

PAPAYA LEAF EXTRACT BENEFITS IN THE SYMPTOMS OF DENGUE

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ABSTRACT

The Carica papaya splint is acquiring the interest as an implicit remedial element for taking the edge off dengue-and non-dengue-accompanying thrombo-cytopaenia. In that estimate, safety examinations are as important as efficacy eventuality. The safety appraisal of botanical products for mortal use is tricky by shifting phrasings, legion phyto-chemical conformation, and foreign manures. This examination aimed to totally organize connected safety clinical and preclinical data, as well as reports on condiment-medicine relations of C. papaya splint consumption.

Styles. A methodical hunt using pre-planned keywords on electronic databases (MEDLINE, Cochrane Library Central, LILACS, and Web of Science) and slate literature was conducted. Applicable clinical and preclinical studies were linked, screened, and anatomized to present an overall safety profile of papaya splint consumption.

Results. A aggregate of 41 papers were included (23 clinical, 5 ongoing trials, and 13 preclinical) for descriptive analysis on study characteristics, adverse responses, toxin findings, and condiment- medicine relations, from which 13 randomized controlled and quasi-experimental trials were farther assessed for threat of bias and reporting quality. Overall, C. papaya splint consumption (in the form of juice and formalized waterless excerpt) was well permitted by adult humans for short durations (5 days).^[1]

KEYWORDS:

Papaya, Carica papaya L, C papaya, papaya leaf and papaya benefits..

INTRODUCTION

Papaya, a tropical fruit, is frequently seen in orange-red, unheroic-green, and unheroic orange tinges with rich orange pulp. The whole factory corridor, fruits, roots, dinghy, peel, seeds, and pulp are known to have medicinal parcels. It has been used for the treatment of multitudinous conditions like knobs, sludge, sinuses, eczema, cutaneous outgrowths, blood pressure, dyspepsia, constipation, amenorrhoea, general fragility, expel threadworms and stimulate reproductive organs. It also effectively treats and improves all types of digestive and abdominal diseases. Leaves of papaya, one of the factory corridors with multitudinous medicinal values have a history of storming and eating with spinach in Asia. It has been planted to have a significant effect on colorful excrescence cell lines and the tea excerpt of leaves plants to have anti-malarial and antispasmodic conditioning. It has been plant to increase appetite, ease menstrual pain and relieve nausea. The most important traditional use of splint juice is its capability to increase white blood cells & platelets, homogenize clotting, and also repair the liver^{(3) (4)}. Ayurvedic literature reveals that papaya splint excerpt has haemostatic parcels and recent studies on the capability of papaya splint waterless excerpt on platelet addition in a cyclophosphamide-convicted thrombocytopenia rat model was studied.^[2]

Papaya leaf benefits during dengue:-

Carica papaya leaf contains different phytoconstituents like tannins, cardiac glycosides saponins, and alkaloids. The alkaloids like pseudocarpaine, carpaine, and dehydrocarpaine have shielding effects over or can say on the bone marrow. It helps in preventing the loss that occurred due to dengue and helps in building back the ability to produce the platelets. It helps in stopping the destruction of platelet loss in blood. Basically, what the papaya leaf does is that it promotes the development of blood cellular components or hemopoiesis, mainly the myeloblasts and megakaryocytes in the bone marrow. Papaya leaf contains a unique phytochemical called acetogenin, which is evincing to increase the platelet count.

It's an effective remedy for people dealing with dengue as it ensures a speedy recovery. Papaya leaves also contain several natural factory composites similar as flavonoids and carotenes that contain anti-inflammatory and antioxidant parcels. They intercept the damage which is caused to the blood cells by the unfavorable free radicals.^[5]

PAPAYA LEAVES BENEFIT

Papaya Leaf plays a key role in improving digestion: –

Papaya splint teas and excerpts are frequently used as a volition remedy to palliate uncomfortable digestive symptoms, similar to gas, bloating, and heartburn.

Papaya splint contains fiber — a nutrient that supports healthy digestive function — and a unique emulsion called papain. Papain is well known for its capability to break down large proteins into lower, easier-to-condensation proteins and amino acids. It's indeed used as a meat tenderizer in culinary practices. One study plant that the supplemental use of a papain grease paint sourced from papaya fruit reduced negative digestive symptoms, including constipation and heartburn, in people with perverse bowel pattern (IBS).^[5]

PAPAYA LEAF BENEFITS

Papaya leaf reduces Cancer Pitfalls: – Excerpts from papaya splint boasts of great anti-cancer parcels majorly because of their emulsion acetogenin. According to the study carried by the journal of Ethnopharmacology, the enzymes in papaya splint can fight liver cancer, lung cancer, pancreatic cancer, and bone cancer. The anti-inflammatory parcels of papaya splint could also be helpful in lowering the inflammation and chemotherapy side effects. Although, you can also mix the juice with other authorities like that of coconut If the bitterness of the leaves bothers you. So don't hold yourself back from gaining these benefits.^[5]

PAPAYA LEAF BENEFITS

Papaya leaf promotes Hair Growth:–

The excerpt of papaya splint is said to promote hair growth, help balding and thinning of hair. It's an important component used in anti-dandruff soaps because of the

karpain emulsion. This alkaloid element is effective in removing dirt and canvas from your crown. It can also serve as a natural conditioner and bring back the lost luster to your hair.^[5]

PAPAYA LEAF BENEFITS

Papaya leaf helps in treating skin problems: – Papaya splint juice has a rich content of vitamin C and A, which boosts skin health and advances you healthier and radiant skin. Papaya splint juice suppresses the exertion of free revolutionaries. The presence of karpain composites checks the growth of redundant micro-organisms and cleanses your skin of the poisons, furnishing protection against skin problems like pustules, dots, and acne.^[5]

