

Guillermou

Papaya pulp contains vitamins A, C and E, B complex vitamins such as pantothenic acid and folate, and minerals such as magnesium and potassium, as well as dietary fiber. Phenolic compounds are found in seeds, such as benzyl isothiocyanate, glucosinolates, tocopherols (and), -cryptoxanthin, -carotene and carotenoids. The oil extracted from the seed mainly presents oleic fatty acid followed by palmitic, linoleic and stearic acids, while the leaves have high contents of dietary fibers and polyphenolic compounds, flavonoids, saponins, proanthocyanins, tocopherol and benzyl isothiocyanate.

Studies have shown that the nutrients present in its composition have beneficial effects on the cardiovascular system, protecting it against cardiovascular diseases. It has also been reported to help in the treatment of diabetes mellitus and in reducing cholesterol levels. Both the pulp and the rest of the parts of the plant (leaves and seeds) have antioxidant, antihypertensive, antiviral, antitumor, hypoglycemic and hypolipidemic actions, contributing to the prevention and treatment of associated metabolic disorders.

Papain is active in cancer and wound healing. Papain also has fibrin, anticoagulant and antithrombotic effects.-----www.mdpi.com/.../1608 (2019).---- link.springer.com/.../s40199-020-00348-7 (2020).---- gsconlinepress.com/journals/gscbps/content/morphology-phytochemistry-a.. (2021).--- www.mdpi.com/.../6846 www.mdpi.com/.../6846 (2023).---- www.mdpi.com/.../6846 (2023).---- www.mdpi.com/.../1506 (2023).--- www.mdpi.com/.../16770 (2023).--- www.mdpi.com/.../1929 (2023).- --- www.sciencedirect.com/.../S1878535223008316 (2024).--

Posted On 02/21/2024

Krofter

In Mexico, the center of biodiversity for papaya, the seed is used to treat parasites. There are no genetically modified papaya coming out of Mexico. GMO papaya are the small ones from Hawaii. If you see big ones in the store, they're likely from Mexico.

Posted On 02/21/2024

1rennalls

Interesting that the seeds can treat parasites, living in Jamaica it is widely available locally, I enjoy them practically every day.

Posted On 02/21/2024

amanda emmons

Back in the 90's, my dad and I bought 3 Papaya trees (1 male, 2 female) at a San Antonio Botanical Gardens fest. They grew and matured beautifully in our backyard. It was a very interesting learning experience. I would love to do that again. They are an annual for our zone.

Posted On 02/21/2024

saadasaada

hi how to grow papaya?i am from africa

Posted On 02/21/2024

warriormom

Years ago both of my elderly parents started complaining of GI issues, after moving into a retirement home. I suspected the food and sent them papaya tablets. I told them to chew 6 of them after every meal. For some odd reason they listened to me and they both received immediate relief although their issues were different. My dad is alone now but still insists on taking the papaya tablets daily. I have had a difficult time finding them, so maybe there is something going on in the supply chain?

Posted On 02/21/2024

bchristine

Warriormom: It's so coincidental you mention Papaya Tabs! Back in the early 1990's, my Father (now passed) was having digestive issues and I was beginning to dabble in health (I was in my early 30's), so I bought some Papaya Tablets for him. They really seemed to help ... until he started popping them like candy - probably because they were made with some sugar or substitute (I don't recall the ingredients as I wasn't in-tune with that yet :) Well, they started doing the opposite ... he learned his lesson so stopped! I don't recall whether he continued to take them after that ...

Posted On 02/21/2024

Krofter

You're right, the small jars many supplement companies use are being hung up in the supply chain. It's just another way big pharma tries to stop real medicine.

Posted On 02/21/2024

eastland

green papaya is a well known abortifacient .

Posted On 02/22/2024

lotgos

My platelets was 46 and I ate papaya every day in a week and then my platelets were 96, so it works.

Posted On 02/22/2024

mel76793

A squeeze of lime juice enhances the flavour too

Posted On 02/21/2024

BookGal11

The papaya shown in the photo with this article looks like the kind grown in Mexico and the taste is off-putting to me. The very best tasting papaya looks different, is very tender like a vine-grown ripe cantaloupe, tastes heavenly and is grown in the South Pacific. Anyone know how to get the latter, either the fruit, the seeds, or the tree?

Posted On 02/21/2024

cstbrenda

Yes the papaya in the picture is a Maradol papaya from Mexico. It is customarily eaten with lemon or lime juice, but I love the taste with real salt or Celtic Sea salt! The salt enhances the good taste! And yes, all the smaller papayas from Hawaii or GMO now.

Posted On 02/21/2024

mpm6191

Dr. Mercola mentions "papaya preparation" a couple of times. Can you explain what the preparation is?
Thank you! !

Posted On 02/21/2024

GoldenOldieUK

I grew up in South Africa and we used to use papaya flesh and seeds ground up as a skin exfoliant.

Posted On 02/21/2024

hoplitex

Interesting. @GoldenOldieUK, your comment reminded me that my family used to say that papaya was a meat tenderizer.

Posted On 02/21/2024

hoplitex

Some people like their papaya with a squirt of fresh lemon juice. However, the basic papaya flavor will still be there. Tropical fruits do tend to have strong personalities. Regarding organic papayas, my stepfather saved some papaya seeds from fruit we'd eaten and grew papaya trees in our back yard. I'll bet Dr. Mercola could probably do the same, if he hasn't already. Papaya is super easy to grow if you live in the right climate zone for it.

Posted On 02/21/2024

GoldenOldieUK

I prefer lime juice to lemon juice with tropical fruit.

Posted On 02/21/2024

MannaFood

I too have noticed that Papaya has been unavailable lately. I don't think it is supply chain issue though. I think the supply has been diverted for other reasons. According to Wikipedia, Papaya (papain) is used in making solar panels. Since there is a big push for green energy, that is likely where a lot of the Papaya supply is going. But it is possible that there is a more sinister reason. Since papain is a protein enzyme, I suspect that it may be helpful in breaking down spike proteins in the body created from the "jab". It seems there are some people who want your body creating those harmful spike proteins. As far as digestive issues, bitters are a great alternative. As I recall, Dr Mercola had an article explaining how to make your own.

Posted On 02/21/2024

juststeve

Love papaya but missing from store shelves in this area. Crop shortage, supply chain issues? No conventionally commercial grown available let alone organic.

Posted On 02/21/2024

grulla

Papaya is #5 on the EWG's Clean 15 list. Because of recent mention of Papaya on this forum, I decided to try it, but found the taste not so good. Perhaps it's an acquired taste and I'll give Papaya another try. Those digestive Papaya pills mentioned above by "wariormom" sound interesting.

Posted On 02/21/2024

juststeve

Grulla, thanks for the tip. I prefer the dehydrated to fresh for flavor and a little goes a long way.

Posted On 02/21/2024
