Antimicrobial effects of Coconut oil

In Vitro antimicrobial properties of coconut oil on Candida species in Ibadan, Nigeria revealed that "Coconut Oil was active against species of Candida at 100% concentration compared to fluconazole. Coconut oil should be used in the treatment of fungal infections in view of emerging drug resistant Candida species".[1]

In vitro killing of Candida albicans by fatty acids and monoglycerides showed that capric acid, a 10-carbon saturated fatty acid, causes the fastest and most effective killing of all three strains of C. albicans tested, leaving the cytoplasm disorganized and shrunken because of a disrupted or disintegrated plasma membrane. Lauric acid, a 12-carbon saturated fatty acid, was the most active at lower concentrations and after a longer incubation time.[2]

Virgin Coconut Oil (VCO) Enriched with Zn as Immunostimulator for Vaginal Candidiasis Patient - Vaginal candidiasis is a pathologic condition marked by excessive production of mucus from vaginal vulva. Disturbance on the immune system and deficiency of Zn are two factors which often trigger vaginal candidiasis. The study showed that on the treatment to vaginal candidiasis patients, the VCO enriched with Zn was potential as immunostimulator. However, it is recommended for vaginal candidiasis patient to consume the VCO enriched with Zn with a dosage of 1 tablespoon each day to optimise the immune status.[3]

1.In Vitro antimicrobial properties of coconut oil on Candida species in Ibadan, Nigeria by D.O. Ogbolu, A.A. Oni, O.A. Daini and A.P. Oloko – J Med Food 2007;10(2), 384-387.

2.In vitro killing of Candida albicans by fatty acids and monoglycerides by Bergsson G, Arnfinnsson J, Steingrímsson O and Thormar H - Antimicrob Agents Chemother. 2001 Nov;45(11):3209-12.

3.Virgin Coconut Oil (VCO) Enriched with Zn as Immunostimulator for Vaginal Candidiasis Patient by Nery Winarsi, Hernayanti and Agus Purwanto - HAYATI Journal of Biosciences, December 2008, p 135-139 Vol. 15, No. 4 ISSN: 1978-3019