

Dermatological Studies on Coconut

Lauric monoglyceride or monolaurin possess uniquely potent anti-bacterial, -fungal, -viral and -protozoal properties which were explained by Dr. John J Kabara in the 1970s and further confirmed in the 1990s. Evidence based clinical trials were undertaken on the hypothesis that monolaurin is as effective and safe as isopropyl alcohol in a hand gel. The hypothesis could be proved through two randomised double blind clinical trials (RCTs). Further RCTs were published on coconut oil itself having excellent anti-microbial properties (like its monolaurin) and at the same time a quantified emollient. VCO is being used since 2000 at the VMV Skin Research Centre +Clinics (VSRC) for patients with dry and often microbially colonised psoriasis, acne, atopic, contact dermatitis and rosacea lesions. It was found that VCO moisturised skin looks and feels better than equally moisturised skin from other moisturiser types. Studies now recognise psoriasis as a T cell mediated chronic inflammatory disease. Similarly recognised as inflammatory are diabetes, obesity, hypertension and some neurodegenerative diseases that occur frequently in moderate to severe psoriasis and are called its co-morbidities. The chemical profile of coconut oil that may affect inflammation was reviewed and compared with other seed oils commonly used in cooking.*

* Excerpt from Invited Paper on "Dermatological Studies

on Coconut : Topical, Oral, an anti inflammatory food" presented by Dr. Vermen M. Verallo-Rowell, Director, VSRC Clinical Research Testing and Product Development, Philippines at the 1st International Symposium on Quality Coconut Oil for Nutrition and Health, New Delhi, India during 28-29 September 2015

