

Whole-leaf *Aloe vera* capsules in interstitial cystitis, painful bladder syndrome, chronic pelvic pain, and nonbacterial prostatitis: A double-blind, placebo-controlled crossover trial using Desert Harvest *Aloe vera* at the Urology Wellness Center, Rockville, Maryland.

Czarapata, B. J. (1995, October).

Proceedings of the NIDDK Scientific Symposium, San Diego, California. National Institutes of Health, Rockville, Maryland.

Abstract: Because of the promising anecdotal findings of interstitial cystitis (IC) patients who had tried Desert Harvest's whole-leaf, freeze-dried *Aloe vera* capsules, the Urology Wellness Center (UWC) in Rockville, Maryland, designed a double-blind, placebo-controlled clinical trial of this highly concentrated form of the *Aloe vera* plant in 13 IC/PBS patients. The study included three months of placebo followed by three months of *Aloe vera* or vice versa, depending on randomization. The study included a cross-over segment, with each patient receiving both substances at some point during the study and acting as her/his own control. The patients were assigned control numbers randomized by computer, and the products were shipped directly to the patient every month by the blinded manufacturer. The primary objective of the study was to monitor the safety and efficacy of Desert Harvest's concentrated whole-leaf, freeze-dried *Aloe vera* capsules in the management of the symptoms of IC/PBS. The symptoms that were monitored included urinary frequency, nocturia, dysuria, urgency, and suprapubic pain. Response to therapy was monitored by Quality-of-Life Assessment, IC Symptom/Problem Index, Health Status Questionnaire, and 24-Hour Voiding Diary. Of the 13 patients who were recruited for the study, 8 completed the full six months of the trial. Of the 8 patients who completed the study, 7 patients received relief from at least some of their symptoms of pelvic pain, frequency of urination, pressure, or nocturia (87.5%). Four patients experienced significant relief from all or most of their symptoms (50%). Only one patient had no response after completing all six months of the study (12.5%).