

Note on Coconut Oil: An Essential Oil for All Purpose

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Citation: Jacobs A (2021) Note on Coconut Oil: An Essential Oil for All Purpose. In Silico In Vitro Pharmacol Vol.7 No.2:2

Abstract

Coconut oil is made by crushing the dried kernel of the coconut, which contains 60%-65% of the oil. The oil has a natural sweet coconut flavour and includes 92% saturated fatty acids (in the form of triglycerides), the majority of which (about 70%) are Medium Chain Saturated Fatty Acids (MCFAs). MCFAs are not found in all vegetable oils, with lauric acid content ranging from 45% to 56%. Coconut oil fractions with medium chain triglycerides are excellent solvents for flavourings, essences, emulsifiers, and other ingredients. These fatty acids are employed in the manufacture of emulsifiers, pharmaceuticals, and cosmetics. Its metabolism differs from that of traditional vegetable oils with long-chain fatty acids. This page aims to provide an overview of coconut oil, its chemical constituents, and medicinal applications.

Received: March 01, 2021; **Accepted:** March 14, 2021; **Published:** March 21, 2021

Introduction

Refined (solvent extracted coconut oil) and unrefined medium chain fatty acids are the two main types of coconut oil. According to the technique of processing, coconut oil can be classed as refined (solvent extracted coconut oil) or unrefined (virgin coconut oil; hot pressed and cold pressed or copra coconut oil). Coconut oils are derived from fresh wet coconut meat, both cold and hot pressed. While cold pressed coconut oil is made from crushed meat at room temperature, the latter is made by injecting a small amount of heat, up to 40° Celsius. When compared to the previously mentioned method, this allows the extractor to extract more oil from the coconut meat. Coconut oil, also known as copra oil, is edible oil made from the meat or kernels of mature coconuts obtained from the coconut palm (*Cocos nucifera*). It has a wide range of uses. It is slow to oxidise and thus resistant to rancidification due to its high saturated fat content, lasting up to six months at 24°C (75°F) without rotting.

Uses

Wound healing is an unpredictably unpredictable process in which the skin or other human tissue repairs itself after an injury. The oil of the *cocos nucifera* has been found to be an effective damage

healer. During cutaneous injury mending in young mice, Nevin investigated the effect of effective utilisation of virgin coconut oil on skin segments and cancer prevention agent status. The effect of MCFA on insulin secretion is dependent on its chain length, according to a study by Garfunkel titled Insulin tropic potency of lauric acid: a metabolic rationale for Medium Chain Fatty Acids (MCFA) in TPN formulation. Cupric acid (C10) and lauric acid were shown to have the most effective effects on insulin production of all the MCFAs studied.

Conclusion

Coconut oil has a long shelf life and is commonly used in baking, processed foods, new born formulas, medications, cosmetics, and hair oil. The oil includes 92% saturates, which are medium chain fatty acids in the form of triglycerides, and roughly 8% unsaturates, which are oleic and linoleic acids in the form of triglycerides. The oil contains a minor quantity of unsaponifiable Matter (0.5%), is colourless, and has a coconut-like odour. Tocopherols, tocotrienols, and phytosterols are present in modest concentrations in the oil. The oil has antiviral and antibacterial properties, as well as good therapeutic properties. Overall, it is the greatest essential oil because it contains all of the qualities that are necessary for human health.