



BLDEA's
SSM College of Pharmacy and Research Centre,
VIAJAYAPUR-586103,



Cocos nucifera



Scientific Name: *Cocos nucifera*

Common Names: Coconut Palm, Niu

Plant Characteristics

Duration: Perennial, Evergreen

Growth Habit: Tree

Hawaii Native Status: Introduced. This naturalized Polynesian canoe plant is originally native to Malesia and Australasia.

Flower Color: Yellowish green, Creamy yellow

Flowering Season: Year-round

Height: Up to 100 feet (30 m) tall, but usually less

Kingdom: Plantae – Plants

Subkingdom: Tracheobionta – Vascular plants

Superdivision: Spermatophyta – Seed plants

Division: Magnoliophyta – Flowering plants

Class: Liliopsida – Monocotyledons

Subclass: Arecidae

Order: Arecales

Family: Arecaceae – Palm family

Genus: *Cocos* L. – coconut palm

Species: *Cocos nucifera* L. – coconut palm

The Roots – were used to make dyes, used as a toothbrush, mouthwash, and has medicinal value. Coconut Leaves – were used in The Maldives

as a roofing material for houses, and are used to wrap rice, for cooking, and for storage

Topical Uses of Coconut Oil

- Natural skin softener and moisturizer.
- Reduces fine lines, puffiness and dark circles under the eyes
- Prevents skin infections.
- Anti-Wrinkle.
- Soothes Sunburn and treats blisters and burns.
- Removes makeup.
- Improves skin tone, elasticity, and age spots.
- Heals itchy skin and stops burning from insect bites including snake bites.
- Lessens varicose vein occurrences.
- Removes head lice.
- Conditions the hair, prevents split-ends and treats dry flaky scalp including dandruff.
- Heals nail fungal conditions.