INTRODUCTION

Papaya is developed broadly in all tropical and sub-tropical parts of the world. Papaya has been viewed as a standout among the most profitable tropical organic products that contain beta-carotene, protein, starch, vitamins, and minerals. The papaya is a little, scantily expanded plant, for the most part with a solitary stem developing from 5 to 10 m tall, leaves are extensive, 0.5 to 0.7m in width, significantly palmtusely lobed, with seven projections. Papaya common items have smooth skin, green, while young turning yellow. The normal Philippine papaya is typically pear shape around 0.1–0.4 m long on maturity [1]. Prepared papaya feels fragile, the skin has yellowish shading, and when opened it has a sensitive orange-yellowish tissue with different minimal dim seeds embedded at the vacant core interest (Fig. 1) [2].

MATERIALS AND METHODS

Medical advantages of papaya

Carica papaya leaves extracts for the treatment of dengue fever [3-13]

Ahmad et al. have revealed an examination that the capacity of C. papaya deports separates evacuates against dengue fever in Asian Pacific Journal of Tropical Biomedicine. The patient was given 25 ml of leaves extracts twice, day by day for 5 back to back days. It was noted in the report the platelets check, white blood cells and neutrophils lessen from 84.0% to 46.0%. In this way, the blood tests were rechecked after the association of leaves evacuate, watched that the platelets tally, white blood cells, and neutrophils extended from 46.0% to 78.3%.

Patil et al. decided the impact of C. papaya deports fluid concentrate in expanding the platelet check in thrombocytopenic rodent display. Watery concentrate of C. papaya leaves at a grouping of 400 mg/kg and 800 mg/kg were given to cyclophosphamide prompted thrombocytopenic rats for a time of 15 days. Blood was pulled back at different time interims to decide the platelet check. Likewise, the coagulating time was resolved on the 15th day of the examination by slender strategy. C. papaya leaf separate was found to increase the platelet check and furthermore to diminish the coagulating time in rats. The investigation goes for deciding the conceivable impacts of papaya leaves in thrombocytopenia happening in dengue fever.

C. papaya health benefits for blood-related helpful issues [14-16]

Ikpeme et al. have reported an examination on the phytochemistry and hematological capacity of the ethanolic seed, leaf and mash think of C. papaya in Pakistan Journal of Biological Sciences. In this examination, it was perceived that the phytochemical substance in the seeds, leaf, and mash of C. papaya was almost the same however in contrasting degrees. It was likewise watched that the phytochemicals found in C. papaya by and large improved the creation of certain blood parameters in treated albino rats.

Antihyperglycemic effects of ethanol extracts of C. papaya [17-20]

Sasidharan et al. have revealed an examination on the phytochemicals in C. papaya may have antihyperglycemic activity in Journal of Natural Product Research. The ethanolic concentrates of C. papaya and Pandanus amaryfollius were coordinated to a social occasion of diabetic rats to measure it's against diabetic effects. The examination prescribes that the phytochemical found in C. papaya and P. amaryfollius might be in charge of the counter diabetic well-being benefits.

C. papaya health benefits for digestive disorder [21-25]

Muss et al. have reported a study on the on the digestive disorders of C. papaya in the journal of Biogenic Amines. Clinical trials including volunteers with constant acid reflexes and dysfunctions in the gastrointestinal tract were given papaya preparation. They were contrasted with a control aggregate given a fake treatment. The examination prescribes that gigantic change in the symptoms of acid reflux and swelling for those under the papaya arranging when stood out from the control gathering. The estimation of the constituents of papaya and its health benefits were discussed in Table 1 and Table 2 respectively.

Antifungal activity [26-30]

Chavez-Quintal et al. have revealed an examination on the antifungal activity of ethanolic extracts of C. papaya L. cv. Maradol leaves and seeds of discarded ripe and unripe fruit in Indian Journal of Microbiology. Seed extracts indicated inhibition of fungal activity against three phytopathogenic growths: Rhizopus stolonifer, Fusarium spp. also,
Green papaya have distributed an article on the antibacterial showed remarkable hepatoprotective activity. 570 mg. reported the effect of 700 mg, 900 mg, 200 mg, 0 mg, and Colletotrichum gloeosporioides. Singh and Ali have reported the antifungal movement of the methanolic concentrate of the seeds indicated antifungal action against Aspergillus flavus, Candida albicans, and Penicillium citrinum in Indian diary of pharmaceutical sciences.