PAPAYA LEAF BENEFITS

Papaya Leaf Provides Cure To Your Menstrual Pain: – Are you a victim of excruciating menstrual cramps and lower abdominal pain during your ages? Papaya splint juice works prodigies to ease the menstrual inflow and reduce pain. Drinking papaya leaf juice also lowers down PMS symptoms. Its potent mending parcels balance hormones and regulate period cycles. You can try this creation to treat your menstrual pain take one papaya splint, a pinch of the swab, and tamarind, mix them all in a glass of water and bring it to boil. This juice should easily lower your pain greatly.^[5]

PAPAYA LEAF BENEFITS

PAPAYA LEAF HELPS IN LOWERING THE BLOOD SUGAR SITUATIONS

Papaya splint juice is a great help for diabetics as well, as it regulates the production of insulin, which in turn checks blood sugar situations. Its strong antioxidant nature also helps to bring down the consequent complications of diabetes like order damage and greasy liver.^[5]

PAPAYA LEAF BENEFITS

PAPAYA LEAF EXTRACT HAS ANTI-INFLAMMATORY EFFECTS

Papaya splint medication is used to treat a range of internal and external seditious conditions, including muscle pangs

and common pain. A study was done over and found that papaya splint excerpt significantly reduced inflammation and swelling in the paws of rats with arthritis.^[6]

Papaya leaf has the wound healing property also: -Crack-mending exertion Diabetic injuries are slow, non-healing injuries that can persist for weeks despite acceptable and applicable care. Similar injuries are delicate and tough to manage. Carica papaya excerpt showed crack-mending parcels after its topical operation in strep tozotocin-convinced diabetic rats. The crack size was reduced as early as day 5 in diabetic creatures that were treated with topical mupirocin¹². Another intriguing disquisition showed that waterless excerpt of Carica papaya leaves had wound-mending eventuality in rats. Traditionally, Papaya is an herbal medication in many rapidly developing countries for burns, wounds and many more.^{[7][8][9]}

PAPAYA LEAF HAS ANTI-TUMOR ACTIVITY

Aqueous extract of Carica papaya leaf had the anti-tumor effect on the proliferative responses of solid and hematopoietic tumor cell lines. Carica papaya extract inhibited the proliferative responses of solid tumor cell lines derived from cervical carcinoma, breastadenocarcinoma, hepatocellularcarcinoma, lungadenocarcinoma, pancreatic epithelioid carcinoma, and mesothelioma in a dose-dependent manner¹⁷. Free-radical scavenging activity Flavonoids are the naturally occurring phenolic compounds present in Papaya and are the potent free radical scavengers¹⁸. The high potential of phenolics to scavenge free radicals may be due to many phenolic hydroxyl groups¹⁹. Aqueous extract of Carica papaya leaves showed anti-oxidant activity²⁰.^{[7][9][10]}

PAPAYA LEAF HAS ANTI-SICKLING ACTIVITY

Sickle cell disease (SCD) results from a mutation in hemoglobin inside the red blood cells, where glutamic acid at position 6 is replaced by valine. Present-day studies showed that unripe papaya fruit extract has anti-sickling. Many other studies showed the potent anti-sickling property of Carica papaya leaf extract in a dose-dependent manner²².
PAPAYA: AS A Long Timer MEDICINE From the Ancient

“PAPAYA LEAF EXTRACT BENEFITS IN THE SYMPTOMS OF DENGUE”

Era, the whole Papaya plant including its leaves, barks, roots, ripe and unripe fruits, and their juices is used as traditional medicine (See Table 1). Papaya is a good source of vitamins A, C, E, and K, as well as float and fiber see Table 2).^{[7] [8] [9] [10]}

Table 1

- ❖ Unripe Papaya is commonly used as a contraceptive in Pakistan, India and Sri Lanka.
- ❖ Papaya contains a natural pain reliever. Papaya paste was used for the relief of burns, cuts, rashes and stings.
- ❖ The papain's presence in Papaya makes it helpful against heartburn and indigestion. It can prevent heartburn, when mixed with a little honey and taken before meals.
- ❖ The fruit's proteolytic enzymes and other compounds, including a substance called carpaine, are effective against intestinal worms and other parasites.
- ❖ Papaya seeds reverse infertility of rats.
- ❖ Papaya latex is a very effective meat tenderizer.
- ❖ Papain has been employed to dissolve membranes in diphtheria.
- ❖ It reduces swelling, fever and adhesions after surgery.
- ❖ Chemopapain is sometimes injected in cases of slipped spinal discs or pinched nerves.
- ❖ The ripe fruit, when eaten fresh, improves digestion and is reported to have a complimentary laxative effect.
- ❖ It is used as a disinfectant and as an anti-ulcer medicine.
- ❖ It can be used in celiac disease and crohn's disease.
- ❖ Latex, the milk like juice from unripe Papaya is rich in papain. Studies showed that it helps in removing freckles (melanin clusters on face).
- ❖ The Papaya seeds are also used as vermifuges.
- ❖ Leaves are used for dressing wounds and injuries.
- ❖ Papain helps in thinning of the blood and inhibits clotting.

CONCLUSION

leaves of *Carica papaya* revealed the presence of pharmacologically active Phyto composites, alkaloids, phenolics, flavonoids and also, amino-acids. The whole Papaya factory including its leaves, seeds, ripe and callow fruits, and their juice is used as a traditional drug. Currently, Papaya is considered a Nutraceutical fruit due to its manifold medicinal parcels. The available literature doesn't reveal any adverse/ poisonous goods upon consumption of Papaya fruit over a long period of time except that it causes gravidity. Clinical trials need to be carried out to exploit the remedial mileage of Papaya in combating colorful conditions.^{[7] [2]}

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