Exploring the Platelet Augmenting Capability of Leaves of *Carica Papaya* in Healthy Human Volunteers - A Pilot Study.

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Abstract

Leaves of Carica papaya which is the only species in genus Carica, is reported to have the potential to enhance platelet counts in dengue fever and in cyclophosphamide induced thrombocytopenic rat models.

Aims & Objective:As of now only the fruit is used as raw material for the preparation of homoeopathic remedies of Carica papaya. The objective of this study is to explore the action of homeopathic preparation of Carica papaya leaves in platelet augmenting property on healthy human volunteers and thereby to constitute the foundation of a new remedy.

Study design: A randomized controlled trial design was carried out.

Materials and methods:Sixty healthy volunteers who fulfilled the inclusion and exclusion criteria were selected and randomly divided into two equal groups of thirty numbers each using lottery method. The drug was prepared using fresh leaves of the plant according to class II Hahnemannian method. The dosage was 20 drops in 30 ml of distilled water for three times a day for three days. The statistical tests selected to prove the hypotheses were paired't' test & unpaired't' test.

Results: The mother tincture prepared from Carica papaya leaves displayed a platelet augmenting property in the study group ($p<0.001$). Other blood parameters didn't show statistically significant changes.

Conclusion: This trial can be used as a forerunner for further drug proving of homoeopathic dilution of Carica papaya leaves using standardized drug proving protocol.

Introduction

Human pathogenetic trial or otherwise known as 'Drug proving' is one of the intrinsic as well as a fundamental part of homoeopathic science. This trial will also help us to identify the physiological effects of the drug on target organs/system of the healthy individuals and thereby pave the foundation for a new therapeutic agent. The data collected from this procedure will be incorporated to our materia medica and will serve as indicators for remedy selection in the sick. The idea of human pathogenetic trial in homoeopathy was propagated by Dr Samuel Hahnemann through his organon of medicine[1]. Leaves of Carica

papaya which is the only species in genus Carica is reported to have potential to enhance platelet counts in dengue fever[2,3] as well as in cyclophosphamide induced thrombocytopenic rat models[4,5]. This potential of the drug has to be studied extensively because of re-emergence of dengue haemorrhagic fever for the past few decades[6]. It is estimated that 52% of the global population are at the risk of contracting Dengue fever or dengue haemorrhagic fever lives in the South East Asian Region[7]. The main purpose of this study is to ascertain the action of homeopathic preparation of Carica papaya leaves on healthy human volunteers and thereby constitute the foundation of a new remedy.