

PAPAYA AS A NUTRITIOUS FRUIT AND HEALTH TONIC !!

In case of throat disorders like tonsils, juice of raw papaya mixed with honey can be applied over affected area, says Jyoti Gupta

It is a wholesome fruit that is available all year round and should be taken instead of a meal. It has all the essential nutrients, minerals and fibre and vitamin A,C and E.It has a very powerful digestive enzyme called papain which is not present in any other fruit and helps digest proteins.

Curative properties

Very useful in improving poor digestion promoting good health

Ripe papaya,if eaten regularly, cures bleeding,piles,habitual constipation and chronic diarrhea Pregnant women should take ripe papaya after sixth month for healthy growth of baby. It is also useful for nursing mothers Acts as a tonic for heart,liver,brain and blood Energy giving food and controls premature ageing Excellent for growing children Lowers high cholesterol levels Provides protection against colon cancer Prevents prostate cancer Unripe papaya is useful in menstrual irregularities Improves healing from burns and reduces inflammation Useful in rheumatoid arthritis and asthma Prevents recurrent ear infections,colds and flu Juice of papaya seeds has the power to destroy round and intestinal worms Mashed papaya used on the face add lustre and makes the skin smooth Raw papaya juice cures skin disorders and can be applied on pimples In case of throat disorders like tonsils,juice of raw papaya mixed with honey can be applied over affected area

Preparation

Take papaya pieces and add fresh lime and rock salt for taste

Add slices of fresh papaya to your morning cereal, lunch time yogurt or green salads

After peeling the fruit, grate it and give a boil. Once it cools down, squeeze and place in a plate. Cut ginger and dry date lengthwise. In a pan, cook the boiled papaya and add sugar, pieces of ginger and dry date. After it is soft, add grounded

cardamom, clove, cinnamon, salt and pepper. Mix well and take off the flame. Add some vinegar. This can be stored for a long time and is very good for digestion