

# THE REMARKABLE HEALING POWER OF PAPAYA AND PAPAYA LEAF



As a snack you can peel it, cut it into large pieces, pour lime juice over it and enjoy its wonderful taste. It tastes delicious. In addition, it is an ideal smoothie fruit. Just like with banana or avocado, you can create delicious creamy smoothies with papaya fruit.

Papaya has all kinds of medicinal applications. Perhaps, this fruit is the healthiest of all fruits.

A wonderful aspect of the tree is that the leaves can be used as vegetables. The papaya tree is a fruit and vegetable supplier. Even the seeds and flowers are used for medical reasons,

## **Carica papaya**

The carica papaya is called pawpaw in English. In Papua New Guinea and many African countries it has been turned into popo. In most countries it is called papaya, which is the Latin name as well. There are many types of papaya. They have an oval shape and orange-colored flesh. Some varieties grow more roundish than oval. Papayas may become very large. Often they turn yellow to orange on the outside. The fruits can weigh up to four kilos.

## **General information**

The papaya is originally from South and Central America. The Indians cultivated the plant before the Europeans came. Nowadays, the papaya is grown throughout the tropical part of the world. In South East Asia the flowers and leaves of papaya are sold on the market as vegetables. This does not happen in many African and South American countries. The leaves and flowers contain many bitter substances, which among other things, are good against malaria.

## **Papaya leaf as a medicinal vegetable**

Papaya leaves are a wild vegetable. In some countries they are for sale at the greengrocer and on the market, but in many other countries they are ignored and thrown away. That is a shame because in many tropical countries people die from the disease malaria. When people would eat papaya leaves as vegetables twice a week, malaria would not get a chance. In addition, papaya leaves have many other medicinal effects.



## Active medicinal substances papaya

Active substances in papaya are: papain, chymopapain, chymopapain A, lysozyme, papaya peptidase A, papaya proteinase inhibitor, protease, proteinase, caffeic acid, caprain, dehydrocapraine I & II, pseudocaprain, carpamic acid, carpasemin, myosmin, nicotin, nicotinic acid methyl ester, choline, pyridine, cystine, 5-hydroxytryptamine, carposide, 6,7-epoxylinallol, vitamin C, galacturonic acid, benzyl glucosinolate, benzyl isothiocyanate, phenylacetonitrile, campesterol, 5-dehydroavenastol, 7-dehydroavenastol, cholesterol, stigmasterol, quercetin, carotene, lycopene, cryptoxanthin, violaxanthin, pectin, cycloartenol, cyclobrenol, squalene, behemic acid, arachidic acid, caproic acid, lauric acid, hexadeconic acid, lignoceric acid, linolenic, linolenic acid, myristic acid, myrstolene, octadecadienoic acid, citric acid, octanoic acid, oleic acid, palmitic acid, palmitoleic acid, malidic acid, tartaric acid, styrene, saturated and unsaturated fats.

## Neutraceutical and panacea

Papaya is a neutraceutical. That means that it is a food source with medicinal qualities. This word has been in science for only a few decades. It is a neologism in the English language. It is formed by a contraction of the words "nutrient" and "pharmaceutical".

Papaya is more than just a medicine. It is a panacea. A panacea is a medicinal product that deals with a multitude of diseases. The list of diseases that are cured with papaya is very long.



## Papaya against dengue

The most recent disease that papaya can control is dengue or dengue fever. This is a relatively new disease. Dozens of scientific studies show that papaya juice from the leaves can cure this disease. Dengue is characterized by a shortage of white blood cells and it appears that the juice of papaya leaves promote the production of white blood cells. Dengue also has to deal with a less well functioning liver. The juice of the leaves actually strengthens the liver. It also has a good effect on the platelets and avoids platelet aggregation. Dengue is a disease for which there is no synthetic medicine. The fact that a cheap plant can cure these diseases is not really embraced by doctors yet. But actually papaya is the best fresh medicine when you travel in the tropics. It can prevent and cure malaria. Papaya leaves are widely available in the tropics. Consuming papaya leaves for nutritional and medicinal value doesn't happen in any tropical country. It only happens in South East Asia and areas such as West Papua, where people still live close to nature.

