

**GOVERNMENT OF INDIA
HEALTH AND FAMILY WELFARE
LOK SABHA**

UNSTARRED QUESTION NO:3495
ANSWERED ON:14.12.2012
USE OF COCONUT
Gaddigoudar Shri P.C.

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

- (a) whether the Government recognises the medicinal use of coconut;
- (b) if so, the details thereof;
- (c) whether the Government has initiated any research/projects to exploit the medicinal value of coconut;
- (d) if so, the details thereof; and
- (e) if not, the reasons therefor?

Answer

MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY WELFARE (SHRI ABU HASEM KHAN CHOUDHURY)

(a) & (b) Coconut has been traditionally used in Ayurveda, Unani and Siddha systems of medicine as detailed below:-

(i) Ayurveda - Coconut has been used as medicine in Ayurveda in disease conditions such as Burning, Pain, excess thirst, dehydration, bleeding disorders, Acid Peptic etc.

(ii) Unani - Use of coconut is recommended in diseases such as Alopecia, Hair loss, Premature Greying of Hair, Bronchitis, Dandruff, Excessive Thirst, Fevers, General Debility. Coconut Fruit pulp is used as appetizer, astringent, cooling, diuretic, laxative, nourishing and tonic. Coconut oil is used as hair tonic, appetizer, digestive, disinfectant, insecticidal and nutritive.

(iii) Siddha - Tender coconut, leaf, Tender leaf, Inflorescence, Root, coconut Shell, Nut and Milk are used in Siddha for diseases such as Psoriasis and eczema etc.

(c) to (e) Central Council for Research in Siddha has indicated that Clinical research trials on coconut/coconut oil have been conducted in Siddha system. Coconut oil is used in preparation of 777 oil and Karappan oil which are beneficial in treatment of skin disorders such as Psoriasis and eczema respectively.

Further, in a recent study carried out by National Institute of Nutrition of Indian Council of Medical Research, no adverse effects were observed due to consumption of coconut oil at moderate levels. There was an increasing trend in plasma HDL – cholesterol (good cholesterol) levels, due to consumption of coconut oil as against groundnut oil consumption in over weight subjects.