Available online www.jocpr.com

Journal of Chemical and Pharmaceutical Research, 2012, 4(6):3134-3138

Research Article

ISSN : 0975-7384
CODEN(USA) : JCPRC5

Studies on Carica Papaya Starch as a Pharmaceutical Excipient

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ABSTRACT

A study has been carried out to investigate the physicochemical, binding and disintegrating properties of starch isolated from grains of Carica papaya (Family: Caricaceae). The studies indicated that this starch is qualitatively and quantitatively comparable to Corn starch as also the rheological and swelling characteristics. Paracetamol (500mg) tablets prepared using Corn and Carica papaya starch met the requirements of uniformity of weight, assay, friability and hardness. These tablets also conformed to the disintegration and dissolution specifications of Indian Pharmacopoeia. Carica papaya starch showed adequate binding and disintegrating characteristics.

Key Words: Carica papaya Starch, papaya Starch, Corn Starch, Paracetamol, Physicochemical properties, Dissolution, Binding and Disintegrating properties.

INTRODUCTION

Carica papaya is also known as Indian papaya, 'Omykka, Kaplainga' in Malayalam and 'Papali' in Tamil. The chief producing states in India are Kerala, Tamilnadu, Karnataka and Andhra Pradesh. The pulp contains starch as chief carbohydrate. The pulp contains carbohydrate. The grains are edible and contain 43.28% starch[1,2]. Starches are used as multifunctional excipient in the field of pharmaceutical sciences.

The present work deals with isolation of starch from *Carica papaya* powder and comparison of its physicochemical, binding and disintegrating properties with Corn starch which is being abundantly used.

EXPERIMENTAL SECTION

Materials:
Paracetamol (Wallace Pharmaceutical Pvt.Ltd, Goa), *Carica papaya* powder (Procured from local market), Corn starch (Durga chemical laboratories). All other chemicals were of analytical grade were obtained from Qualigens fine chemicals, Mumbai.

Method of Extraction:
The method of extraction of starch from the *Carica papaya* pulp is reported in literature [2] but in order to improve the quality of starch the method was modified as follows:

i) Fresh papaya (Carica papaya, family: Caricaceae) fruits were collected and washed it thoroughly with water.
ii) The outer layer was removed using a sharp knife and then washed again. The fruits were cut into very thin and small pieces and dried in an oven at 80^0C for 36 hrs.
iii) Then dried papaya pieces were ground thoroughly in a mixer grinder at medium speed.
iv) The dried powder was then passed through sieve number 40 and stored in an airtight container.

Physicochemical properties:
Extracted starch and Corn starch were studied for microscopic characteristics[3], Loss on drying[4], Acidity[5], pH[6], Ash value[7], Bulk Density[8], Angle of respose[8], and compressibility index[9].

Rheological studies of Starch mucilage:
Starch mucilage (5% and 10%) of *Carica papaya* and Corn were prepared. The rheological characteristics of mucilages were evaluated by using Brookfield viscometer.

Swelling characteristics:
Swelling characteristics of the starches were studied at different temperatures by microscopic method. The extend of swelling was calculated by finding the ratio between grain size at the maximum temperature and at 35°C.

Formulation of Tablets:
Six formulations of Paracetamol (500mg) tablets containing 2.5%, 5.0% and 10% of *Carica papaya* starch and Corn starch as a disintegrant were prepared. Paracetamol granules were prepared using 10% w/w paste of Corn starch as well as *Carica papaya* starch by wet granulation method was found that good charecteristeristic(compactness and binding properties). Lubricated granules were compressed by using single punch tablet machine (Cadmach, Ahmedabad).

EVALUATION OF GRANULES
Bulk density (D_b):
It is ratio of total mass of powder to the bulk volume of powder. 10 gm of drug excipient mixture were taken and transferred into a 50 ml measuring cylinder and the volume was noted. The bulk density of the powder were expressed in gm/ml was determined as follows.

$D_b = M/V_o$

Where,
M is the mass of the powder
V_o is the bulk volume of the powder.

Angle of repose:
The frictional forces in a loose powder can be measured by the angle of repose, θ. This is the maximum angle possible between the surface of a pile of powder and the horizontal plane and it is given as,
$\tan \theta = h / r$,
$\theta = \tan^{-1}[h /r]$

Where
θ is the angle of repose
h is the height in cm
r is the radius.

The powder mixture was allowed to flow through the funnel fixed to a stand at definite height. The angle of repose was then calculated by measuring the height and radius of the heap of powder formed.

Test for friability and flow properties of granules:
Paracetamol granules prepared with *Carica papaya* starch and Corn starch were tested for friability and flow properties. Friability testing was carried out using Roche friabilator. Friability was calculated from the following formula

% Friability = $(1-W_1/W_2) \times 100$
Where,
W_1 = weight of granules after test.
W_2 = weight of granules before test.

Flow properties of granules were tested by determining angle of repose[7].

EVALUATION OF TABLETS

Hardness and friability tablets[10]:

Hardness and Friabilator testing were carried out by using Monsanto hardness tester and Roche friabilator respectively.

Uniformity of weight[11]:

The weight variation test of the tablets was performed as per I.P. Twenty tablets of each type were weighed and average weights were calculated.

