



Papaya

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The papaya is an amazingly rich source of the proteolytic enzymes. These are the chemicals that enable the digestion of protein. Papain, which is the most important of these enzymes in the papaya, is extracted and dried as a powder for use to aid the digestion, and it is often used as a meat tenderizer, the enzyme partially breaking down the meat fibres - digesting them in fact. Papaya contains arginine which is known to be essential for male fertility and also carpain, an enzyme thought to be good for the heart. Fibrin also occurs and this substance is not commonly found in the plant kingdom; in man it forms part of the blood clotting process.

The papaya is an excellent source of vitamin C, with 82mg per 100g (4oz), and is rich in carotene. After treatment with antibiotics the use of papaya juice will quickly assist the restoration of the normal bacteria in the gut which will have been destroyed by the treatment. Papaya is good for many digestive disorders and is excellent for improving poor digestion. It has also been recommended as part of the treatment for cancer. Therapeutically it can often be combined with pineapple juice in which there is another important enzyme, bromelain. The skin of the papaya is a first class external treatment for skin wounds and places that do not heal quickly. The pulp from the juicer can be used for this and as a poultice. Papayas have long been known for their extra nutrient packing fruit but there have been new studies to show that Papayas have a few 'hidden' tricks in their juicy flesh and crunchy seeds and even its skin, that are just starting to reveal themselves. They are also noted to be one of the world's healthiest fruits. Papayas are a tropical fruit very often only grown in tropical climates but lately more and more home gardeners, especially those with greenhouses in the south, have been trying their hands on these juicy fruits. They range in colors and sizes from yellow to green and from small to very large depending on where it is being grown and how much attention



Payay Juice



A member of the Caricaceae family, Papaya is native to Central America and has been carried throughout the tropics, where it is extensively cultivated for its fruit. The juice of Papaya makes a popular beverage and the young leaves, shoots and fruits cooked as a vegetable.



Indian papaya



papaya and salaks



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