

**Name of Herbal Plant : Coconut****Biological Source** : It Is Obtained From Cocos Nucifera.(Palm Tree)**Synonyms** : Coco, Palm Tree**Family** : Arecaceae

Description: The Coconut Palm is a long-lived plant that may live as long as 100 years. It has a single trunk, 20-30 m tall, its bark is smooth and grey, marked by ringed scars left by fallen leafbases. The leaves, from 4 to 6 m long, are pinnate. They consist of linear-lanceolate, more or less recurved, rigid, bright green leaflets. The inflorescences, arising at leaf axils and enveloped by a carinate spathe, are unbranched spadices; female flowers are borne basally, male flowers at apex.



Flowers bear lanceolate petals, 6 stamens and an ovary consisting of 3 connate carpels. Cross pollination, either anemophilous or entomophilous, occurs. Its fruit, as big as a man's head and 1-2 kg in weight, is a drupe with a thin, smooth, grey-brownish epicarp, a fibrous, 4-8 cm thick, mesocarp and a woody endocarp. As it is rather light, it can be carried long distances by water while keeping its germinability for a long time. Inside it contains one seed, rich in reserve substances located in the endosperm which is partly liquid (coconut milk), partly solid (flesh). When its embryo germinates, its radicle breaks through one of the three germinating pores, visible from the outside as well.

Geographical Source: Originally obtained from southeast asia and the islands between indian and pacific oceans.

Vernacular Name in English: Coconut**Vernacular Name in Hindi** : नारियल**Vernacular Name in Marathi:** श्रीफल**Vernacular Name in Kannada:** Coconut

Chem. Constituents: Coconut oil is composed of 8% fatty acids, 7% capric acid, 7% lauric acid, 49% palmitic acid, 8% stearic acid, 2% oleic acid and 2 % linoleic acid.

Uses:

- It Is Used As Oil.
- It Has Moisturizing Effect.
- To Make Stick Broom.
- In The Treatment Of Eczema & Psoriasis.