

Virgin Coconut Oil and HIV

HIV/Aids is a global crisis affecting many aspects of life. HIV mainly destroys the immune system causing decreased quantity and quality of lymphocyte T cells, especially CD4. Progressiveness of the disease will depend mainly on the host immune response which is measured by the amount of CD4 in the body (CD4 count). Therefore CD4 count is the base of HIV infection classification.

Coconut oil has unique features, where it is not only a source of medium chain fatty acids which are easier to absorb and utilise by cells, it also contains lauric acid and capric acid, which have antimicrobial effects. These substances can destroy bacteria and virus which have lipid layer on their cell membrane. The experimental study conducted at the Special Health Centre, Dharmais Cancer Hospital in Jakarta studied the effects of VCO supplementation at 3X15 ml/day for 6 weeks on 40 HIV subjects. The CD4+ T lymphocyte count was used to indicate HIV disease progression, because HIV bind to this receptor in human body resulting in destruction and decline of CD4+ T lymphocyte count. It was found that VCO supplementation significantly increased CD4+ T lymphocyte concentration in HIV patients. The

antiviral ability of the lauric and capric acid in VCO could destruct the lipid capsule layer of virus more effectively than long chain fatty acids like oleic and linoleic acids.¹

Results of a study on Coconut Oil in Health and disease and its monolaurin's potential as cure for HIV/AIDS revealed that " this first clinical trial on HIV infected patients confirmed the anecdotal reports that coconut oil has an antiviral effect and can beneficially reduce the viral load of HIV patients. The positive viral action was seen not only with monolaurin acid but with coconut oil itself. Weight gain, decreasing viral counts and increasing CD4 counts were noticed."²

1.Excerpt from Invited Paper on "Role of Virgin Coconut Oil on HIV" presented by Dr. Kadek Dharma Widhiarta, Faculty of Medicine, University of Jember, Indonesia, at the 1st International Symposium on Quality Coconut Oil for Nutrition and Health, New Delhi, India during 28-29 September 2015

2.Coconut Oil in Health and disease : its and monolaurin's potential as cure for HIV/AIDS by Dr. Conrado S. Dayrit, Paper presented at the 37th APCC COCOTECH Meeting, Chennai, India July 25, 2000.