



Coconut Water -

Why does it feel so good?

“Coconut water is sweet in taste, promotes digestion and clear the urinary path,” says Ayurveda. Coconut water is a relatively clear liquid that looks more like water which is sweet and tasty and is a favorite beverage among Asian and Pacific Islanders. In addition to natural sugars, it contains an array of vitamins and minerals, which make it a nutritious beverage. It is high in potassium, chlorides, calcium, and magnesium, with a modest amount of sodium, sugar, and protein. It is essentially fat-free. While the mineral content remains fairly constant, the sugar and protein concentrations increase as the nut matures.

Coconut water contains a variety of nutrients including trace minerals which most other foods lack. In many small islands, coconut water is the only potable water available. For these reasons coconut water has been a life saver for many people and has been referred to as the “fluid of life.”

The electrolyte profile of coconut water is somewhat similar to human plasma and for that reason it has been used by doctors as an intravenous solution and injected directly into the bloodstream to prevent dehydration. When freshly extracted from the coconut, this liquid is free from germs and parasites. Doctors working in tropical climates have often used the water from coconuts as IV solutions, a common practice during world war 2 and in Vietnam where commercial IV solutions were often in short supply. Water from unopened coconut is uncontaminated by bacteria, fungi, or other pathogens. Therefore, if properly prepared, it can be given intravenously without fear of introducing microorganisms. Recent research on the use of coconut water as an intravenous fluid has shown it to compare favorably with commercial solutions. Coconut water does not harm red blood cells, is non-allergenic, and is readily accepted by the body. It is considered a safe and useful means of rehydration,

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Across regions, across lifestyles, across borders, Tender Coconut Water is the one taste binds all. A pure, healthy, natural drink that helps get healthy and stay healthy. Sip one right away and get set to live life to the fullest

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A buko a day keeps the Urologist away

Buko is Filipino word for young fresh coconut. The above quote was inscribed on the back of the name card handed to me by Dr Macalalag, a Urologist, nearly 30 years ago at a Coconut Conference in Philippines.

He presented scientific findings on the health benefits of coconut water from energy drink, hydration, healthy reproductive system, prevents prostrate problems to fragmenting kidney stones. It was also reportedly used as the alternate to IV fluid during the two world wars when supplies ran out, as it was the only sterile energy water found in the jungle, preserved by nature.



Various cultures use it in different forms, yet all uses are for good health. Some even cook fresh young coconut as in the picture. Karkars cook on open fire the whole young nut but without the water. It is very tasty, healthy & delicious!

Coconut is God's wonderful gift to Humanity. Enjoy it!

Indonesians warm and slightly cook the young tender coconut with lemon grass in the water for health eating. In my home we dehusk young coconut, drink fresh water then char-grill the whole nut over the fire for a delicious tasting coconut meat which is also very

healthy.

Coconut water with a bit of flakes which is flesh, warm it up and turn to alkaline water which can even kill cancer cells buy drinking it



*Uron Salum, Excecutive Director,
International Coconut Community,
Jakarta*

particularly when a patient suffers from potassium deficiency. In fact, coconut water has been shown to be just as effective as commercial electrolyte solutions in prolonging survival time in sick patients. Researchers have demonstrated that coconut water can be given through intravenous infusion by as much as one fourth to one third of the patients body weight without complications.

Coconut water is also highly recommended as a means for oral rehydration. The water has been useful in tropical areas to overcome diarrheal dehydration. Diarrhea is a major health problem in many third world countries. In the Philippines it ranks second among the causes of death and illness and kills nearly five million children yearly. Excessive physical activity can also cause dehydration. Athletes and sports enthusiasts use coconut water to replenish electrolytes lost in perspiration. It works just as well as and even better than some popular commercial sports drinks. Coconut water is a natural sports drink.

The taste of coconut water varies depending





on the age of the coconut. The water from mature coconuts, although good, doesn't compare. Unfortunately, unless you live where coconuts are grown, it is difficult to get green coconuts. Until recently, just about the only way to get coconut water was to crack open a coconut. The demand for a natural sports drink has led to commercial packaging of young coconut water. It is now available in many locations in bottled and tetra pak containers.

Coconut water is more than just a sports drink or nutritive beverage. It is a health tonic. Research has shown that it has a positive effect on cholesterol. In one case study, for example, blood cholesterol levels of HDL (good) cholesterol increased by 46.2 percent. The researchers indicated that liver cholesterol levels were reduced by 26.3 percent and risk of atherosclerosis (hardening of the arteries) decreased by 41.1 percent. Their conclusion was that coconut water is a natural, nutritious drink that could help prevent the formation of atherosclerosis.

Coconut water has long been known for its therapeutic effect on the urinary and reproductive systems. It is reported to clear bladder infections, remove kidney stones and improve sexual virility. Medical research has shown consumption of coconut water to be very effective in dissolving kidney stones. Dr Eugenio Macalalag, director of the urology department at the Chinese General Hospital in the Philippines, says that coconut water has demonstrated its effectiveness in patients suffering from kidney and urethral stone problems. His patients have been able to suspend dialysis treatment after regular oral intake of coconut water. In the Philippines coconut water is commonly known as buko juice. Dr. Macalalag has also reported success in patients by directly infusing the water into the kidneys. He calls the treatment bukolysis. A saying that has now become popular in the Philippines is: "A coconut a day keeps the urologist away."