## Papaya flowers, an Papuan delicacy

In West Papua, the flowers of the papaya tree are also eaten, a component to which relatively little research has been done but which also has medicinal effects in malaria diseases. Like the leaf, the flowers are very bitter and all bitter substances from nature have an anti-malaria effect. People who suffer from the dengue virus have too few thrombocytes or platelets. Various research show that papaya leaf can reduce the number of thrombocytes to normal levels, so that all kinds of symptoms of dengue disappear and eventually dengue heals.

Anyone who regularly travels to the tropics can hardly avoid getting diseases like malaria or dengue. These diseases are both transmitted by mosquitoes and it is virtually impossible to arm yourself against mosquito bites. It is therefore of elementary importance to take a good remedy that prevents or limits these diseases to a minimum. People who emigrate to the tropics or live there, cannot take a anti-malaria medicine on a structural basis. With twice a week a cup of papaya tea, or eating papaya leaves as a vegetable, the disease malaria is already prevented and you can not actually get it. Dengue is harder to prevent. If you are diagnosed with dengue, a relatively quick cure is virtually guaranteed with papaya leaf juice.

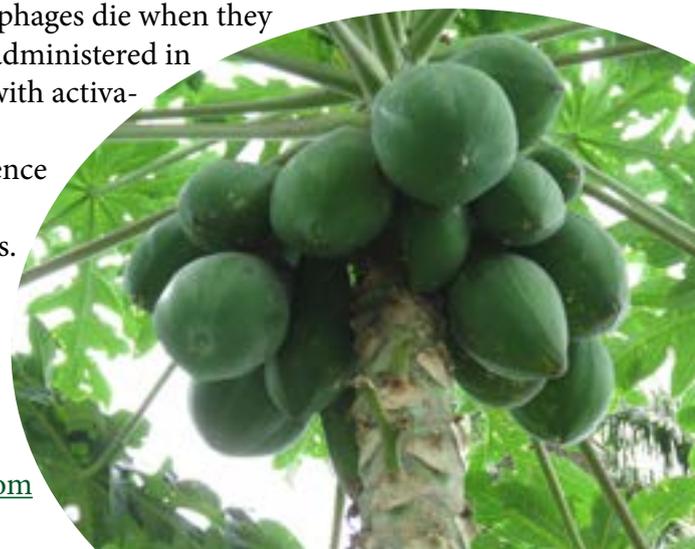
## Papaya against lung diseases

Lung diseases such as asthma, bronchitis, cough and pneumonia are traditionally counteracted by eating the root of the papaya tree. This often goes in collaboration with drinking juice from the leaves. The special thing about the papaya tree is that every part of the plant has medicinal qualities. It has anti-inflammatory effects and enzymes that improve the functioning of the immune system. In general, the body carries the anti-inflammatory substances to places where they are most needed. That is one of the reasons that almost every medicinal plant has more than one medicinal effect.

## Papaya against cancer

Various scientific studies show that papaya works against cancer. There are several ways in which papaya works against cancer. The body's own macrophages are stimulated by enzymes in the papaya. As a result, more macrophages are active against cancer. Macrophages are an important part of our immune system. In Western medicine, macrophages have long been overlooked as part of our immune system, but in a country like Russia, macrophages have been studied extensively. Macrophages die when they come into contact with the synthetic antibiotics that are often administered in the West. In Russia, the same diseases are successfully treated with activation of macrophages, instead of killing them.

Another way in which papaya works against cancer is the presence of substances such as betasitosterol, betasitosterol 3-glucoside and stigmasterol 3-glucoside. Sterols are substances from plants. Thousands of scientific studies show that betasitosterol has a positive and healing effect on all kinds of pathogenic conditions in humans. These substances are found in papaya.



