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COCONUT OIL: THE HEALTHIEST OIL ON EARTH

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ABSTRACT

Coconut oil is said to be healthiest oil on the earth because it is used not only diabetes but it is also used to reduce weight, risk of atherosclerosis, risk of cancer, prevents bacterial, viral and fungal infections, improves digestion and nutrient absorption etc. Diabetes is all about sugar, the sugar in our bodies known as blood sugar or blood glucose. There is one fat that diabetics can consume without fear. That fat is coconut oil. It helps to regulate blood sugar. Coconut oil helps in supply of energy to cells because it is easily absorbed without the need of enzyme or insulin. Coconut oil in the diet enhances insulin action and improves binding affinity compared to other oil. It is a natural antioxidant. It protects the body from free radical damage and prevents premature aging and degenerative disease. Coconut oil is best massage oil on the planet. It forms a barrier against infections, softens and moisturizes our skin and prevents wrinkling, sagging and age spots. It promotes healthy hair and complexion protect from any damaging UV rays. It is help to removing mental fatigue. Coconut oil also helps in treating various skin problems including psoriasis, dermatitis, eczema and other skin infection.

Keywords:

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INTRODUCTION: One of the many plagues of modern society is diabetes. It is most common disease. Diabetes not only can cause death but can lead to kidney disease, heart disease, high blood pressure, strokes, cataracts, nerve damage, hearing loss and blindness. The link between diabetes and sugar is so strong that it sounds so strange to hear that a healthy fat like coconut oil can have a profound effect on the disease¹. The hormone insulin, which is secreted by the pancreas gland, move glucose from the blood and funnels it into the cell so it can be used as fuel. If the cell is unable to get adequate amount of glucose they can literally starve to death. As they do, tissue and organs begin to degenerate. This is what happens in diabetes; Type I and Type II. Type I also referred to as insulin dependent or juvenile diabetes, usually begin in childhood and results from the inability of the pancreas to make adequate amount of insulin. Type II diabetes is known as non-insulin-dependent or adult onset diabetes because it usually appears in older adults.

How Coconut Oil can Benefit Insulin Resistance and Diabetes: Coconut oil is useful in diabetes. This amazing oil may in fact be the most vital key in managing the way sugar impacts your body. The healthy fat in coconut oil plays an essential role in regulating blood sugar. It slows the digestive process to ensure a steady, even stream of energy from your food by lowering the overall glycolic index of your meal. When you include coconut oil in a meal with carbohydrates, the carbs are broken down into glucose more slowly so blood sugar levels remain steady even after you eat. Coconut oil consists of medium-chain fatty acids. Medium chain fatty acids are more suited for energy use rather than fat storage and opposite is true of long- chain fatty acid.

Dr. Bruce Fife recommends that coconut oil be the only oil diabetics eat because of its outstanding benefits.

Properties of Coconut Oil: What are those properties of coconut oil that make it so special?

(A) Physical properties: These properties of coconut oil are known to almost everyone.

1. **Colour:** Colourless at or above 30⁰ C. White when solid.
2. **Odour:** Typical smell of coconut (if not refined, bleached and deodorized)
3. **Melting Point:** Melts at 25⁰ C (76⁰ Fahrenheit). Solid below this temperature.
4. **Smoking Point:** 177⁰ C (350⁰ Fahrenheit)
5. **Solubility in Water:** Forms a white homogenous mixture when beaten well little water. Otherwise insoluble in water at room temperature.
6. **Density:** 924.27 Kg/Meter³

(B) Chemical properties: Coconut oil is predominantly composed of saturated fatty acid (about 94%), with a good percentage (above 62%) of medium chain fatty acids among them.

1. **Vitamin-E:** The thing which you always wanted for silky hair and a smooth and young skin.
2. **Moisture:** The amount of moisture present in coconut oil vary greatly depending upon the moisture content of the source, i.e. Copra and fresh coconut; method of extraction and also on the processing done on it.
3. **Other Suspensions:** In crude coconut oil, you will find suspensions of proteins and other organic particles, which

obscures its clarity. They are almost in refined coconut oil.

4. **Reactivity:** - Shows oxidation and reaction with acids and base.

(C) Nutritional properties: Among the properties of coconut oil, the one which is of our much interest and the one which we bother about are its nutritional properties.

1. **Medium Chain Fatty Acids:** These saturated fats are actually medium chain fatty acids like capric acids, caprylic acids, caproic acids and lauric acids can do wonder for you. They increase the rate of metabolism in our body, thereby aiding weight loss, increase level of goods cholesterol (high density lipoproteins) and (lower the level of bad cholesterol (Low density lipoproteins).They are great source of energy.
2. **Vitamin-E:** This keeps your hair and skin healthy, besides keeping your organic system functioning smoothly, as is done by all vitamins.

