

CARICA PAPAYA

(*Carica p.*)

Common Name	:	<i>Hindi: Papeeta; Bengali: Penpay</i>
French	:	<i>Figuier des eles, Figuier de negres</i>
Hindi	:	<i>Papeeta</i>
English	:	<i>Papaya</i>
Family	:	<i>Caricaceae</i>
Botanical Name	:	<i>Carica papaya Linn</i>
Synonym	:	<i>Papaya vulgaris (D.C.)</i>

Introduction

Carica papaya is an indigenous plant, commonly known as **Papeeta** in *Hindi* and **Penpay** in *Bengali*, has been frequently used by ancient Indian physicians for its efficacy in enlarged liver and spleen, the milky juice and seed also are considered best vermifuge especially for roundworms in children, it induced abortion when locally applied to the mouth of the uterus. CCRH conducted its proving in DPRU Calcutta and HDRI Lucknow in 1990. The provings and clinical confirmation of many of the symptoms elicited during the proving confirm its sphere of action not only on liver (Abdomen) and eyes but on other parts of the body especially head, stomach, rectum, stool etc.

Ripe fruit is very useful in habitual constipation, dyspepsia and bleeding piles. Green fruit is laxative and diuretic. External application of the fresh milk juice has the power of producing inflammation of the skin and is esteemed as a good remedy for ringworm. The milky juice and the seed also considered best vermifuge especially for roundworm in children. For enlarged liver and spleen dried and salted fruits are used with marvelous results. The unripe fruit made into a curry is said to stimulate secretions of milk and is eaten by women who required it. In nervous pains, leaves dipped in hot water or warmed over a fire are applied externally with much success.

Description

Small tree, 2 to 6 meter high, topped by long hollow- petioled leaves. Stem erect, soft and spongy-wooded, hollow, bearing numerous leaf scars, tapering above, and 12 to 13 cm in diameter. Leaves large, palmate, 7-lobed, lobes dived into secondary lateral lobes, 60 cm across; long, hollow-petiole, arising horizontally from stem. Flowers: yellow, occasionally with a few pistillate flowers on male plants; staminate flowers with 5 fused petals, funnel-shaped, in long drooping panicles; pistillate flowers sub solitary or in short- clusters with 5 distinct petals; ovary 1- celled, stigma sessile, 5- lobed, lacerated. Fruit: large, melon like, generally up to 25 cm long, 7 to 12cm broad, green or dingy greenish yellow, long stalked and arising below the crown of leaves. Seeds: numerous, black, enclosed in sweet mucous pulp and covered with a loose hyaline skin or arillus; testa thick, brittle.

Part Used

Green unripe fruit excluding seeds.

Distribution

Its original native is Papua or New Guinea but now most commonly cultivated through out India.

Clinically Verified Symptoms

Name of Drug : *Carica papaya*

Potency : Q, 6, 30

Location	Symptom	Source	No. of patients prescribed	No. of patients relieved
Head	Headache both sides > pressure	9	40	33 ✓
	(< Evening)	-	4	4
	Headache forehead-heaviness with coryza	8	7	7
	Frontal dull	8	1	1
Eye	Conjunctiva yellow	4,7	86	57
	Conjunctivitis	4	108	72
	Redness of eyes with itching and swelling in eyes	8	55	40
	-(Changes of weather from cold to summer)	-	30	30 ✓
	Agglutination - Thick white (< morning)	4,8	42	30
	Burning in eyes with redness, stickiness in both eyes (< morning)	4,8	2	2
Mouth	(Bitter tats in mouth)	-	4	4
	Salivation in mouth with Stomatitis	8	4	4
	(Thirstlessness)	-	3	3
	Thirst increased with dryness of mouth	8	4	2
	Tongue coated	7	209	198 ✓
Stomach	Appetite decreased	8	90	79 ✓
	Acidity with sour eructation after milk	4,7,8	8	5
	Pain epigastrium	8	11	8
	- (<Eating)	-	1	1
	Dull pain in epigastrium with heaviness in right side of abdomen	8	35	35 ✓
	Loss of Appetite	7,8	337	220
	(Nausea & vomiting, yellowish)	-	5	5
	(Vomiting after taking meal)	-	15	15
	(Vomiting after specially milk)	-	5	5
	(Vomiting of milk)	-	10	10
Aversion to milk	7	31	23	
Abdomen	Liver enlarged	4,7	45	32
	Pain (burning) in abdomen	4,8	111	97 ✓
	(With water brash)		107	69
	Indigestion with distension of abdomen	4,7,8	46	39 ✓
	Heaviness of abdomen	8	2	1
	Dyspepsia	4,7,8	57	33
	Intolerance (indigestion) of milk	7	6	5
	Distension of abdomen	7,8	445	429 ✓

Location	Symptom	Source	No. of patients prescribed	No. of patients relieved
	Flatulence after taking milk	7	7	6
	Flatulence with heaviness in abdomen < Eating, > passing stool	7,8	32	23
	Jaundice	4,7	14	14
	Pain Rt. hypochondrium (< evening)	7,8	371	249
	(< On eating)	-	252	171
Rectum	Constipation - Dry hard stool, scanty	8	459	358 ✓
	- With mucus	8	50	32
	- Black hard (Like sheep dung)	8	17	17
	Constipation (Urge after meal)	8	102	84 ✓
	Constipation with mucoid stool	-	4	4
	Stool watery	8	50	32
	(- Greenish)	8	6	6
	Diarrhea after eating	-	6	6
Stool	Stool loose yellow offensive with pain in lower abdomen	-	18	18
	Stool loose, frequent	8	40	20
	(Watery)	7,8	48	44 ✓
	(White)	8	87	65
	(Offensive)	-	15	15
	(< After eating)	8	30	19
	Stool loose pale undigested	-	15	15
	With yellowish offensive stool	8	34	23
	(Stool with undigested food particles)	8	1	1
Urine	Yellow - frequent, pale	-	28	28
	-(With burning)	7	183	129
Fever	Fever with chill	-	58	58 ✓
	(< Evening)	4,8	69	48
Sleep	Insomnia	-	17	17
Respiration	(Dry cough <night, on standing Change of season)	8	35	18
		8	7	5

Note:- *Additional symptoms (which are not present in literature) are in brackets & bold.*

Additional Symptoms	No. of Patients Relived
Headache both side < Evening	4
Redness of eyes with itching and swelling in eyes	30
In changes of weather from cold to summer	
Bitter tats in mouth	4
Thirstlessness	3
Pain epigastrium < Eating	1
Nausea & vomiting, yellowish	5
Vomiting after taking meal	15
Vomiting after specially milk	5
Vomiting of milk	10
Stool greenish	6
Diarrhea after eating	18
Stool white	15
Stool loose, frequent < After eating	15
Stool with undigested food particles	28
Urine with burning	58
Fever with chill < Evening	17

Discussion

The proving and later clinical confirmations of many of the symptoms elicited during the provings ensure the sphere of action of *Carica papaya* not only on G.I.T. but also on head, eye, mouth, fever sleep etc. It has been found effective in jaundice, enlargement of liver, dyspepsia and indigestion, acidity with sour eructation after milk, appetite decreased, bitter taste in mouth, constipation with scanty hard stool, stools loose frequent, pain in hepatic region, conjunctiva yellow, intolerance of milk, causes flatulence and acidity.