



Letter to editor

Use of *Aloe vera* (L.) Burm.f. in the treatment of piles

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Aloe vera (L.) Burm.f. is widely cultivated throughout the globe for their various medicinal properties. The native range of the species is doubtful, but it is assumed that the species may be native of Socotra (Yemen), Somalia and Sudan (Treutlein *et al.* 2003). The plant has been used by the people of a number of civilisations *i.e.* Greece, Egypt, India, Mexico, China and Japan for different purposes (Morton 1961, Crosswhite & Crosswhite 1984, Marshall 1990, Mehra *et al.* 2014).

The use of *Aloe* extract orally in the treatment of inflammation (Reynoldsa & Dweckb 1999), diabetic wounds (Chithra *et al.* 1998b), high cholesterol (Dixit & Joshi 1983) and other gastrointestinal difficulties (Bland 1985) have already been described.

In the summer of 2004, I had vigorous piles. I used drugs under the guidance of physician for a month. After not getting any significant benefit, my doctor decided to operate the piles. In the meanwhile, one of my friends Mr. Abdunnaser Albataty, advised me an ethnic method for treating it. As per his instruction, I prepared a dilute solution of *Aloe* (*i.e.* 1 g / 250 ml water). Now, filtrated the impurities to obtain pure solution. In the morning, before breakfast, 30 ml of this purified solution with 3–5 drops sesame oil was taken. This was repeated for one month. After one month continuous use of this method, I felt comfortable. I shared this method among the people and also broadcast this method with the help of a radio programme. Number of people had been medicated by this method. That's why, here I am informing you this method of piles treatment.

DECLARATION

These are the author's own views, experience and observation. Journal is not responsible for any kind of discomfort to anyone.

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