



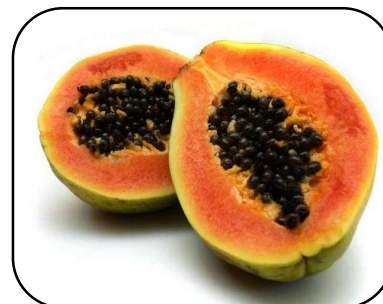
CARICA PAPAYA: A COMPLETE PACKAGE OF NUTRITIONAL AND MEDICINAL BENEFITS

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ABSTRACT:

Papaya (Carica papaya Linn.) is outstanding for its excellent wholesome and therapeutic properties all through the world. From the occasions immemorial, the entire Carica papaya plant including its leaves, seeds, ready and unripe products of the soil juice is utilized as conventional medication. The natural product has a substantial oval shape, yellowish - green skin and yellow tissue. Presently multi day, Carica papaya is considered as nutraceutical organic product because of its multi faceted therapeutic and dietary properties. The unmistakable restorative properties of Carica papaya incorporate enemy of ripeness, uterotonic, and diuretic, hostile to hypertensive, injury recuperating, against bacterial exercises. Healthfully the entire plant contains proteins, nutrient A, nutrient C, B-complex nutrients and potassium. The present article surveys the wholesome and therapeutic employments of Carica papaya.



Key words: Carica Papaya, Nutritional benefits, medicinal benefits

INTRODUCTION :

Carica (papaya) is the biggest eatable product of the family Caricaceae. It is a huge tree-like plant, with a solitary stem. It is around 5-10m tall, with spirally orchestrated leaves restricted to the highest point of the storage compartment. The lower trunk is obviously scarred where departs and natural product were borne. The ready organic product is typically eaten crude, without skin or seeds. The dark seeds are consumable, have a sharp, fiery taste, and filled in as a substitute for dark pepper (Fig.1).

Carica (papaya) is an extremely nutritious natural product. It is high in nutrients, magnesium, iron, copper and a few basic amino acids, and furthermore contains huge measures of riboflavin, niacin, calcium, phosphorus and Zinc. Despite the fact that the nourishing substance of Carica papaya is known, the healthful substance at various aging stages is yet to be known. The present examination was embraced to decide the healthful substance and therapeutic properties of the Carica papaya.

Medicinal benefits:

The distinctive parts of the Carica papaya plant demonstrated to have restorative esteem including leaves, seeds, latex and natural product. Carica papaya has a wide assortment of restorative properties including anticancer, antiviral, mitigating, antimicrobial, hostile to diabetic, antihypertensive, injury

recuperating movement, free radical searching action and so on. The phytochemical constituents of Carica papaya and its therapeutic properties are introduced as pursues.

Anti-hypertensive activity

Carica papaya decoction can be utilized as an enemy of hypertensive specialist.

Anticoagulant Effect

Infusion of papain separate in a pool expands prothrombin and coagulation triple. It is likewise asserted that the compound dispenses with necrotic tissues in ceaseless injuries, consumes and ulcers. Papain is additionally of business significance in the bottling works industry, in the sustenance business and in the material business.

Colon cancer

The fiber of Carica papaya can tie disease causing poisons in the colon and fend off them from the solid colon cells. These supplements give synergistic assurance to colon cells from free extreme harm to their DNA.

Promote Lung Health

In the event that you are smoker, or on the off chance that you are every now and again presented to second hand smoke. Eating nutrient A rich nourishments, for example, Carica papaya, help your lung sound and spare your life.

Prevent Prostate Cancer

Men expending lycopene-rich products of the soil, for example, Carica papaya, tomatoes, apricots, grape, watermelon, and guava were 82% less inclined to have prostate malignancy contrasted with those devouring the minimum lycopene-rich nourishments.

Anti-oxidative property

Oxidative harm is identified with high episodes of some degenerative illnesses including malignant growth, joint pain, arteriosclerosis, irritation, maturing and mind brokenness. Cancer prevention agents are the substances that can forestall or impede the oxidation of effectively oxidisable materials, for example, fat, the elements of which are commonly founded on their capacities to search responsive free radicals in sustenance.

Conclusion:

Consequently Carica papaya goes about as a multi faceted plant. It is additionally basic to distinguish the system of the plant mixes and considering the dynamic guideline of the concentrate. Carica papaya has rich wellspring of nutrients, cell reinforcements, flavanoids, polyphenols, and so on and consequently, normal admission of Carica papaya will enhance our wellbeing by extinguishing the free radicals created in the body and improve our safe framework to battle against the outside pathogens.

Along these lines, admission of Carica papaya as natural product plates of mixed greens, organic product juice, leaf remove, decoction arranged through papaya leaves, and so on ought to be a piece of our eating routine. In any case, incorporating Carica papaya seeds in any of the frame ought to be kept away

from for young fellows and pregnant ladies since, it have against fruitfulness impacts that was shown well in creature models.

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