(D) Medicinal properties: Coconut oil is useful in number medicinal complications medicinal complications, featured as under;

1. Prevent fatigue
2. Oxidation/Ageing
3. Infections/Microbial or Fungal actions
4. Hair loss
5. Vermifuge
6. Dandruff Digestive disorders
7. HIV
8. Blockage of arteries
9. Cracking of skin
10. Obesity

Varieties of Coconut Oil: The fact that coconut is used in various applications makes it important to get a clear understanding of the different varieties of coconut oil.

(A) Pure Coconut Oil: This oil is our good old friend, extracted from dried coconut kernels, also called copra. It is crude, unrefined and without any additives. It is mainly extracted by compression of copra in a mill, either driven by bullocks or by power.

Uses: Lots of uses, including use as edible oil (in cooking), as massaging oil, hair oil, in manufacturing of soaps, shampoos, lotions, ointments, confectionaries, medicines etc.

(B) Refined Coconut Oil: This is sometimes also called the RBD coconut oil, which is an abbreviated form for refined, bleached and deodorized coconut oil. This is obtaining by mechanically oil.

Uses: - Mainly in cooking. Also used for hair and skin and in soap, cream and other cosmetic industries.

(C) Virgin coconut oil: Virgin coconut oil is derived from the milk obtained from fresh coconut meat, and not from copra, by processes like fermentation, centrifugal separation and enzyme actions.

Uses: It is very much used in losing weight, improving metabolism, fighting infections and digestive disorders, aromatherapy, skin and hair care and in medicines due to higher concentrations of capric acids, lauric acids, caprylic acid and vitamin-E present in it.

(D) Organic coconut oil: The coconut oil that has been extracted from coconut obtained from coconut palms raised only on organic manure and no synthetic fertilizers, insecticides etc. and without the involvement

of any chemical in its extractions or processing is called the organic coconut oil.

Uses: Not very different from its counterparts, except with that “organic” edge.

(E) Organic Virgin Coconut Oil: You can very well understand what that means. It means virgin coconut oil produced from the organic coconuts, the organic way.

Uses: I cannot think of a better use of this variety than the uses of virgin coconut oil and organic coconut oil combined together.

(F) Extra Virgin Coconut Oil: Among all the varieties of coconut oil, this is the most challenged and doubted one, as its very existence is doubted and the name hardly makes any sense.

Why Coconut Oil is the Healthiest Oil on Earth: Coconut oil use for heart disease, cancer and other degenerative conditions, improve digestion, strengthened your immune system, and helped loose excess weight. Coconut oil is healthiest oil in the following sense;

What Coconut Oil Does Not Do?

1. Does not increase blood cholesterol level.
2. Does not promote platelet stickiness or blood clot formation.
3. Does not contribute to atherosclerosis or heart disease.
4. Does not contribute to weight problems.

What coconut oil does do?

1. Reduce risk of cancer.
2. Help prevent bacterial, viral and fungal infection.
3. Support immune system function.
4. Help control diabetes.

5. Provide an immediate source of energy.
6. Improves digestion and nutrient absorption.
7. Promote weight loss.
8. Help prevent osteoporosis.
9. It highly resistant to spoilage.
10. Help keep skin soft and smooth.
11. Function as protective antioxidants.
12. Antifungal (kills yeast too) and antibacterial.
13. It attacks and kills viruses that have a lipid (fatty) coating, such as herpes, HIV, hepatitis C, the flu, and mononucleosis.
14. It kills the bacteria that cause pneumonia, sore throats, dental cavities, urinary tract infections.
15. It kills the fungus/yeast infections that cause Candida, ringworm, athlete’s foot, thrush, jock, itch, diaper rash and more.
16. Coconut oil is called the “low fat” fat. It actually acts like carbohydrates in that sense that it is quickly broken down in the liver and used as quick energy. It also supports thyroid function and increases your metabolism.
17. Coconut oil improves digestion and absorption of fat soluble vitamins, minerals (especially calcium and magnesium), and amino acids.
18. Coconut oil helps the body heal and repair fast.
19. Coconut oil, contrary to much hubbub, is good for your heart. It keeps our blood platelets away from sticking together (and causing dangerous clots).
20. Regular users of coconut oil have a much lower chance of atherosclerosis (clogging of the arteries), arteriosclerosis (hardening of the arteries), and strokes.
21. Coconut oil is a natural anti oxidant.

