

Coconut water therapy can work wonders

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KUALA LUMPUR: It's not just against the dreaded chikungunya that coconut water is an effective weapon.

Coconut water is also said to be extremely good against a host of other ailments.

Natural science expert Dr Dhillip Kumar and Jagdev Singh, president of the Malaysian Dietary Supplement Association, both agreed that although coconut water could not cure diseases, it would help patients recover faster.

The *New Sunday Times* reported yesterday that Chinese physicians were advising those afflicted with chikungunya to drink coconut water, herbal or water chestnut drinks in the wake of the outbreak in Johor, Perak, Negri Sembilan and Malacca.

There is no vaccine against the virus that causes chikungunya, which has symptoms

similar to that of dengue — fever, joint pain, fatigue and mouth ulcers.

Jagdev said coconut water probably helped those down with chikungunya because it was extremely good in detoxifying the liver, an organ which helps to control body temperature.

Jagdev said the virus develops in the liver over a period of time. Since this is the organ that benefits from coconut water, the virus is thus suppressed by its presence.

Jagdev agreed that “there was no such thing as a cure.

“Once in the system, the virus will always be there. It will come out when the time is right. So it comes down to controlling it.

“Coconut water will help in controlling or suppressing the virus,” he said.

Coconut water is full of minerals, which are important in fighting viruses.

Jagdev added that Indians have long praised the virtues

Contains:

- potassium ● protein
- sodium ● calcium
- magnesium

It is said to be helpful against:

- cholera
- typhoid
- pneumonia
- colitis
- small pox
- chicken pox
- dysentery
- acidosis

Other benefits:

- Keeps the body cool and at the correct temperature
- Good for the complexion. Washing your face with coconut water prevents dryness, pimples, blackheads and the early appearance of wrinkles.
- It is a natural diuretic

COCONUT WATER



of coconut oil, which has been medically proven to have anti-viral, anti-bacterial and anti-fungal components.

“One can make the safe assumption that coconut water, too, would have anti-viral components.”

Dr Dhillip said coconut water

was high in potassium and various other minerals.

It helps against diseases such as cholera, dysentery and typhoid among others, he added.

“Coconut water should be drunk everyday if possible. It is a good food substitute.”