

Features Evaluation and Treatment of Dengue

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Abstract: Dengue is a viral infection that impacts a large number of people in over 125 countries and is linked to considerable illness and death. Due to the lack of a specific antiviral treatment, supportive and alternative therapies are being investigated. One such option is the juice derived from the leaves of *Carica papaya*, a plant from the *Caricaceae* family, which is believed to aid in raising platelet levels in dengue patients. This review summarizes findings from relevant research conducted over the past ten years. Two authors independently performed a literature search using PubMed, Google, and a library database to locate applicable studies. In total, seven studies were included: one animal study, one case report, three case series, and two randomized controlled trials. Although many of the reviewed studies have limitations, such as small sample sizes and weak methodologies, early evidence suggests that *Carica papaya* leaf extract may offer therapeutic benefits. Nonetheless, further well-designed, large-scale clinical trials are necessary to confirm its effectiveness and safety.

Keywords: Dengue Fever, Dengue Hemorrhagic Fever

