

Clinical Studies in Sri Lanka on consumption of **coconut oil**

Studies in Sri Lanka on dietary intervention where a supplement of coconut milk porridge was compared with soya milk porridge showed that Coconut Milk porridge produced a significant fall in LDL and rise in HDL cholesterol. A hospital based prospective control study of patients with acute coronary syndrome or cerebrovascular event (stroke) demonstrated that the use of coconut had a protective effect on the incidence of cardiovascular disease. Coconut and coconut oil consumption correlated negatively with cardiovascular deaths in Sri Lanka over a 45 year period from 1961 to 2006 where CVD death rates correlated positively with per capita GDP. Animal studies have shown that a mixture of scraped coconut and white coconut oil or virgin coconut oil fed to Wistar rats for 36 weeks caused a significant reduction in fasting blood glucose compared to baseline levels and tended to lower total cholesterol and elevate HDL. The ability of galactomannans from kernel and coconut fibre is also shown to have lipid lowering properties which may also have accounted for the beneficial effects of grated coconut. More work need to be undertaken in this area.

Source : Excerpt from Invited Paper on "Clinical Studies in Sri Lanka related to consumption of coconut oil" presented by Dr. Asoka Dissanayake, Co-Chair of the CRI-University of Kelaniya Research Group and Former Professor of Physiology, Faculty of Medicine, University of Kelaniya, Sri Lanka at the 1st International Symposium on Quality Coconut Oil for Nutrition and Health, New Delhi, India during 28-29 September 2015

Regular use of Coconut can change your life

**Works as a natural
anti-bacterial
and viral food**

**Strengthens
the immune system**

**Rich in dietary
fibre**

**Prevents premature
ageing of skin**

