

3rd International Conference and Exhibition on

Pharmacognosy, Phytochemistry & Natural Products

October 26-28, 2015 Hyderabad, India

A review on the potential therapeutic profile of *Carica papaya* leaf extract in the management of dengue fever

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Dengue is an acute viral infection with potential fatal complications. Dengue virus (DV) belongs to the family Flaviviridae which has four serotypes (DV-1 to 4). One of the most disturbing aspects of the problem of dengue is that there are no effective antiviral agents to treat dengue complications. Treatment for dengue is mainly symptomatic. Some cases require platelet transfusions and fluid management. Papaya, *Carica papaya* known in Ayurveda as Erand-karkati, has many benefits linked to other parts of this plant as its leaves. Various clinical and preclinical studies have demonstrated a positive effect of its leaf extract in dengue cases with thrombocytopenia. It induces increase in platelet count within 2 days of first dose which is very much evident at the end of 5th day. It prevents dengue fever worsening into dengue hemorrhagic fever and thus promotes prompt recovery, avoiding hospitalization. It provides additional benefits in patients with dengue fever which include increase in the WBC count, improvement of liver functions and normalization of clotting profile. Few adverse events reported, related to GI disturbances like nausea, vomiting with commercially available preparations of *Carica papaya* leaf extract (Tab. Caripill) with no effects related to drugs tolerability and safety. *Carica papaya* leaf extract provides an overall benefit in dengue cases and there is more scope for its use in the coming days as there is obvious evidence of its efficacy and safety and because there are no specific treatment options available, except the symptomatic approach.

Biography

Pradeep has completed his MBBS from JJM Medical College, Davangere, under Rajiv Gandhi University of Health Sciences, Bangalore and he is currently pursuing Post-graduation from the same academic institution. He is actively involved in many research activities as his academic interest.

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