

Technical Folder no : 15/2017

Virgin Coconut Oil

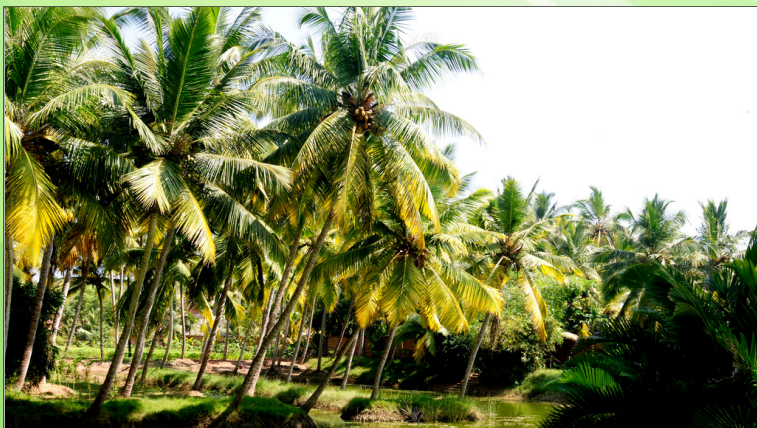
"The mother of all oils."



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Ela, Old Goa, Goa



Coconut Palm “The Tree of Life” is known to confer multiple benefits like health, wealth and shelter to mankind. Coconut is an important crop of Goa which is grown in an area of about 24000 ha with an annual production of 110 million nuts.

One of the primary natural products from “The Tree of Life” is coconut oil. In the recent past, the coconut oil has been as food ingredient in functional foods besides being used as pharmaceuticals, cosmetics and industrial use.

Coconut oil is rich source of medium chain triglycerides which are beneficial for human health and nutrition .Coconut oil is rich in fatty acids viz, lauric acids, capric acid, caprioc acid which makes up triglycerides and forms anti microbial properties of the high value coconut which is becoming popular globally as Virgin Coconut Oil.



What is VCO ?

Virgin Coconut Oil (VCO), extracted from fresh coconut meat without chemical processes is said to be "mother of all oils". It is rich in medium chain fatty acids, particularly lauric acid and is a treasure trove of minerals, vitamins, antioxidants and is an excellent nutraceutical. It has about 50% lauric acid, having qualities similar to mother's milk, thus confirming its disease-fighting ability. When lauric acid enters human body it gets converted to Monolaurin, which has the ability to enhance immunity. Several studies have confirmed that this compound has the ability to kill viruses including herpes and numerous other bacteria. Its antiviral effect has the ability to considerably reduce the viral load of HIV patients. VCO is not subjected to high temperature, solvents or refinement procedures and therefore retains the fresh scent and taste of coconuts. It is rich in vitamin E, is non-greasy, non-staining and is widely used in soaps, lotion, creams and lip balms. The health benefits of VCO are second to none; ranging from speeding up body metabolic system and providing immunity against a horde of commonly prevalent diseases.



Health Benefits of VCO

1. Are similar in structure to the fats in mother milk that gives baby immunity to disease.
2. Virgin Coconut Oil possesses anti inflammatory, anti microbial and anti oxidant properties hence protects heart from artherosclerosis.
3. Virgin Coconut Oil is digested easily and does not require pancreatic digestive enzymes and bile and goes directly to the liver for conversion into energy.
4. Virgin Coconut Oil improves the nutritional value in food by increasing absorption of vitamins, minerals and amino acids.
5. Virgin Coconut Oil is mainly based in cosmetic products which provide skin health.



Uses of VCO

Coconut Oil has several industrial applications, but Virgin Coconut Oil is unique among all other vegetable oil because of its high lauric acid content. It is used as

1. Hair and Skin conditioner.
2. Oil base for various cosmetic and skin care products.
3. Carrier Oil for aroma therapy and massage 'oil.
4. Nutraceuticals and functional food.

Economics of VCO at Home Scale- For Making 03 ltrs of oil /day.

Expenditure incurred is 90 nos coconuts @ Rs. 15/-
(Rs. 1350/-),

Labour requirement 01/day (Rs. 250 /-) &
Bottle / gas/ labels / other misc (Rs. 100/-)

Total expenditure (Rs. 1700/-).

Revenue generated 30 nos. of 100 ml bottle pure
VCO @ Rs. 80 /- (Rs. 2400/-) &
Coconut value added products (03 kgs) @ Rs. 250/-
(Rs. 750/-) total (Rs. 3150/-).

Benefit = 3150 – 1700 = 1450/day.



Health Benefits of Coconut Oil

Hair: Reduces protein loss and nourishes

Head: Eliminates mental fatigue

Skin: Prevents wrinkles, sagging, dryness and flaking

Candida: Provides relief and help to eliminate Candida Albicans yeast

Immunity: Strengthens immune system

Bones and Teeth: Improves bone strength and dental health

Heart: Prevents high cholesterol and blood pressure levels

Diabetes: Controls blood sugar levels and improves insulin secretion

Healing: Damaged tissues, liver and kidney diseases, pancreatitis

Digestion: Intake promotes nutrient absorption, increases metabolism and helps in weight loss



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