

Coconut Water - Healthy Beverage with Multiple Therapeutic Potentials

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Cocos nucifera (L.) is a tree that offers multiple advantages to the food and health industry. The most useful natural resource in the world, coconut water, has a long history of use in medicine and healthcare due to its ability to maintain hydration. It has been shown to have anti-inflammatory, hepatoprotective, antipyretic, wound curing, antihypertensive, antithrombotic, hypoglycaemic, hypolipidaemic, diuretic, antioxidant, and renal regeneration properties. Over the last few decades, numerous studies describing its nutritional and medicinal properties have been published in reputable scientific journals. Information related to the therapeutic benefits of coconut is available in traditional Ayurvedic writings, and it is consistent with recent scientific findings.

Keywords: Coconut water, nutraceuticals, healthy beverage, therapeutic potential, food, probiotic.