Papaya and pregnancy: Safety and side effects [31]
Adelbeyi et al. have reported an investigation done in the Department of Obstetrics and Gynaecology in the British Journal of Nutrition. In a lab examine, the effects of prepared papaya blend (500 ml/l water) and papaya fowl latex to the uteri of pregnant Sprague Dawley rats was diverged from a control aggregate given with water in a manner of speaking. Results have shown that ready papaya has no threatening or perceptible responses, while the rough latex incited convulsive narrowing of the uterine muscles. The examination prescribes that common usage of ready papaya and pregnancy may not represent any noteworthy threat speak to any gigantic hazard. The unripe or semi-ready papaya could be unsafe in pregnancy.

Antihelminthic and antiamoebic activity of C. papaya seeds [22,32-34]
Okenyi et al. have uncovered the amappiness of dried C. papaya seeds against human intestinal parasitosis in the Journal of Medicinal Food. The patient was given either dried seeds of C. papaya blended with nectar or nectar alone. 76.7% of the individuals who were given nectar blended with dried seeds of papaya were cleared of parasites following 7 days while 16.7% of the individuals who took nectar alone. This examination reasons that air-dried C. papaya seeds are strong in treating human intestinal parasites and without critical side effects.

Anticancer and immunomodulatory activity of C. papaya [35-37]
Otsuki et al. have detailed that liquid plan of C. papaya leaf extricates have basic improvement inhibitory activity on tumor cell lines in the Journal of Ethnopharmacology. The examination additionally proposes that C. papaya leaf concentrate may conceivably give way to the treatment and anticipation of chose human illnesses, for example, growth, different unfavorably susceptible scatters, and may likewise fill in as immune adjuvant for antibody therapy.

Fauziya and Krishnamurthy papaya (2013) reported the anticancer activity of papaya in QB Tech JPharm Sic. A papaya in vitro thinks about demonstrates that it will treat numerous disease cell line and papaya physiochemical having anticancer exercises. Papaya is rich in compound papain which is viable against growth. Papain separates the fibrin disease cell divider furthermore, protein into the amino corrosive frame. Other than papain, it, moreover, contains lycopene which exceedingly receptive toward oxygen and free radical. Isothiocyanate present in Papaya is powerful against lung, pancreas and prostate cancer. These chemicals fit of restraining both arrangement and improvement of disease cell.

Antibacterial and wound healing effect of C. papaya [38-41]
Dawkins et al. have distributed an article on the antibacterial development of C. papaya natural product remove against fundamental damage life shapes in the West Indian Medical Journal. They reported seed isolates from the organic product showed obstruction of bacterial development against Bacillus cereus, Escherichia coli, Streptococcus faecalis, Staphylococcus aureus, Proteus vulgaris, and Shigella flexneri. This examination prescribes that C. papaya has antibacterial effects that could be profitable in treating perpetual skin ulcers to advance healing. Islam et al. have reported antibacterial activity of the latex of papaya against Bacillus subtilis, E. coli, Agrobacterium sp., and Rhizobium sp. in Asian Journal of Pharmaceutical and Clinical Research.

Antifertility activity [42,43]
Poharkar et al. revealed that the counter fruitfulness impacts of C. papaya were analyzed by bolstering grown-up and pregnant rodent with various parts of the natural product in the Journal herb med toxicology. No endeavor was made to forcibly feed the creature, and the outcome showed that the unripe fruit interfered with the estrous cycle and instigated fetus removal. This impact vanished as the organic product wound up stale or over ripe. Chlorofuran concentrate of C. papaya seeds initiated long haul azosperma in drowsiness monkey. Papaya additionally demonstrated the counter implantation and abortifacient effect.

Antisickling activity [44-47]
Mojisola et al. reported antisickling properties of C. papaya fruit pulp in reared water, methanol, and chloroform utilizing sodium metabisulfite in Journal of Natural product. Sickle cell sickness comes about because of a transformation in hemoglobin inside the red platelets, where a glutamic acid at sixth position is replaced by valine.

Hepatoprotective effect [48-50]
Sadeque et al. have revealed the hepato cautious impacts of dried natural products of papaya against carbon tetrachloride prompted hepatoxicity and it contrasted and that of Vitamin-E. The outcomes affirmed that C. papaya and Vitamin E exhibited gigantic hepatic injury against CCl4 instigated hepatoxicity, anyway C. papaya demonstrated more tremendous changes in alkaline phosphatase level than Vitamin E. Rajkapoor et al. reported the effect of C. papaya on hepatoxicity in the biological and pharmaceutical bulletin. The ethanol and aqueous extracts of C. papaya showed remarkable hepatoprotective activity against CCl4 induced hepatoxicity.

Antineoplastic activity [17,51,52]
Praveena et al. reported antineoplastic activity of hydroethanolic concentrate of unripe fruit of papaya utilizing animal model in Asian Journal of Pharmaceutical and Clinical Research. This examination was embraced to screen the effect of administration of different measurements of a hydroethanolic concentrate of the unripe product of papaya against Dalton’s ascitic lymphoma (DAL) in Swiss albino mice. In this examination, hydroethanolic concentrate of papaya indicated significant antitumor activity against DAL cell line induced malignant ascites tumor animals.

