



# Coconut





## Synonyms

- Hindi: नारियल, श्रीफल (Shriphal)
- Gujarati: નાળિયેર
- English: Coconut, coconut palm, coco

## Botanical Name

- *Cocos nucifera*

## Family

- Arecaceae (Palm family).

## Chemical constituents

- Endosperm (Copra): Fixed oil (coconut oil – rich in triglycerides of lauric acid, myristic acid, palmitic acid, oleic acid).
- Coconut water: Sugars, electrolytes (potassium, sodium, calcium, magnesium), amino acids, vitamins.
- Husk/fiber: Lignin, cellulose, tannins.
- Shell: Polyphenols.



## **Therapeutic uses**

- Coconut water: Natural electrolyte replenisher, cooling, diuretic.
- Coconut oil: Nutrient, emollient, antimicrobial, hair tonic, wound healing.
- Copra: Nutritional (energy-rich food).
- Fiber/husk: Used in dental health (traditional cleaning), burns, and external applications.

## **Marketed preparations**

- Coconut oil (Parachute, Dabur Vatika, etc.).
- Tender coconut water (packed drinks like Coco Jal, Real).
- Cosmetic products (hair oils, skin creams, moisturizers).
- Nutraceuticals (MCT oil supplements).
- Ayurvedic preparations (oil-based formulations, massage oils).