

Coconut



The coconut tree (*Cocos nucifera*) is a member of the palm tree family (Arecaceae) and the only living species of the genus *Cocos*. The term "coconut" (or the archaic "cocoanut") can refer to the whole coconut palm, the seed, or the fruit, which botanically is a drupe, not a nut. The name comes from the old Portuguese word *coco*, meaning "head" or "skull", after the three indentations on the coconut shell that resemble facial features. They are ubiquitous in coastal tropical regions and are a cultural icon of the tropics.

The coconut tree provides food, fuel, cosmetics, folk medicine and building materials, among many other uses. The inner flesh of the mature seed, as well as the coconut milk extracted from it, form a regular part of the diets of many people in the tropics and subtropics. Coconuts are distinct from other fruits because their endosperm contains a large quantity of clear liquid, called coconut water or coconut juice. Mature, ripe coconuts can be used as edible seeds, or processed for oil and plant milk from the flesh, charcoal from the hard shell, and coir from the fibrous husk. Dried coconut flesh is called copra, and the oil and milk derived from it are commonly used in cooking – frying in particular – as well as in soaps and cosmetics. Sweet coconut sap can be made into drinks or fermented into palm wine or coconut vinegar. The hard shells, fibrous husks and long pinnate leaves can be used as material to make a variety of products for furnishing and decoration.

The coconut has cultural and religious significance in certain societies, particularly in the Western Pacific Austronesian cultures where it features in the mythologies, songs, and oral traditions. It also had ceremonial importance in pre-colonial animistic religions. It has also acquired religious significance in South Asian cultures, where it is used in Hindu rituals. It forms the basis of wedding and worship rituals in Hinduism. It also plays a central role in the Coconut Religion of Vietnam. The falling nature of their mature fruit has led to preoccupation with death by

They are widely planted both for household and commercial use and grow to a height of 20-30 m. They are slow maturing and flower 6-10 years after planting. They are long-lived with an economic life of about 60-70 years, although much older palms are known to exist and yield well.

Coconut oil-

Main article: Coconut oil

See also: Coconut oil § Health concerns

Coconut oil is commonly used in cooking, especially for frying. It can be used in liquid form as would other vegetable oils, or in solid form similar to butter or lard.

Long-term consumption of coconut oil may have negative health effects similar to those from consuming other sources of saturated fats, including butter, beef fat, and palm oil. Its chronic consumption may increase the risk of cardiovascular diseases by raising total blood cholesterol levels through elevated blood levels of LDL cholesterol and lauric acid.

Coconut butter-

Coconut butter is often used to describe solidified coconut oil, but has also been adopted as an alternate name for creamed coconut, a specialty product made of coconut milk solids or puréed coconut meat and oil.

Roots-

The roots are used as a dye, a mouthwash, and a folk medicine for diarrhea and dysentery. A frayed piece of root can also be used as a toothbrush. In Cambodia, the roots are used in traditional medicine as a treatment for dysentery.

Other uses-

Workman in coconut field Making a rug from coconut fiber

The leftover fiber from coconut oil and coconut milk production, coconut meal, is used as livestock feed. The dried calyx is used as fuel in wood-fired stoves. Coconut water is traditionally used as a growth supplement in plant tissue culture and micropropagation. The smell of coconuts comes from the 6-pentyloxan-2-one molecule, known as δ -decalactone in the food and fragrance industries.

Nutrition-

A 100-gram (3+1/2-ounce) reference serving of raw coconut flesh supplies 1,480 kilojoules (354 kilocalories) of food energy and a high amount of total fat (33 grams), especially saturated fat (89% of total fat), along with a moderate quantity of carbohydrates (15 grams), and protein (3 grams). Micronutrients in significant content (more than 10% of the Daily Value) include the dietary minerals, manganese, copper, iron, phosphorus, selenium, and zinc (table). The various parts of the coconut have several culinary uses.

Coconut milk, not to be confused with coconut water, is obtained by pressing the grated coconut meat, usually with hot water added which extracts the coconut oil, proteins, and aromatic compounds. It is used for cooking various dishes. Coconut milk contains 5% to 20% fat, while coconut cream contains around 20% to 50% fat. Most of which (89%) is saturated fat, with lauric acid as a major fatty acid. Coconut milk can be diluted to create coconut milk beverages. These have much lower fat content and are suitable as milk substitutes.

Coconut tree is called Tree of Life-

The Coconut Tree (scientific name: *Cocos Nucifera*) is called the "Tree of Life" because all the parts of the entire tree—from top to bottom—are used to sustain human life.

Coconut is used to treat various disorders associated with urogenital tract infection by *Trichomonas vaginalis*.

References-

- <https://en.wikipedia.org/wiki/Coconut>