

Papain: Inflammation & Pain

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Papain is an enzyme obtained from papaya and many a number of other plants. Papain has been used as a digestive aid for a long time. Its role in the digestion of protein (photolytic activity) is well documented in the literature. Papain and chymopapain occurs naturally in the latex-sap of the papaya plant and the green unripe fruit.

Some of the common uses of papain are:

- Clotting milk
- Meat tenderizer.
- Manufacture of wool
- Contact lenses cleaning solution.

Some of the relevant clinical research associated with papain is cited below:

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