

A Brief Study on Papaya (*Carica Papaya*) – A Review

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Abstract: *Acne vulgaris* is a multifactorial inflammatory disorder of the pilosebaceous unit, primarily affecting adolescents and young adults. Synthetic anti-acne treatments, though effective, often cause irritation and antibiotic resistance. Consequently, herbal-based formulations are gaining popularity due to their safety and efficacy. *Carica papaya* (papaya) is a tropical fruit-bearing plant known for its remarkable dermatological and pharmacological properties. Its bioactive compounds—papain, chymopapain, flavonoids, alkaloids, and vitamins—exhibit antibacterial, antioxidant, keratolytic, and anti-inflammatory actions. This review emphasizes the pharmacognosy, phytochemistry, pharmacological activities, and potential of papaya in polyherbal anti-acne cream formulations.

Keywords: *Carica papaya*, papain, anti-acne, herbal formulation, antioxidant, polyherbal cream