Properties of Coconut Water

Reduces problems for infants with intestinal disturbances.

Is an effective oral rehydration medium.

Contains organic compounds possessing growth-promoting properties.

Keeps the body cool.

Prevents prickly heat and summer boils and relieves rashes caused by small pox, chicken pox, measles, etc.

Kills intestinal worms.

Presence of saline and albumen makes it a good drink in cholera cases.

Checks urinary infections.

Excellent tonic for the old and sick.

Cures malnourishment.

Diuretic.

Dissolves kidney and urethral stones.

Useful as an intravenous solution.

Useful as blood plasma substitute and is readily accepted by the body.

Aids the quick absorption of drugs and makes their peak concentration in the blood easier by its electrolyte effect.

Urinary antiseptic

Eliminates poisons in case of mineral poisoning

Coconut water injected through urethral catheters inserted up to where the stones are lodged (bukolysis) has resulted in significant daily decrease in size, disintegration of the stones and expulsion without the need for surgery. Even by oral intake coconut water, taken 2 or 3 times a week, has been observed to result in significant size reduction of kidney stones within a short time. Macalalag reports that, of his 1,670 patients who were recurrent stone formers and who took buko therapy, only 13 percent had recurrence of stones in a 10 year period, and the stones were small and passed out easily. Coconut water therapy is so effective that kidney stone patients are spared going through expensive medical procedures. Dr. Macalalag jokingly complains that because of this he has suffered from "AIDS" or what he calls "acute income deficiency syndrome."

Coconut water is a natural diuretic so it increases urine flow. This helps to dilute the urine so that stones are less likely to form and helps to flush existing stones out. It is also helpful in preventing bladder infections.

Not only does coconut water clean out the urinary tract, it revitalizes the reproductive system. Coconut water from fresh green coconuts is reputed to increase libido and enhance performance. Coconut water could be useful for those who have glaucoma. Glaucoma occurs when fluid pressure in the eye becomes abnormally high, causing damage to tiny blood vessels and optic nerve fibers. If left untreated, glaucoma can lead to permanent loss of vision. There is no cure for glaucoma; all that can be done is to prevent it from worsening. Treatment consists of putting medication in the eye to relieve the pressure. medicated eye drops must be used on a regular basis to keep fluid pressure under control. Coconut water has proven to be effective in significantly reducing fluid pressure in the eyes. The water is not put in the eyes but taken orally. The effect lasts for 2¹/₂ hours.

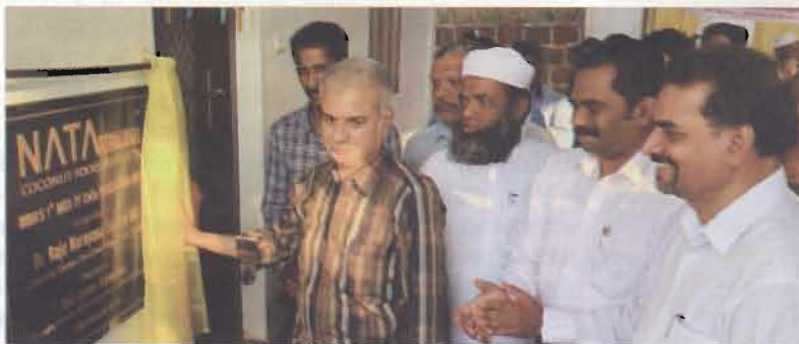
In addition, coconut water has shown to act as an antioxidant, scavenging many types of destructive free radicals and protecting hemoglobin in the blood

from nitrite-induced oxidation. These effects are most significant when using fresh coconut water. They diminish significantly when the water is heated or processed.

A traditional method for treating cataract involves the use of coconut water. Several drops of coconut water are put into the eyes, a hot damp washcloth is placed over the eyes, the patient then lies down with the washcloth in place for 10 minutes. Many people are getting good results with this procedure. Perhaps part of the reason it may work is due to the antioxidant effect of coconut water. Cataracts are caused by oxidation so the antioxidant effect of the water might be of some help.

Coconut water has its own biologicals: enzymes, nucleotides, active polypeptides, and growth factors. Studies on growth factors in coconuts go back to 1941 when the Dutch plant physiologist Johannes Van Oberbeek saw the effect of the coconut water on the growth of a plant embryo. Oberbeek discovered that the plant's baby cells grew faster when coconut water was added to the culture medium -just like mother's milk helps babies grow. The growth slowed down when the water was removed. ■ *Courtesy: <https://cocotap.com/>*

Value addition, the only alternative for making coconut farming remunerative: Dr. Raju Narayana Swamy IAS



Value addition is the only alternative for making farming prospective, said Dr. Raju Narayana Swamy IAS, Chairman, CDB while inaugurating the nata de coco plant set up by the Nata Nutrico Coconut Food Products, Kannur. This is the first modern unit of its kind established in the Kinfra Park, Kannur manufacturing coconut water based nata de coco. Unfortunately majority of our farmers are still below the poverty line. Eventhough 60 % of the Indians are employed in agriculture sector, the resource from the sector is below 17%. Value addition is the only alternative to make a shift to this situation, said Dr. Narayana Swamy. He appreciated Mr. Abdulla for the innovative step taken forward by M/s. Nata Nutrico Coconut Products. He thanked M/s. Kinfra for extending the infrastructure facilities for setting up the unit.