## **Unprecedented antibacterial effect of papaya leaves**

Research shows that papaya leaves, even tea from dried papaya leaves, is a medicine against malaria. Malaria is caused by a mosquito-borne parasite. But papaya leaf is not only active against parasites. It also works with a number of pathogenic bacteria. Incidentally, that is also an effect of papaya against cancer. Tumors are also caused and grow better if there is an increased activity of pathogenic bacteria. Some medicinal plants work against two or three types of bacteria, but papaya has the power to fight a much larger number of bacteria. It works against *Staphylococcus aureus*, *Salmonella typhi*, *Shigella dysenteriae*, *Pseudomonas aeruginosa*, *Serratia marcescens*, *Pseudomonas fluorescens*, *Proteus vulgaris*, *Bacillus subtilis*, *Bacillus stearothermophilus*, *Listeria monocytogenes*, *Pseudomonas sp.*, *Proteus mirabilis*, *Rhizopus stolonifer* and *Escherichia coli*. That is 14 different types of bacteria. This means that papaya leaves have more antibacterial properties than many synthetic antibiotics.

*The special thing about papaya leaf is that it has no side effects, or you need to mention activation of enzymes, antimalarial effects and many other positive effects for the body.*

## **Nutritional effect of papaya leaves**

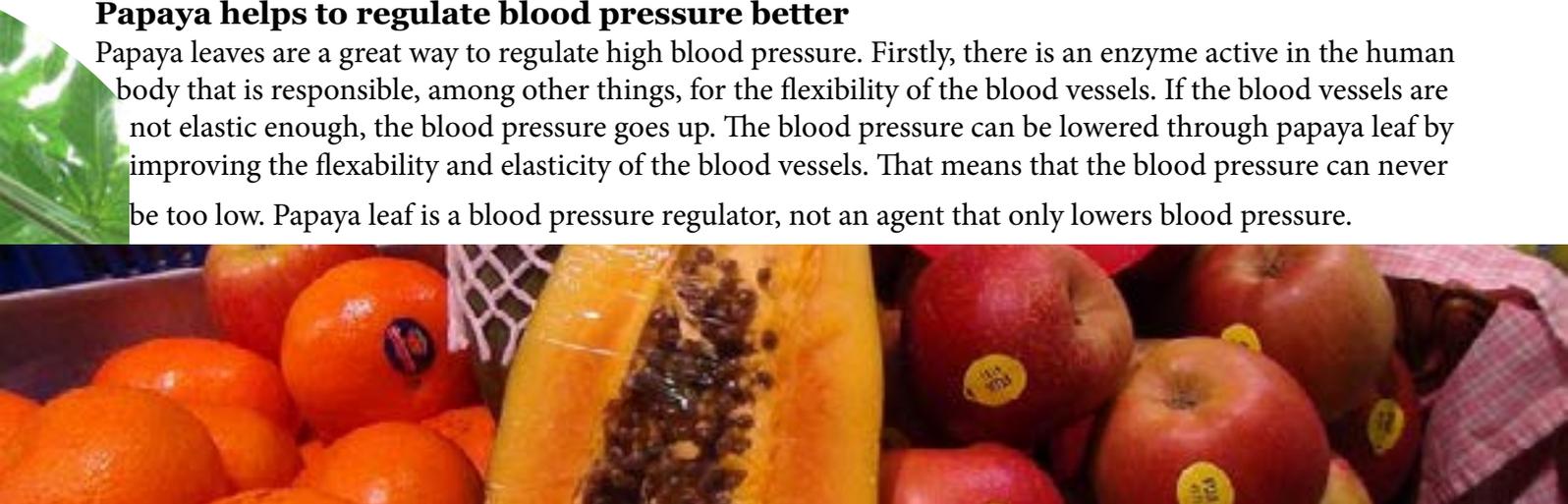
Besides the medicinal effect, papaya leaves deliver nutritional benefits. The leaves contain vitamin C, vitamin B1 and B2. Furthermore, it contains the minerals iron, magnesium, potassium, sodium, and calcium. Iron in particular is a medication for anemia. Furthermore, the mineral iron is helpful against all kinds of lung diseases.

