Research Suggests Aloe Vera Could Be A Remedy For Polycystic Ovarian Syndrome

Rebecca Davis  December 13, 2016

Aloe vera is believed to be a potentially effective treatment for polycystic ovarian syndrome. It could improve plasma triglyceride reductions as well as LDL cholesterol levels. (Newswire.net -- December 13, 2016) Tallahassee, FL -- Today, more and more people who are suffering from certain types of diseases or disorders are turning to the use of natural alternatives. One of the most popular natural remedies is aloe vera, which has long been used for medicinal purposes.

Research suggests aloe vera could be a remedy for polycystic ovarian syndrome. This succulent plant is native to Sudan. It has long been a popular remedy for a range of diseases, and today, it is incorporated in many commercially-available products.

According to experts, aloe vera has been used in the treatment of burns, minor skin infections, wounds, diabetes, sebaceous cysts, and elevated cholesterol levels.

Polycystic ovarian syndrome, on the other hand, pertains to endocrinologic diseases that are caused by undeveloped follicles. These follicles clump on the ovaries, and this actually interferes with the normal functioning of the normal ovaries.

As a result, ovaries become enlarged, and this leads to hormone imbalance or excessive androgen. It leads to male pattern hair development, irregular period, acne, and weight gain. It also affects fertility.

Desai BN, Maharjan RH, Nampoothiri LP. Conducted a study that found nearly 70 percent of PCOS women have dyslipidemia or abnormal serum lipid levels. It has also been found that 50 percent of these women are obese.

According to statistics, this condition affects more than 5 percent of the women population, and this means 1 in 20 women.

Aloe vera is believed to be a potentially effective treatment for polycystic ovarian syndrome. It could improve plasma triglyceride reductions as well as LDL cholesterol levels.

The use of aloe vera has also been thought to increase HDL cholesterol. Further, this powerful healing plant has the potential to restore ovarian steroid status.

A study reveals that aloe vera gel formulation could have protective effects against PCOS phenotype. It displays this therapeutic effect by restoring ovarian steroid status as well as altering key steroidogenic activity.

Today, there are many people who turn to the use of aloe vera and other natural alternatives. While there are pharmaceutical drugs available for certain types of diseases.

However, there are those who prefer to use herbal remedies since they are believed to be safer to use. Natural alternatives, such as aloe vera, are also thought to offer a myriad of health benefits.

Aloe vera gel can be directly obtained from the plant’s leaf. There are also products that contain aloe vera, and one is magnesium oil spray.

Magnesium is an essential mineral for optimum health. This mineral combined with aloe vera is thought to offer a myriad of health benefits. (http://www.amazon.com/Aloe-Magnesium-Oil-Spray-Transdermal/dp/B01CRNYI2I)
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