



PATIENT & CAREGIVER EDUCATION

Papaya Leaf

This information describes the common uses of Papaya Leaf, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

What is it?

Papaya leaf extract may improve platelet counts, but more study is needed.

The papaya tree is common to many tropical regions of the world. Papaya leaves and their extracts are sold as dietary supplements to improve the immune system and increase platelet counts.

Lab studies showed that papaya leaf extracts have antibacterial effects. A few clinical studies found benefits of papaya leaf extract in treating dengue fever and in

increasing platelet counts.

What are the potential uses and benefits?

- **Antimicrobial**
Lab studies show that papaya leaf extracts can stop the growth of a variety of bacteria.
- **Improve platelet count**
Papaya leaf extract was found to increase platelet count in patients with dengue fever.

What are the side effects?

- Mild gastrointestinal disturbance
- Rash

What else do I need to know?

Do Not Take if:

- You are pregnant: Papaya leaf may not be safe.
- You have a liver impairment: Papaya leaf may not be safe.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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