

Carica Papaya

Papaya (*Carica papaya linn*) is well known for its exceptional nutritional and medicinal properties throughout the world. The properties of papaya fruit and other parts of the plant are also well known in traditional system of medicine. During the last few decades considerable progress has been achieved regarding the biological activity and medicinal application of papaya and now it is considered as valuable nutraceutical fruit plant. Papaya possess excellent medicinal properties for treatment of different ailments. The different parts of the *Carica papaya* plant including leaves, seeds, latex and fruit exhibited to have medicinal value ^[1].



Family: Caricaceae

Genus: Carica

Botanical Name: *Carica papaya*

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Chemical Constituents of *Carica papaya*:

Alkaloids carpain, pseudocarpain and dehydrocarpaine I and II, choline, carposide, vitamin C and E ^[2].

Nutritional value: The papaya leaves (per 100 g), were reported to contains 74 calories, 77.5 g H₂O, 7.0 g. protein, 2.0g fat, 11.3 g total carbohydrate, 1. 8 g fiber, 2.2 g ash, 344 mg Ca, 142 mg P, 0.8 mg Fe, 16mg Na, 652 mg K, 11,565 ug β-carotene equivalent, 0.09 mg thiamine, 0.48 mg riboflavin, 2.1 mg niacin, and 140mg ascorbic acid, as well 136 mg vitamin E ^[3].

Medicinal uses: Young leaves are used as vegetables, jaundice, urinary complains, urinary tract infection and gonorrhoea, dressing wounds, anti-bacterial activity, vermifuge in colic, fever, beriberi, abortion and asthma ^[4].

Clinical Studies:

- The study conducted by Dr. Sanath Hettige on 70 dengue patients and revealed that papaya leaf juices increases white blood cells and platelets, normalizes clotting, and repairs the liver ^[5].
- Recent research on papaya leaf tea extract has demonstrated cancer cell growth inhibition. It appears to boost the production of key signaling molecules called Th1-type cytokines, which help regulate the immune system ^[1].

Available grades: 45% Glycosides

Specification:

Botanical/ Scientific name	<i>Carica papaya</i>
Part used	Dried leaves
Identification	Gravimetry
Heavy metal	Not more than 20 ppm
Arsenic	Not more than 1 ppm
Lead	Not more than 3 ppm
Microbiological profile	As per JPN Food Regulation

References:

1. Vijay Yogiraj et al., “*Carica papaya* Linn: An Overview” International Journal of Herbal Medicine 2014; 2 (5): 01-08
2. Arya Vaidya Sala, *Carica papaya*, In: Indian Medicinal Plants & Compendium of 500 species, 1st Edn, VolII, Orient Longman Pvt Ltd, Hyderabad, 2005, pp. 383-384
3. Duke, J. A. (1996, July 3). *Carica papaya* L. Retrieved from http://www.hort.purdue.edu/newcrop/duke_energy/Carica_papaya.html
4. Indian Medicinal Plants by KR Kirtikar and BD Basu, Reprint, 2nd Edn, International Book Distributors, Dehra Dun, Vol. II, 1998, pp.1097-1099.
5. Arvind G, Bhowmik D, Duraivel S, Harish G. Traditional and medicinal uses of *Carica papaya*, J Med Car Pap 2013; 1(1):2320-3862