

# HERBAL SYRUP MADE FROM PAPAYA AND GILOY LEAVES

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## **ABSTRACT:**

*Papaya leaves extract is a rich source of biochemical constituents including flavonoids, glycosides, alkaloids, glutathione, and glucosinolates that help to boost the platelet count by stimulating bone marrow. It stimulates the genes responsible for production of platelets and increases the platelet count in patients suffering from dengue. With the epidemic of dengue increasing, the infamous papaya leaves and Giloy leaf extract has been proved to be a great cure. It is also very helpful for digestion and a great source to improve the immune system of the body. But this papaya leaves extract is not available easily as boiling it and diluting it with water to improve its significantly bitter taste causes its highly nutritive value to be diluted as well. Also, this bad taste of the extract has led most of the people to avoid it and take heavy medication instead.*

*Thus, improving its taste and making it more easily available to people, the use of the papaya leaf extract syrup during dengue will not only help them to recover sooner but also help people to avoid the heavy medication required to increase the platelet count. Along with this, the daily use of this syrup will boost significantly the immune system and the digestive system keeping people healthy naturally.*

**Keywords:** *Papaya Leaves, Giloy Leaves, Dengue, Immune system, Faster recovery*

## **I] INTRODUCTION:**

The project started with the problem of increasing dengue epidemic and no specific allopathic medicine for it. As we all know that dengue is a serious social problem as there are a lot of people who live in not very hygienic places and cannot afford costly treatments for dengue. It has been found that papaya leaves are a good booster of blood platelets. When this extract was combined with Giloy and Aloe Vera, the mixture was found to be a brilliant support for the increment of platelets which is a major issue during dengue or other viral fevers.

**II] PROCEDURE<sup>1]</sup>**

1. Take papaya leaves and Giloy leaves and Aloe Vera in 2:1:1 ratio. Start by rinsing the leaves thoroughly.
2. Add 3-4 papaya as well as Giloy leaves in water and boil it.
3. After boiling add Aloe Vera gel to the mixture and mix it thoroughly in a mixer.
4. Filter out syrup to separate the remaining leaf pulp (if any).
5. Add powdered stevia and honey to enhance its taste.
6. Finally add 0.1 W/V sodium benzoate which will act as a preservative.

**III] DATA AND IMAGES:**



#### IV] BENEFITS<sup>2]</sup> <sup>3]</sup>:

1] Research shows that papaya leaf extract can increase red blood cell and platelet counts. Patients with dengue fever, a mosquito-borne tropical disease that can cause blood platelet counts to drop to dangerous levels, have benefited from the papaya leaf extract. Giloy is anti-pyretic in nature hence helps to get rid of recurrent fevers and reduces signs and symptoms of dengue.

2] It boosts immune system. Papaya leaf extracts can boost Th1 type cytokines in the immune system. These signaling molecules regulate the immune system, giving papaya more immunotherapeutic benefits and providing treatment and prevention of certain diseases and allergic disorders. Also, Giloy is a power house of anti-oxidants which fight free radicals, keeps your cells healthy, remove toxins, purifies blood and combats liver diseases and urinary tract infections.

3] Papain, which is mostly concentrated in the papaya leaf, has proven to reduce inflammation in the body by breaking down damaged and oxidized proteins. Giloy is popularly known for its anti-inflammatory benefits and helps reduce respiratory problems and arthritis.

4] Giloy acts as a hypoglycemic agent and helps in treatment of diabetes. Giloy juice helps reduce high levels of blood sugar and works wonders.

5] Along with papain and chymopapain, the leaves contain protease and amylase. Together, they support proper breakdown of carbohydrates and proteins, which helps with digestion. As a result, papaya leaf extract is often positively associated with digestive or gastric problems, including stomach ulcers.

6] Giloy helps reduce mental stress as well as anxiety. It helps get rid of toxins, boosts the memory, calms you down and makes for an excellent health tonic if combined with other herbs.

7] It has no side effects as all the procedures done are natural.

#### **V] OBSERVATIONS:**

1] A green paste is formed at first after crushing the Giloy and papaya leaves in the mixer.

2] The stevia when added gives a pleasant taste.

3] Honey gives a sweet taste.

#### **VI] CONCLUSION:**

1] Rich in anti-oxidants

2] Helps in building immunity and fighting diseases

3] Helps in the proper functioning of heart, digestion.

4] Helps in digestion.

5] Helpful in releasing stress and anxiety.

6] Maintains the sugar level of the body.

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