22. It protects the body from free radical damage and prevents premature aging and degenerative diseases.
23. Coconut oil is the best massage oil on the planet. What it does to your skin, you simply have to witness.
24. It promotes healthy hair and complexion, protects from any damaging UV rays (It is used in **Ron Salley's** products).

Lauric acid (found in coconut oil) is necessary for good health. Dr. Mary Enig says "approximately 50% of fatty acid in coconut fat is lauric acid. Lauric acid is a medium chain fatty acid, which has the additional beneficial function of being formed into mono laurin in the human or animal body. Mono laurin is the antiviral, antibacterial and anti protozoal mono glyceride used by the human or animal to destroyed lipid coated virus such as HIV, herpes, cytomegalovirus, influenza.

Various Treatment Approaches of Coconut Oil:

Hair Falling Therapy: Coconut oil is one of the best natural nutrition for hair. It helps in healthy growth of hair providing them a shiny complexion. Regular massage of the head with coconut oil ensures that your scalp is free of dandruff, lice, and lice eggs, even if your scalp is dry. It is used as hair care oil and used in manufacturing various conditioners, and dandruff relief cream.

Stress Management: Coconut oil is very soothing and hence it helps in removing stress. It helps in removing mental fatigue.

Treatment of Tropical Disease: Coconut oil is excellent massage oil for the skin as well. It acts as an effective moisturizer on all types of skins including dry skin. Coconut oil therefore

is a safe solution for preventing dryness and flaking of skin. It also delays wrinkles, and sagging of skin which normally become prominent with age. Coconut oil also helps in treating various skins problems including psoriasis, dermatitis, eczema and other skin infections. Therefore coconut oil forms the basic ingredient of various body care products such as soaps, lotions, cream, etc. used for skin care.

Premature aging: Coconut oil helps in preventing premature aging and degenerative disease due to its antioxidant properties.

Cardiac Disorder: Coconut oil is beneficial for the heart. It contains about 50% lauric acid, which helps in preventing various heart problems including high cholesterol level and high blood pressure. It also reduces the incidence of injury in arteries and therefore helps in preventing atherosclerosis.

Weight loss: Coconut oil is very useful in reducing weight. It contains short and medium-chains fatty acids that help in taking off excessive weight. It is also easy to digest and it helps in healthy functioning of the thyroid and enzyme system. Further, it increases the body metabolism by removing stress on pancreases.

Digestion: Internal use of coconut oil occurs primarily as cooking oil. Coconut oil helps in improving the digestive system and thus prevents various stomach and digestion related problems including irritable bowel syndrome.

Pancreatitis: Coconut oil is also believed to be useful in treating pancreatitis.

Wound Healing: When applied on infections, it forms a chemical layer which protects the infected body parts from external dust, air, fungi, bacteria and virus.

Immunity: Coconut oil is also good for the immune system. It strengthens the immune system as it contains antimicrobial lipids, lauric acids, capric acids and caprylic acids which have antifungal, antibacterial and antiviral properties. It helps in fighting harmful bacteria such as listeria monocytogenes and helicobacter pylori, and harmful protozoa such as giardia lamblia.

Infections: Coconut oil is very effective against a variety of infections due to its antifungal, antiviral and antibacterial properties. According to the Coconut Research Centre, coconut oil kills virus that cause influenza, measles, hepatitis, herpes, SARS etc. It also kills bacteria that cause ulcers, throat infections, urinary tract infections, pneumonia and gonorrhoea etc. coconut oil is also effective on fungi and yeast that cause candidiasis, ringworm, athlete's foot, thrush, diaper rash etc.

Liver disease: The presence of medium chain triglycerides and fatty acids help in liver disease as they substance are easily converted into energy when they reach the liver.

Kidney: Coconut oil helps in preventing kidney and gall bladder disease. It also helps in dissolving kidney stones.

Diabetes: Coconut oil helps in controlling blood sugar, and improves the secretion of insulin. It helps in effective utilization of blood glucose, thereby preventing and treating diabetes.

Bones: Coconut oil improves the ability of our body to absorb important minerals. These include calcium and magnesium which are necessary for development of bones. Thus coconut oil is very useful to women who are prone to osteoporosis after middle age.

Dental care: Calcium is an important element present in teeth. Coconut oil also stops tooth decay.

HIV and Cancer: It is believed that coconut oil plays an instrumental role in reducing viral susceptibility of HIV and cancer patients.

Use of Coconut Oil in Pharmaceuticals:

Coconut oil Capsules: Coconut oil capsules are one of the latest forms of consumption of coconut oil. These are like any other medicinal capsules. They have concentrated form of coconut oil extract filled in starch capsules. Coconut oil capsules may or may not contain other herbal extracts and/or medicines/vitamins supplements.

