



“ART OF AWARENESS LIVING” 108 CIRCULAR SERIES.

CIRCULATE DAILY- MULTIPLY NEW FRIENDS

MEDICINAL AWARENESS TIPS OF PAPAYA

Nature’s valuable healthy food gift is papaya. Columbus had described it as “FOOD OF GODS”. The sweet tasty, nutritious fruit is available almost in all seasons. This is one among the important tropical fruits. Papaya contains majority of moisture, 7% Carbohydrates, little portions of protein, fat, fibre, minerals like calcium, phosphorus, iron, vitamins C and B complex. Papaya is a very precious delicious fruit in curing various diseases.

- Ø Antioxidants in papaya wonderfully works in preventing the heart diseases arising out of diabetes and works like heart guard.
- Ø The vitamin contents and carotinoids prevent cholesterol by not allowing it to deposit on the walls of blood vessels.
- Ø The fiber content in the papaya helps in reducing the cholesterol content in the blood.
- Ø Papaya has got ability to enhance the main fertility levels.
- Ø Its vitamin contents will helps in strengthening lungs and protects them from various infections.
- Ø It helps in prevention of colon cancer.
- Ø Papaya also helps in reducing the severity of joints related diseases.
- Ø It is also an excellent remedy for the patients suffering with asthma.
- Ø Papaya works like antiseptic, as well as cure in healing all types of wounds.
- Ø Rich vitamin C and B content helps in improving body’s immune system.
- Ø Papaya is a great eye friendly senior citizen whose eye sight is diminishing, regular papaya consumption protects eye sight degradation.
- Ø By taken green tea prepared in combination with papaya, will protect prostate cancer.
- Ø Papaya enormously enhances digestion power. So, for infants, kids, children, weak people, patients, aged people papaya is a very precious food.
- Ø It is a great cure in reducing cholesterol levels in blood. So it an excellent cure for heart related problems.
- Ø Papaya works as a wonderful medicine in curing constipation. To cure constipation take ½ glass of papaya juice with milk twice a day. If you need taste, you can add a spoon of honey for that.
- Ø Juice extracted from raw papaya pieces, will help to improve the lymph efficiency. This juice is advisable to take after meal.
- Ø To eradicate worms in stomach, papaya seeds work very effectively. Take 2 tea spoons of papaya seeds after meals, chew and swallow them. If you add taste, take them mixed with little honey.
- Ø Papaya is a wonder healer of body wounds. Papaya peel or paste remains after juice extraction of papaya peaces, can be used to apply bandage on the wounds.
- Ø By taking regularly a glass of papaya juice, giddiness of head, feeling of tastelessness of mouth can be eliminated.
- Ø It is a wonderful tonic in strengthening the heart and in improving its efficiency. Take papaya fruit with honey and hot milk. It works like a heart tonic.

- Ø For patients suffering with piles. If papaya is given, it gives great relief.
- Ø It is an excellent energy booster. It cures nervous weakness and gives strength in to the body. Take papaya with honey and milk. Papaya gives strength to breast feeding mothers.
- Ø To get rid off worms from intestines, chew and swallow 20 dried seeds of papaya for 3 days.
- Ø Regular papaya eaters will stay away from malaria.
- Ø Papaya ever protects from eye sores.
- Ø Since it is an instant energy providing fruit, it works like a very good energy tonic for pregnant women and nursing mothers.
- Ø Ripe papaya is highly beneficial in treating bleeding piles, chronic diarrhea. Juice of papaya seeds is beneficial in curing in dyspepsia.
- Ø Papaya is a great natural beauty aid. Raw papaya juice is very useful in several skin disorders. It works efficiently to marks, brown spots, swellings, corns, warts, pimples, horn and other skin disorders. It makes skin delicate, smooth and bright. In case of ring worms, papaya seeds paste to be applied.
- Ø Unripe papaya helps in regulating the periods in women who get irregular periods.
- Ø Papaya is an excellent friend of liver. People suffering with cirrhosis are advised to take a table spoon of juice extracted from dried papaya seeds mixed with little lemon juice, in the morning about a month.
- Ø Papaya works effectively for inflamed tonsils and throat disorders. Fresh juice from raw papaya mixed with little honey to be applied at affected area.
- Ø People who are suffering with enlarged spleen problem will get cured, if they take ripped papaya fruit pieces are mixed with vinegar, allowed for a week, 4 pieces twice daily with meals.
- Ø It is not advisable for women to consume raw papaya during the first month of pregnancy, as it may cause bleeding in the Ovary, which harms pregnancy.

Innumerable useful papaya fruit can be consumed in different ways to meet the taste and need. Ripped fruit can be taken as breakfast or in various fruit salads. It can be used in making juice, soft drinks, jams, ice cream flavors and syrups. Unripped papaya is generally used as vegetable. Papain extracted from immetured papaya is used in manufacturing chewing gums, manufacturing drugs for digestive ailments and cosmetics.

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