

KAJIAN KANDUNGAN DAN AKTIVITAS BIOLOGIS SENYAWA BIOAKTIF BUNGA PEPAYA (*Carica papaya L.*)

INTISARI

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Pepaya merupakan salah satu tanaman obat yang paling banyak dikenal. Setiap bagian tanaman pepaya dimanfaatkan dalam berbagai pengobatan tradisional, tidak terkecuali bagian bunganya. Tidak hanya dikonsumsi sebagai sayuran, bunga pepaya juga berkhasiat untuk mengobati demam, batuk, sakit kuning, dan berbagai penyakit lainnya. Manfaat kesehatan ini tidak terlepas dari keberadaan dan peranan senyawa bioaktif dalam bunga pepaya. Penelitian manfaat bunga pepaya terhadap kesehatan semakin banyak diminati dalam beberapa tahun terakhir. Akan tetapi, hingga saat ini belum ditemukan kajian yang menyelidiki dan merangkum hasil yang ada secara komprehensif dan sistematis. Studi literatur dengan pendekatan tinjauan lingkup ini dilakukan untuk memberikan gambaran tren, potensi kesehatan, serta saran penelitian lanjutan bunga pepaya. Pendekatan tinjauan lingkup dipilih untuk mencari sumber bukti yang tersedia. Pelaporan studi disusun menurut pedoman dari PRISMA-ScR (*Preferred Reporting Items For Systematic Review And Meta-Analyses-Scoping review*). Artikel ilmiah relevan antara tahun publikasi 2011 hingga 2021 diperoleh melalui pencarian dari *database* Scopus dan Google Cendekia. Terpilih sebanyak 13 artikel yang memenuhi kriteria inklusi. Hasil temuan studi menunjukkan bunga pepaya mengandung berbagai kelompok senyawa bioaktif seperti fenolik, flavonoid, tanin, saponin, terpenoid, dan glikosida dalam berbagai pelarut ekstrak. Senyawa tersebut diketahui memiliki aktivitas antioksidan, antikanker, antibakteri, antijamur, antidiabetik, dan inhibitor tirosinase. Bunga pepaya berpotensi sebagai sumber bahan alam yang terjangkau namun berdampak baik bagi kesehatan. Meskipun demikian, diperlukan lebih banyak uji *in vivo* dan uji klinis untuk membuktikan khasiat bunga pepaya, serta mendorong pengembangan lebih lanjut menjadi produk pangan fungsional/obat tradisional.

Kata kunci : Bunga pepaya; senyawa bioaktif; aktivitas biologis; tinjauan lingkup

A STUDY ON CONSTITUENTS AND BIOLOGICAL ACTIVITIES OF PAPAYA FLOWER (*Carica papaya* L.) BIOACTIVE COMPOUNDS

ABSTRACT

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Papaya has been perceived as one of the most well-known medicinal plants. Every part of the plant is utilized in various traditional medicinal treatments, with no exception of the flower. Papaya flower is not only consumed as green vegetables, but also is efficacious for treating fever, cough, jaundice, and other ailments. These medical advantages are linked to the presence and roles of bioactive compounds in papaya flower. In recent years, there has been a growing interest in research assessing the potential health benefits of papaya flower. However, a study that comprehensively and systematically investigates and summarizes the existing evidence hitherto is yet to be reported. This scoping review was carried out to present an overview of trends, health potential, and suggestions for further research on papaya flower. Reporting system of this review followed the guidelines of PRISMA-ScR (*Preferred Reporting Items For Systematic Review And Meta-Analyses-ScR*). Relevant scientific articles published from 2011 to 2021 were obtained through exploration from Scopus database and Google Scholar search engine. A total of 13 articles that met the inclusion criteria were selected. These findings showed that papaya flower contains a number of bioactive compounds, namely phenolics, flavonoids, tannins, saponins, terpenoids, and glycosides, extracted from various solvents. Subsequently, these compounds are reported to exhibit antioxidant, anticancer, antifungal, antidiabetic, and tyrosinase inhibitor activities. Papaya flower can be regarded as an affordable yet potentially beneficial for health natural source. Nonetheless, more *in vivo* studies and clinical trials are required to demonstrate the efficacy of papaya flower, and to support its further development as a prospective functional food product/herbal medicine.

Keywords: Papaya flower; bioactive compounds; biological activity; scoping review