



SRI SIVANI COLLEGE OF PHARMACY

(Under the Management of Sri Sivani Educational Society, Srikakulam)
(Estd.2007, Approved by PCI-New Delhi and Affiliated to JNTU, Gurajada-Vizianagaram)
N.H-16, Chilakapalem Jn., Etcherla Mandal, Srikakulam Dist - 532402.

COCONUT

BOTINICAL NAME: *COCOS NUCIFER*

FAMILY: Arecaceae

SYNONYMS:

ENGLISH: Palma cocos, Cocos nana

HINDI: Naariyal

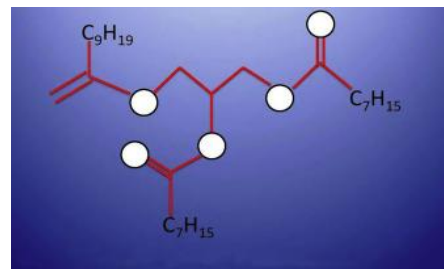
TAMIL: Tēnkāy

TELUGU: Kobbari



CHEMICAL CONSTITUENTS:

- ❖ Coconut oil is made up of about 90% saturated fats and 9% unsaturated fats. However, the saturated fats in it differ from saturated fats in animal fats. Over 50% of the fats in coconut oil are medium chain fatty acids, such as lauric acid (12:0). Coconut oil is the highest natural source of lauric acid.



USES:

- ❖ Controlling diabetes
- ❖ Contains powerful antioxidants
- ❖ Supports oral health
- ❖ Weight loss
- ❖ Cleans the skin
- ❖ Coconut oil
- ❖ Antibacterial effects
- ❖ Boosts energy
- ❖ Boosts immunity
- ❖ Combat Candida