Editorial

# Research on Health Benefits of Coconut

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Editor

Coconuts are rich in fibre and highly nutritious and improved heart health, weight loss and digestion. Yet its high in calories and saturated fats. Overall unsweetened Coconuts meat makes a great addition to balance diet. Coconuts milk contains unique proteins that may provide health benefits. Coconuts may kill and fight against viruses and bacteria. Much of its fat in Coconuts is in the form of medium – chain triglyceride. Nutritional facts of one cup (80 gm) contains;

calories 283 gm, protein 3gm, carbohydrates 10gm, fat 27gm, sugar 5gm, fibre 7gm and vitamin C 11%, folate 10%, iron 22%, manganese 110%, potassium 18%, copper 32%, magnesium 22%, selenium 21%.

Its water contains lots of nutrients. In addition to being naturally sweet and hydrating, coconut water is loaded with several important nutrients, including minerals that many people don't get enough of. Coconut water contains 94 per cent water and very little fat. Studies show that coconut water contains antioxidants that help modify free radicals in body, which can help speed up recovery process after stress or injury. Moreover, coconut water is also effective at replenishing fluids and electrolytes after exercise. Comparable to other sports beverages which are high in sugar and caffeine, this is definitely a better choice.

It helps in lowering blood sugar. Research has shown that coconut water can lower blood sugar levels and improve other health markers in animals with diabetes. In a study from 2015, rats with diabetes that were treated with coconut water maintained better blood sugar levels than the control group. The same study also found that the rats given coconut water had lower levels of haemoglobin A1c, indicating better long-term blood sugar control.

However, another added blood sugar benefit of coconut water is that it's a good source of magnesium, which may increase insulin sensitivity and decrease blood sugar levels in people with type 2 diabetes and prediabetes.

With all this in mind, it's important to note that coconut water contains carbs (which are broken down into sugars in the body), so if you are living with diabetes or prediabetes, talk to your doctor or a dietitian before adding it to your diet.

It helps with digestion and gut health. Constipation is the result of a diet low on fibre. 61 per cent of coconut is all fibre, which is why your gut health and bowel movement stays in check. Coconuts are high in fibre, which helps bulk up your stool and supports bowel regularity, keeping your digestive system healthy. Since these fruits are likewise high in fat, they can help your body absorb fat-soluble nutrients, including vitamins A, D, E, and K.

Coconuts may improve immunity. Manganese and antioxidants in coconut may help boost your immune system and reduce inflammation. This fruit's MCTs may also have antiviral, antifungal, and tumour-suppressing properties

Further, it may reduce your risk of Alzheimer's. According to a study published in the journal 'Nutrient', Medium Chain Triglycerides (MCTs) are exclusively found in coconut and have ketogenic properties that might help in preventing Alzheimer's as well as other cognitive disorders. Basically, coconut fats have therapeutic properties that keep mental health in check.

Also it can improve your oral health. Coconut meat contains large amounts of medium chain fatty acids (MCFAs), a type of saturated fat that is much easier for the human body to digest than animal fats. These fats, also called medium chain triglycerides (MCTs), have been demonstrated to boost the endurance of trained athletes. The MCFAs found in coconut meat also contain antimicrobial properties. These can be useful in preventing infections related to root canals and other teeth issues. Although eating coconut meat is not a substitute for proper dental hygiene, it can help kill some of the unwanted bacteria found in your mouth and protect your gums and teeth from infection or cavities.

It also improves skin health. To keep your skin healthy and young, you need not look further than coconut oil. It contains antioxidants that slow down the aging process and protects your skin from harmful radiation from the sun. All you need to do is to apply a few drops of coconut oil on your skin. Use it before showering, so that it will be easier for the oil to be absorbed through your skin once your pores have opened up.