Thickness of tablets:

The thickness of six tablets was measured using Vernier calipers. The extent to which the thickness of each tablet deviated from ± 5% of the standard value was determined. Six tablets from each batch were selected and evaluated, and the average value with standard deviation was recorded.

Disintegration Test:

All the six formulations were tested for disintegration time as per method prescribed in I.P. for uncoated tablets[11].

Assay

Assays were carried out by using the method prescribed in I.P.[11].

Dissolution studies

Dissolution studies were performed as per procedure given in I.P[11]. The sampling time specified in I.P. The sampling time specified in I.P. was modified instead of withdrawing a single sample after 30 minutes; serial sampling was done at 5, 10,15,20,25 and 30 minutes.

RESULTS AND DISCUSSION

Starch extracted from *Carica papaya* had a light yellowish tinge hence bleaching was carried out with water. On dry basis 27.5% starch was obtained. Grains of *Carica papaya* starch were found to be smaller in size than of Corn starch. They were round, granular in shape. Not much difference was observed in loss on drying, acidity, ash value, pH values of *Carica papaya* starch and Corn Starch. The loss on drying and acidity values was well within official limit Table 1. The bulk density, angle of repose and compressibility index of both starches was comparable Table 1.

Table 1. Properties of Starches

Sr. No.	Properties	*C.P. Starch	Corn Starch
1.	Average Grain size (micron)	10.26	23.48
2	Loss on Drying (%)	11.39	10.08
3	Acidity (ml of 0.01 M NaOH)	0.3-0.4	0.3
4	pH	6.19	6.35
5	Ash Value (%)	0.215	0.298
6	Bulk Density (g/c/c)	0.460	0.5
7	Angle of repose (Degree)	29.25	37.34
8	Compressibility index (%)	11.08	9.09

**C.P- Carica Papaya*

Rheological both starches showed Non-Newtonian behavior with shear thinning properties. Swelling Characteristics studies revealed that swelling ratio of *Carica papaya* starch is slightly greater than that of Corn starch Table 2. It showed that *Carica papaya* starch may exhibit good disintegrating property over corn starch. This disintegrating property may be attributed to the more number of starch grains per mg of sample.

Table 2. Swelling characteristics starches

Temperature (°C)	Average size of starch grain (Micron)	
	C.P. Starch	Corn Starch
35	10.26	23.48
40	10.34	23.73
50	10.56	24.02
60	10.83	25.92
70	12.16	39.70
80	24.34	47.85
Swelling ratio	2.147	2.037

The friability testing of granules showed that the Corn starch had slightly high binding strength than that of *Carica papaya* starch Table 3. In all the cases the values of angle of response were ≤30°, which indicate that both the starches were free flowing. Hardness and % friability of the tablets were found to be well within acceptable limits Table 3.

Table 3. Hardness and friability of paracetamol tablets

Product	Friability (%)	Hardness (Kg/sq.cm)
Paracetamol Tablets		
C.P	0.865 ±0.036	6.40±0.52
C	0.615± 0.078	7.10±0.63

Where, C.P – Containing Carica papaya starch as binder and disintegrant
C- Containing Corn Starch as binder and disintegrant

The tablets prepared with both starches met the pharmacopoeial requirements of uniformity of weight Table 4. Values of maximum percent deviation were well within pharmacopoeial limit. All the tablets conformed to the requirement of assay as per I.P.

Table 4.In vitro evaluation of paracetamol tablets

Paracetamol Tablets	Uniformity of weight		
	Average weight (mg)	Maximum % deviation	Assay (Percent of labeled amount)
C.P	620	+2.6 -3.6	97.89%
C	615	+3.4 -2.4	100.15%

Where, C.P – Containing Carica papaya starch as binder and disintegrant
C – Containing Corn Starch as binder and disintegrant

The study of disintegrating property of all the formulations showed that the disintegration time for the tablets prepared with *Carica papaya* starch was less than that of Corn starch Table 5 reflecting its good disintegrating characteristic. One point dissolution data of all the tablets prepared with both the starches conform to dissolution specifications of I.P.

Table 5. Disintegration time of paracetamol (tablets (n=6)

Paracetamol Tablets	% Disintegrant	Disintegration Time (Sec.)
C.P	10.0	176±2.12
	5.0	254±1.86
	2.5	386±3.64
C	10.0	156±1.22
	5.0	256±2.66
	2.5	386±3.89

Where, C.P – Containing Carica papaya starch as binder and disintegrant
C – Containing Corn Starch as binder and disintegrant

CONCLUSION

There is an excellence scope for Carica papaya starch. Hence newer natural substance must be studied for its pharmaceutical application. Carica papaya starch could be used as a promising pharmaceutical excipient in tablet technology as, it showed adequate binding and disintegrating properties.

Acknowledgement
The authors wish to thank Department of Pharmaceutics, Karuna College of Pharmacy, Thirumittacode, Palakkad, Kerala for providing necessary facilities and to carry over the work. The authors wish to express their gratitude to Wallace Pharmaceutical Pvt.Ltd, Goa for providing the authentic sample (Lincomycin Hydrochloride).

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