Antioxidant and Anticancer activities of Hexane fraction from papaya male flower [53-59]
Sanipar et al. reported antioxidant and anticancer activities of hexane fraction from papaya male flower in Asian Journal of Pharmaceutical and Clinical Research. The antioxidant activity was completed utilizing the α,α-diphenylβ- picrylhydrazyl technique and the anticancer potential movement was completed utilizing 3-(4,5-dimethyldiazol-
Table 2: Therapeutic uses of papaya [78]

| Part           | Preparation                                                      | Therapeutic uses                                    |
|----------------|------------------------------------------------------------------|-----------------------------------------------------|
| Peel           | Utilization of peel with a little drain and nectar               | Protects, soothes, and moisturizes the skin          |
|                | Apply peel as the face veil for around 20 min                    | To get rid of blemishes on the skin and face         |
|                | Absorb cut papaya vinegar for half a month.                      | Against dandruff                                     |
|                | Peel stewed in olive oil, almond oil, and rose oil, and the subsequent papaya oil rubbed into the skin with use of nectar and rose water | Works as skin toner and skin cleanser                |
| Fruit          | Eat new ready papaya toward the beginning of the day             | Indigestion, dizziness, farts, enhance hunger        |
| Unripe fruit   | Apply unripe papaya squeeze on influenced zone                    | Pimples, skin inflammation, mouth ulcer             |
| Ripe fruit     |                                                                   | Utilized to treat mouth ulcer and toothache         |
| Soup made from fish and nearly ripe fruit |                                                                   | Pimples and in some Asian nations.                   |
| Leaves         | Wash the leaf and cut into little pieces squeeze the mash and channel with the fabric | Used for dressing wounds and injuries, treating nervous pains, and elephant growths |
| Two tablespoons serving for every day | Leaves of papaya | Can cure dengue fever                                |
| Root           | A decoction shaped by heating up the external piece of the roots | Used for treating jaundice                           |
| Root infusion  | The sinapism prepared from the root of the plant                 | Utilized as a part of curing jaundice                |
| Seeds          | Crisp or dry pulverized seeds                                    | Can cure jaundice                                    |
| Root infusion  | Download the plant and add water to make a decoction              | Can cure jaundice                                    |
| Flower         | The blossoms from the plant                                       | Can cure jaundice                                    |
| Latex          | Latex of papaya                                                  | Can cure jaundice                                    |

Table 3: Some restorative employments of papaya plant as specified in antiquated Ayurveda literature [79,80]

| Parts          | Medicinal aid                                                                 |
|----------------|-------------------------------------------------------------------------------|
| Latex          | Anthelmintic soothes dyspepsia, cure looseness of the bowels, agony of consumes and topical utilite, draining hemorrhoids, stomachic, whooping hack |
| Ripe Fruits    | Stomachic, stomach related, carminative diuretic, looseness of the bowels and interminable the runs, expectonat, calming and tonic, oesatus stoutness, draining heaps, and injuries of the urinary tract |
| Unripe fruit   | Purgative, diuretic, dried juice decreases developed spleen and liver, utilized as a part of snakebite to evacuate harm, abortifacient, and antibacterial action |
| Seeds          | Carminative, emmenagogue, vermifuge, abortificient, counter aggravation, as glue in the treatment of ringworm and psoriasis, antifectional operators in guys |
| Seed Juice     | Draining heaps and amplified liver and spleen                                 |
| Root           | Abortificient, diuretic, checking stomachic and topical utilite               |
| Leaves         | Younful leaves as vegetable, jaundice (fine glue), urinary protestations and gono rhea (implantation), dressing wounds (crisp leaves), antibacterial action, vermifuge in colic, fever, beriberi, fetus removal (imbuement), and asthma (smoke) |
| Flowers        | Jaundice, emmenagogue, febrifuge, and pectoral properties                      |
| Stem bark      | Jaundice, hostile to hemolytic action, sore teeth (inward bark), against parasitic action |

2-yl)-2,5-diphenyl tetrazolium bromide examines to check the cytotoxic movement on WiDr (colorectal carcinoma cell) and Vero cell (typical cell). Phytochemical screening of the hexane portion from the male blossom of papaya hinted at solid triterpenoids and steroids, while the IC\textsubscript{50} of cancer prevention agent esteem was 100.81 ±1.180 μg/ml cytotoxic impact demonstrates that the hexane portion of papaya male blossom had selectivity to WiDr cell.

