

DEVELOP AND FORMULATE POMEGRANATE (*Punicagranatum L*) JUICE ALONG WITH UTILIZATION OF ALOE VERA (*Aloe Barbadensis Miller*) GEL

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ABSTRACT

Pomegranate with Aloe Vera is a cooling tonic to exhausted the summer heat for Pitta. Pomegranate juice is a polyphenol-rich fruit juice with great antioxidant capacity. In limited studies in human and murine models, pomegranate juice has been revealed to exert significant antiatherogenic, antioxidant, antihypertensive, and anti-inflammatory effects. Pomegranate juice significantly decrease datherosclerotic lesionareas in immune-deficient mice and intima media thickness in cardiac patients on medications. It also decreased lipid peroxidation in patients with type 2 diabetes, and systolic blood pressure and serum angiotensin converting enzyme movement in hypertensive patients. Thus, the potential cardioprotective benefits of pomegranate juice deserve further clinical investigation, and evidence to date suggests it may be prudent to include this fruit juice in a heart-healthy diet. The Aloe vera plant has been recognized and used for centuries for its health, beauty, medicinal and skin care properties. Aloe vera gel has been used for medicinal purposes in numerous cultures for millennia: Greece, Egypt, India, Mexico, Japan and China. Aloe vera gel contains 75 potentially active constituents: vitamins, enzymes, minerals, sugars, lignin, saponins, salicylic acids and amino acids. Aloe vera gel is beneficial in the treatment of gastrointestinal problems, such as indigestion, yeast, heartburn and irritable bowel syndrome. Aloe vera extract increased cell tolerance to glucose in healthy and diabetic rats, and the usage of aloe vera juice (4 - 14 weeks) had a significant hypoglycemic effect.

KEYWORDS: *Pomegranate, Aloe Vera, Antiatherogenic, Active Constituents, Hypoglycemic Effect.*

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