

# Medicinal Benefits of Coconut Oil

(A Review paper)

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**Abstract:** Coconut oil based products have been a part of traditional medicine from ancient times and was used as oilment in all kinds of illness. But the lack of proper knowledge where in coconut oil was an ingredient. In addition to this, there has been propaganda against the consumption of coconut oil due to its saturated fat content. The use of coconut oil and its various effects have been on of the long debated issues of the health sector.

**Keywords:** Coconut oil, Medicine, medicinal benefits, Skin care.

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## I. INTRODUCTION

### *Skin Care*

Coconut oil is an excellent massage oil for the skin as well. It acts as as effective moisturizer on all types of skin, including dry skin. The benefit of coconut oil on the skin is comparable to that of mineral oil. Fortunately, unlike mineral oil, there is no chance of having any adverse side effects on the skin from the application of coconut oil. Coconut oil is safe solution for preventing dryness and flaking of skin. It also delays the apperance of wrinkles and sagging of skin which narmally accompany aging. Coconut oil also helps in treating various skin problems including psoriasis, dermatitis, eczema and other skin infection. For that exact reason, coconut oil forms the base ingrediants of various body care products like soaps, lotions and creams that ars used for skin care. Coconut oil also helps in preventing premature aging and degenerative disease due to its well-known antioxidant properties.

### *Hair Care*

Coconut oil is one of the best natural nutrients for hair. It helps in healthy growth of hair a shiny quality. It is also highly effective in reducing protein loss which can lead to various unattractive or un healthy growth qualities in your hair. Coconut oil is extensively used in the Indian sub-continent for hair care. Most of the people in those countries apply coconut oil on their hair every day after bathing or showering. It is an excellent conditionarand helps the re-growth process of damageed hair. It also provides the essential proteins required for nourishing and healing damaged hair. Research studies indicate that coconut oil provides better protection to hair from damage caused by hygral fatigue.

By regularly massaging your head with coconut oil, yo can ensure that your scalp is free of dendruft, even your scalp is chronically dry. It also helps in keeping your hair and scalp free from lice and lice eggs. Coconut oil is therefore used as hair care oil and is used in manufacturing various produts like conditionar and dendruft relife creams. Coconut oil is applied topicaly for hair care.

### *Heart Diseases*

There is a misconception spread among many people that coconut oil is not good for heart health. This is because it contains a large quantity of saturated fats. In reality quantity of saturated fats. In reality, coconut oil is beneficial for the heart. It contains about 50 % lauric acied, which helps in actively preventing various heart problems like high cholesterol

levels and high blood pressure. The saturated fats present in coconut oil are not harmful as you commonly find in vegetable oils. Coconut oil does not lead to increase LDL levels and it reduces the incidence of injury and damage to arteries and therefore helps in preventing atherosclerosis.

### ***Weight Loss***

Coconut oil is very useful for weight loss. It contains short and medium-chain fatty acids that help in taking off excessive weight. It is also easy to digest and it helps in healthy functioning of the thyroid and endocrine system. Further, it increases the body's metabolic rate by removing stress on the pancreases, thereby burning more energy and helping obese and overweight people lose the weight. Hence people living in tropical coastal areas, who use coconut oil every day as their primary cooking oil are normally not fat, obese or overweight.

### ***Digestion***

Internal functions of coconut oil occur primarily due to it being used as cooking oil. Coconut oil helps to improve the digestive system and thus prevents various stomach and digestion-related problems including Irritable bowel syndrome. The saturated fats presents in coconut oil have antimicrobial properties and help in dealing with various bacteria, fungi and parasites that can cause indigestion. Coconut oil also helps in the absorption of other nutrients such as vitamins, minerals and amino acids.

### ***Healing and Infection***

When applied to infected areas, coconut oil forms a chemical layer that protects the infected body part from external dust, air, fungi, bacteria and viruses. Coconut oil is highly effective on bruises because it speeds up the healing process of damaged tissues.

### ***Infection***

Coconut oil is very effective against a variety of infections due to its antifungal, antiviral and anti-bacterial properties. According to the Coconut Research Center, coconut oil kills the viruses that cause influenza, measles, hepatitis, herpes, SARS and other serious health risks. It also kills bacteria that cause ulcers, throat infections, urinary tract infections, pneumonia and gonorrhoea, finally coconut oil is also effective in the elimination of fungi and yeasts that cause ringworm, athlete's foot, thrush and diaper rash.

## **II. OTHER BENEFITS**

Coconut oil is strongly recommended for a number of other benefits.

**Liver:** The presence of medium chain triglycerides and fatty acids helps in preventing liver diseases because those substances are easily converted into energy when they reach the liver, thus reducing the work load of the liver and also preventing accumulation of fat.

**Kidney:** Coconut oil helps in preventing Kidney and gall bladder diseases. It also helps to dissolve kidney stones.

**Pancreatitis:** Coconut oil is also believed to be useful in treating pancreatitis

**Stress relief:** Coconut oil is very soothing and hence it helps in removing stress. Applying coconut oil to the head, followed by gentle massage helps to eliminate mental fatigue.

**Diabetes:** Coconut oil helps in controlling blood sugar and improves the secretion of insulin. It also promotes the effective utilization of blood glucose, thereby preventing and treating diabetes.

**Bones:** As mentioned earlier coconut oil improves the ability of our body to absorb important minerals. These include calcium and magnesium which are necessary for the development of bones. Thus, coconut oil is very useful to women who are prone to osteoporosis after middle age.

**Dental care:** Calcium is an important component of our teeth. Since coconut oil facilitates absorption of calcium by the body, it helps in developing strong teeth. Coconut oil also stops tooth decay.

**HIV and Cancer:** It is believed that coconut oil plays an instrumental role in reducing a person's viral susceptibility for HIV and cancer patients. Preliminary research has shown an indication of this effect of coconut oil on reducing the viral load of HIV patients.

Coconut oil is often used by athletes, body builders and by those who are dieting. The reason behind this being that coconut oil contains less calories than other oils, its fat content is easily converted into energy and it does not lead to accumulation of fat in the heart and arteries. Coconut oil helps boost energy and endurance and generally enhances the performance of athletes.

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