

## QUICK REFERENCE SHEET

# PAPAYA LEAF

*Carica papaya*



Part Utilized:  
Leaf

### PROPERTIES:

Tonic (digestive), Vulnerary, Anti-inflammatory

### SYSTEMS AFFECTED:

Digestive, Skin and Tissue

### POSSIBLE USES:

digestive problems that include an irritable or inflamed bowel, wound healing



### INGREDIENT IN:

CD, GI

### GENERAL INFORMATION:

The fruit of the Papaya is well-known for the digestive enzymes that it contains. The leaf, while vastly different from the fruit, shows great promise as a digestive aid, also. Papaya Leaf reduces inflammation of the stomach lining and, reportedly, heals gastric ulcers by killing *H. pylori* bacteria. Because Papaya leaves are anti-inflammatory, drinking a warm tea made from Papaya Leaves can soothe colon inflammation from Irritable Bowel Syndrome and other inflammatory bowel diseases.

Papaya may help metabolize wheat gluten, making it easier to digest.

The University of Florida conducted studies that showed Papaya Leaves to be effective against some types of cancer, cervical, prostate, liver, breast, and lung being among those studied.