ‘Placebo’. Throughout the 12-week trial period, participants’ mental and physical health were closely monitored for signs of change.

In the quantitative portion of the experiment, two standardized psychometric tests were used to assess participants’ mental health: the Depression Anxiety Stress Scale (DASS) and the Perceived Stress Scale (PSS). In addition, physical health data, such as blood pressure, body mass index (BMI), and blood biochemistry, were recorded regularly throughout the study. The findings of the quantitative study showed that people using ‘Aloe Vera’ products significantly improved their mental health. Specifically, compared to the control organization, the experimental organization showed fewer signs of stress, anxiety, and hopelessness. Additionally, individuals consuming ‘Aloe Vera’ reported less stress indicating that the herb may have anti-stress properties.

The ‘Aloe Vera’ group reportedly showed significant improvement in vital physical health indicators. In particular, blood pressure was significantly lower in hypertensive patients, suggesting potential cardiovascular benefits. The group supplemented with ‘Aloe Vera’ also showed a trend towards moderate weight loss and improvement in BMI compared to the control group.

Samples of individuals from both groups were used for focus groups and in-depth interviews in the qualitative phase of the study. Participants’ experiences, opinions, and attitudes towards ‘Aloe Vera’ supplementation and its benefits to their physical and mental health were the main focus of these sessions. Qualitative research showed that people taking ‘Aloe Vera’ felt better overall, and many individuals who reported greater energy and focus also reported a more positive outlook on life they were likely to deal with stress. In addition, many patients reported improved skin health and attributed these to the topical use of ‘Aloe Vera.’

The findings of this study suggest that ‘Aloe Vera’ consumption can be beneficial for one’s physical and mental health. ‘Aloe Vera’ is a plant with potential benefits for the cardiovascular system, can help in weight loss, and can reduce stress levels, anxiety and depression. And for these reasons is a promising natural food for people's welfare. Further research, including extensive clinical trials and longitudinal studies, will be needed to corroborate and extend these findings. Fortunately, the research findings provide an important new perspective that advances our understanding of the potential health benefits of ‘Aloe Vera’.