Merits: Coconut oil capsules have following advantages;

1. Easily portable
2. Easily consumable
3. Dosage can be easily managed, since each has a fixed quantity and nutrient value

Uses: Coconut oil capsules are good for;

1. Weight loss
2. Treating candida
3. Reducing bad cholesterol (LDL)
4. Increases good cholesterol (HDL)
5. Treating hair loss
6. Improves metabolism
7. Keeping skin good and healthy
8. Treating problems of digestion
9. Fighting microbial infections

Coconut Oil Tablets: Coconut oil tablets are one of the latest forms of consumption of coconut oil. These tablets are not like those hard coated/uncoated white, bitter tablets. They are like soft gel chewable tablets with

concentrated coconut oil coated in animal or synthetic gelatin. This is undoubtedly one of the best features of coconut oil tablets. They taste and smell good when the outer gelatinous coating dissolve.

These tablets can be based on pure coconut oil, refined coconut oil, virgin coconut oil or organic coconut oil (this one is doubted, as after so much processing, nothing is hardly left organic). They may or may not come with other herbal extracts or drugs.

Merits:

1. Tablets are handy, very portable, time saving and very easily manageable.
2. About the advantage regarding their effect on health, they are good for providing energy, boosting immunity, counter free radical and effects of oxidation, fight infections and to aid absorption of fat soluble vitamins and medicines.

Demerits:

1. These tablets are very costly.
2. These tablets can never match the goodness of coconut oil.
3. They can only be taken orally.

Myths and Facts about Coconut Oil:

Myth 1: Being composed predominantly of saturated fats, it raises cholesterol level and increase the risk of heart attack.

Fact: Common man understand only “Bad cholesterol” by the term “cholesterol” and most of them are unaware of the facts that there are two types of cholesterol and one of them is good for health. Coconut oil raises the “Good cholesterol” (High Density Lipoproteins) level which is beneficial for health. This good

cholesterol helps lower the bad cholesterol (Low Density Lipoproteins) level and actually clears the blockages in the arteries and protects your heart.

Myth 2: Saturated fats present in coconut oil adds to body weights and leads to obesity

Fact: The medium chain fatty acids (Saturated fats) present in coconut oil increase rate of metabolism, thereby leading to higher consumption of energy for metabolic activities and resultant burning of more fats. In fact, coconut oil is prescribed for losing weight.

Myth 3: Coconut oil is an irritant for skin.

Fact: Just opposite! It is one of the most soothing oils for the skin. In case of inflammation caused by insect sting, allergy, sun burn, reaction of drugs, bruises etc. this oil can miraculously soothing. The anti microbial properties of coconut oil can even help heal wounds.

Myth 4: Coconut oil is sweet to taste and not good for diabetics

Fact: This oil tastes like any other oil and is not sweet (How it can be when it has only fats and not glucose in it). Moreover, this oil promotes secretion of insulin for pancreases and thus helps control diabetes. Recent experiments have proved that regular use of coconut oil can greatly reduce the chances of diabetes.

Myth 5: This oil is thick and is not absorbed easily.

Fact: Perhaps the condensation of coconut oil in winter and its solid look gave birth to this myth. Now, like other myths and facts about coconut oil, this is also amazingly contrasting. Coconut oil, and more so the virgin coconut oil, is thin, non sticky and non greasy and is readily

absorbed. That is why coconut oil is preferred for massaging and as tanning oil.

Myth 6: Since it is derived from coconut (Which contains a lot of moisture), this oil is goes rancid easily.

Fact: The coconut oil is one of the toughest oils in this regard. It is so stable that even if it contains some moisture above the permissible limits, it has a far longer shelf life than other oil and does not go rancid for years.

CONCLUSION: Coconut oil is one fat which can be consumed by diabetics without fear. Not only does it not contribute to diabetes but it helps regulate blood sugar. It helps stabilize blood glucose levels and add in shedding excess body weight, it is probably the only oil a diabetic should eat. Coconut oil also useful heart disease, cancer excess weight loss, improved digestion. Coconut oil plays an instrumental role in reducing viral susceptibility of HIV and cancer patient. It helps in getting strong teeth because coconut oil facilitates absorption of calcium by the body. It also stops tooth decay. It also helps in dissolving kidney stones. So we can say that “coconut oil is the healthiest oil on earth.” Now a days, coconut oil capsules and tablet are also used. Coconut oil capsules are one of the latest forms of the consumption of coconut oil. In the capsule concentrated forms of coconut oil extract filled in starch capsules.

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