

Papaya Seed Antiparasitic Guide



A fruit this size often yields about 3 antiparasitic treatments

Papaya seed dosing

Dose (adults and children): 2 rounded teaspoons *dry, crushed* seeds or
4 rounded teaspoons *whole, fresh* seeds

Prevention: Take dose one time. If tolerated, take on an empty stomach.

Treatment: Take dose daily for 1 week, then 2 weeks no seeds, then take dose daily again for 1 week.

Introduction: Need an effective, low cost antiparasitic remedy? Or prefer natural remedies, if they really work? You want papaya seeds (*Carica papaya*).

A placebo, controlled study in Nigeria¹ found them to be as effective as pharmaceuticals without any serious side effects. The parasite clearance rates after a SINGLE dose of seeds was between 71 - 100%.

Intestinal parasites are more common than generally believed, even in developed countries. In addition to causing stomach symptoms and weight loss, they can affect an individual's mental concentration and emotional state. They can also lead to malnutrition and all of its related complications. In some

developing countries, parasitic infections can reach epidemic proportions. It is good to know that papaya seeds, which can be taken straight from the fruit, kill parasites, so even the poorest have access to an effective and generally well tolerated treatment!

Preparations: Although the research trial used ground, dried seeds, it would make sense that the strongest preparation is **ground, fresh** seeds. For those not familiar with the seed, it has a pretty nasty taste. It is a strong bitter flavor. Many people cannot tolerate chewing the seeds or eating them alone. In the research study they mixed them with honey. I found the mix of dry seeds and honey better than the seeds alone, but still pretty hard to palate. Some folk remedies recommend making a fruit smoothie with them. Another option is to simply swallow the fresh seeds whole, the same way you would take some pills.

If the seeds cannot be consumed shortly after harvesting, then dry them. Later they can be crushed and ingested. My favorite mix for the dry seeds is to use peanut butter, but I suspect that the potency of the treatment could be reduced. Papaya seeds are known to contain proteolytic enzymes. This means the enzymes breakdown proteins. In fact, the seeds are often used for indigestion or problems digesting heavy foods. If this enzyme is important in killing parasites, then it is possible that high protein containing foods, like peanut butter, could burn up some of the active ingredient because it is busy working on the food protein. Use peanut butter or other high protein mixes at your own risk.

A recent study suggests that the crushed, dry seeds can be mixed into a porridge and still retain their effectiveness².



Dry, crushed papaya seeds with honey. Effective but not so tasty

Precautions: The most common side effect from papaya seeds is an upset stomach. If this happens, the dose can be decreased until tolerated. Remember an upset stomach can also be caused by parasites and parasite death, so it may actually be a good thing. Infertility in both men and women is possible with daily doses of papaya seeds taken over a long period of time, such as for several months. This is a temporary effect and fears of this should not stop an individual from using the treatment for parasites. It is unknown if the seeds are safe in pregnant women or with lactating mothers. Rarely people can have an allergic reaction to the seeds. The allergy may present with a rash, itchiness, or swelling of the lips and mouth. It is best to take a small test dose the first time to test for this.

Some papaya grown in the USA are genetically modified (GMO). It is best to avoid these varieties. It is unknown if the seeds are effective against parasites. At the time of this publication, GMO papaya is only grown in Hawaii. They are known by these names: Rainbow, Sun Up, Strawberry, and Sunrise papayas.

Study Details: In the study from Nigeria, 4 grams of air dried papaya seeds were mixed with 20 mL of honey and given one time. They had two study groups, each with 30 children between 3 and 6 years of age. All the children involved in the study were asymptomatic, but proven to have microscopic evidence of stool parasites before treatment. One group was given the honey with papaya seeds, the other was given honey alone. All were tested for stool parasites one week later. On average, 76.7% of those receiving the seeds were free of infection compared to only 16.7% from the control group.

Dose: The ideal dose of papaya seeds is unknown. Some sources suggest that as little as 10 seeds at a time is enough. Others suggest 1-2 teaspoons of fresh seeds. If you wish to use the same dose that was used in the research study, then use **2 rounded teaspoons of dry seeds** or **4 rounded teaspoons of fresh seeds**.

Although the study successfully used a one time dosing regimen, if an active parasitic infection is highly suspected, consider giving a longer treatment as detailed below. Repeating this in 2 weeks helps eradicate any parasites that may have been in the “egg stage” at the time of the first treatment and later hatched.



One rounded teaspoon of dry, crushed papaya seeds

References:

1. Okeniyi J, Ogunlesi T, Oyelami O, Adeyemi L; 2007; Effectiveness of dried Carica papaya seeds against human intestinal parasitosis; Journal of Medicinal Food; 10(1): 194-196.
2. Kugo M et al; 2018; Fortification of Carica papaya fruit seeds to school meal snacks may aid Africa mass deworming programs: a preliminary study; BMC Complementary and Alternative Medicine; 18:327.

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