In contrast to all kinds of synthetic medicines, medicinal food bring preventive effects against a variety of diseases. Nutrition, medicinal food and medicinal plants have both a nutritional function for the body and a preventive function against diseases. Our body is looking for the substances from plant medicines that we need most at that moment.

In some countries, yellow and brown leaves of the papaya tree are used as medicine. Research shows that the green leaves have more nutrients and medicinal substances. Nevertheless, the leaves with yellow and brown color still contain medicinal properties.

## **Papaya helps to regulate blood pressure better**

Papaya leaves are a great way to regulate high blood pressure. Firstly, there is an enzyme active in the human body that is responsible, among other things, for the flexibility of the blood vessels. If the blood vessels are not elastic enough, the blood pressure goes up. The blood pressure can be lowered through papaya leaf by improving the flexibility and elasticity of the blood vessels. That means that the blood pressure can never be too low. Papaya leaf is a blood pressure regulator, not an agent that only lowers blood pressure.



## **Baroreceptor reflex**

The function of the baroreceptor reflex is an important homeostatic mechanism of our body to regulate blood pressure. This baroreflex has a direct influence on the flexibility of the veins and thus regulates blood pressure in the human body. When the blood pressure is too high, the baroreflex will no longer function properly. Papaya leaves are able to normalize the functioning of the baroreflex, according to scientific research.

## **Why we should eat medicinal vegetables**

Papaya leaf is a medicinal vegetable. Some people reason as follows: I am not sick so I do not have to take a medicine, not even a medicinal vegetable. However, this reasoning is not correct. Medicinal substances in plant nutrition do ever have a negative effect. If you don't need a substance, that substance is simply not used by the body. In many cases, a substance that the body does not need is converted into a substance that the body does need. That is because the body is able to produce most minerals and vitamins itself from different food components.

There is another reason why this reasoning is not correct. In principle, everyone potentially might have a disease developing which is not yet reflected by bodily symptoms. What does that mean? A cancer tumor sometimes takes 30 years to develop. When we eat healthy vegetables with anti-cancer effects, the development of this tumor will be stopped, without having to be aware of it. Other diseases such as diabetes or cardiovascular diseases, also take a long time to develop. If we were to use plants that would support the pancreas or pancreas, or that would increase the insulin sensitivity of body cells, we can not get diabetes at all. Incidentally, carica papaya does both. The leaf of papaya, but also the fruit itself helps to prevent diseases. And that is the most important effect of medicinal plants. They can prevent diseases. That is in strong contrast to all kinds of synthetic medicines. These are only given as therapy but can not work preventively.

*Nutrition, medicinal food and medicinal plants have a nutritive function for the body and a preventive function against diseases. Our body is looking for the substances from plants that we need mostly, at that moment. Our body wants to get better all the time, even when we are not suffering from a disease.*



**A**

[Anti inflammation diet](#)

[Alpinia galanga](#)

[Alzheimer](#)

[Anemia](#)

[Aspirin](#)

**B**

[Banana flower](#)

[Barringtonia asiatica](#)

[Beetroot](#)

[Bell pepper](#)

[Bok choy](#)

[Broccoli](#)

[Brussels sprouts](#)

**C**

[Cauliflower](#)

[Carobflour](#)

[Celery](#)

[Centella asiatica](#)

[Chinese cabbage](#)

[Chocolate](#)

[Cholesterol myth](#)

[Cinnamon](#)

[Purple corn](#)

[Cucumber](#)

[Orange cucumber](#)

**D****E**

[Eggplant](#)

[Endive](#)

**F**

[Fennel](#)

[Food as medicine](#)

**G**

[Garlic](#)

**H**

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[Horseradish](#)

[Hot pepper](#)

**I**

[Iceberg lettuce](#)

**K**

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**R**

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**S**

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