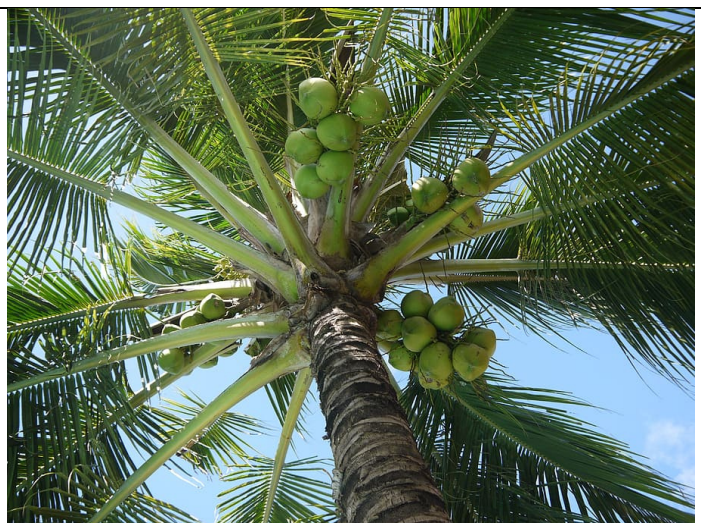


Cocos nucifera

Scientific classification

Kingdom	: Plantae
Clade	: Angiosperms
Order	: Arecales
Family	: Arecaceae
Genus	: <i>Cocos</i>
Species	: <i>C. nucifera</i>
Part used	: fruit



Description

The coconut tree is a member of the palm tree family (Arecaceae) and the only living species of the genus *Cocos*. *Cocos nucifera* is a large palm, growing up to 30 m (100 ft) tall, with pinnate leaves 4–6 m long, and pinnae 60–90 cm long; old leaves break away cleanly, leaving the trunk smooth. On fertile soil, a tall coconut palm tree can yield up to 75 fruits per year, but more often yields less than 30. Given proper care and growing conditions, coconut palms produce their first fruit in six to ten years, taking 15 to 20 years to reach peak production.

Uses

It has analgesic, antiarthritic, antibacterial, antipyretic, antihelminthic, antidiarrheal, and hypoglycemic properties. In addition, other properties such as antihypertensive, anti-inflammatory, antimicrobial, antioxidant, cardioprotective, antiseizure, cytotoxicity, hepatoprotective, vasodilation, nephroprotective, and anti-osteoporosis effects were also reported.