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Candelabra Aloe (*Aloe arborescens*) in the therapy and prophylaxis of upper respiratory tract infections: traditional use and recent research results

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Summary

Aloe arborescens (Candelabra Aloe) has been used in the treatment of upper respiratory tract infections in Central and Eastern European countries for many decades. Originally introduced to support the healing and recovery in cornea transplant patients, aqueous *A. arborescens* extracts soon became popular in the treatment of upper respiratory tract infections with a focus on toddlers and children. Recent preclinical and clinical data show that immunomodulatory, antiinflammatory, and antiviral effects contribute to its therapeutic efficacy. Based on its well documented, longstanding traditional use and its excellent safety and tolerability, *A. arborescens* may be considered a valuable addition to the spectrum of herbal medicinal products for the treatment and prophylaxis of upper respiratory tract infections, in particular common cold, in adults and children.

Zusammenfassung

Aloe arborescens, die Baumaloe, wird in Mittel- und Osteuropa seit vielen Jahrzehnten bei Erkrankungen der oberen Atemwege eingesetzt. Wurden Zubereitungen aus *Baumaloe* in den 1930er Jahren zunächst zur Unterstützung der Heilung und Rekonvaleszenz bei Cornea-Transplantationen eingesetzt, spielte schon bald ihre Anwendung bei Atemwegserkrankungen von Kleinkindern und Kindern eine wichtigere Rolle. Neuere präklinische und klinische Daten zeigen, dass immunmodulatorische, entzündungshemmende und antivirale Effekte zur Wirksamkeit von *Aloe arborescens* beitragen. Aufgrund ihrer jahrzehntelangen gut dokumentierten Anwendung und ihrer sehr guten Verträglichkeit können Zubereitungen aus *Aloe arborescens* eine wertvolle Ergänzung des Spektrums pflanzlicher Arzneimittel für die symptomatische Behandlung und Rezidivprophylaxe von Erkältungskrankheiten bei Erwachsenen und Kindern darstellen.

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Notes

1. 1.

At this stage, *Bioaron C*® did not contain Vitamin C, while in all other studies, it also contained Vitamin C.

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Conflict of interest

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