Antimicrobial activity of C. papaya [60-64]

Baskaran et al. assessed the subjective examination of phytochemicals and antimicrobial action of different dissolvable concentrates of C. papaya. The antimicrobial exercises of distinctive dissolvable concentrates of C. papaya were tried against the Gram-positive and Gram-negative bacterial strains and growth by watching the zone of a hindrance. The Gram-positive microorganisms utilized as a part of the test were S. aureus, B. cereus, and Micrococcus luteus, and the Gram-negative microorganisms were E. coli, and Klebsiella pneumoniae, and the fungus used in the test were Aspergillus niger, A. flavus, Calbicans, Candida tropicalis, Cryptococcus neoformans and Candida kefyr.

Sumathi detailed (2014) phytochemical investigation and in vitro antimicrobial action of fluid and dissolvable concentrates of C. papaya against clinical pathogens in Int J Adv Res Biol Science. The dried powdered plant material is subjected to dissolvable extraction utilizing the solvents chilly water, high temperature water, and ethanol. Antimicrobial measure of plant remove against clinical segregates by AWD examines. Just the leaf separates demonstrated inhibitory impact against C. albicans, though stem and root extricates were ineffective. Among the leaf, stem, and root separates, the leaf remove is found to display more antimicrobial movement than the stem and root.

Anti-HIV activity of C. papaya [2,65-76]

Rashed et al. (2013) proclaimed phytochemical screening of the polar concentrates of C. papaya Linn and the evaluation of the anti-HIV-1 advancement in J Appl Ind Sci. The methanol and watery concentrates of C. papaya were striven for their against HIV-1 activity using the syncyta advancement test. The outcomes have shown that C. papaya methanol and fluid concentrates have quiet limit as debilitating to HIV-1 directors.
Table 4: Synthetic segments distinguished from the leaf concentrates of C. papaya [81]

| Sl No. | Synthetic segments | Molecular weight | Molecular formula |
|--------|--------------------|------------------|-------------------|
| 1      | Decylene           | 140              | C₆H₁₂O             |
| 2      | Trans-Geranylacetone | 194              | C₇H₁₄O₂            |
| 3      | Methyl tridecanoate | 226              | C₁₃H₂₆O₂            |
| 4      | Palmitic acid      | 256              | C₁₉H₃₈O₃            |
| 5      | Methyl tetradecanoate | 242            | C₂₀H₄₂O₃            |
| 6      | Myristic acid      | 228              | C₁₄H₂₇O₂            |
| 7      | Methyl palmitate   | 270              | C₁₉H₃₈O₂            |
| 8      | Hexadecanoic acid  | 256              | C₁₆H₃₄O₂            |
| 9      | Methyl oleate      | 294              | C₂₀H₄₂O₃            |
| 10     | Methyl cis-6-octadecenoate | 296  | C₂₀H₄₀O₂          |
| 11     | Stearic acid, methyl ester | 298 | C₂₀H₄₀O₂        |
| 12     | Oleic acid         | 282              | C₁₇H₃₂O₂            |
| 13     | Stearic acid       | 284              | C₁₉H₃₈O₂            |
| 14     | 15-Tetracosenoic acid | 380           | C₃₀H₆₀O₂            |
| 15     | Methyl heptacosanoic acid | 424 | C₂₇H₄₄O₂    |
| 16     | trans-13-Docosenoic acid | 338 | C₃₃H₆₄O₂    |
| 17     | Methyl erucate     | 352              | C₃₀H₶₀O₃            |
| 18     | Methyl behenate    | 354              | C₃₀H₆₀O₂            |
| 19     | Henicosanoic acid, methyl ester | 340 | C₁₀₀H₂₀₀O₁₀   |
| 20     | Farnesyl cyanide   | 410              | C₂₁H₳₂O€            |

C. papaya: Carica papaya

Nutritional value of papaya plant

Papaya is a sensibly surveyed standard thing has high nutritive respect. It is low in calories and rich in normal vitamins and minerals. The relative low calories content effects this most needed to ordinary thing for hefty individuals who are into weight diminish organization. The nutritional values and the chemical constituents of papaya plant were tabulated in Table 3 and Table 4 respectively.

CONCLUSION

Papaya plant is fundamentally utilized as the food ingredient all through the world in light of its foods grown from the ground nutritive esteem. From the above examinations about the papaya plant exhibits that its leaves, seeds, roots, blossoms, ready, and unripe fruit juices were used as a customary drug. By the conventional cases, papaya is a capable pharmaceutical. Critical measure of work has been done on the biological activities and the uses of substance constituents, consequently broad examination on its pharmacodynamics, energy, appropriate institutionalization, clinical trials are expected to abuse the healing utility to fight diverse disorders.

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AUTHOR’S CONTRIBUTIONS

All authors contributed equally to this work.

CONFLICTS OF INTEREST

The authors have none to declare.

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