

Kokosnuß

Cocos nucifera

Arecaceae · Cocos

WIRKUNG

Analgesic, antiarthritic, antibacterial, antipyretic, antihelminthic, antidiarrheal, hypoglycemic, antihypertensive, anti-inflammatory, antimicrobial, antioxidant, cardioprotective, antiseizure, cytotoxicity, hepatoprotective, vasodilation, nephroprotective, anti-osteoporosis

ÜBERLIEFERTE HEILWIRKUNGEN

- Balanciert Vata und Pitta dosha, nährt und stärkt den Körper, hilft bei Dehydration, Herzkrankheiten, Hyperacidity, Ulzer, Schwangerschaftsdiabetes, verbessert die Nachtsehen.

AYURVEDA

Freitext: Guduchi (Giloy), Amalaki (Amla), Apamarg (Chirchira), Agar (Agar); Durva (Dub), Ashwagandha (Asgandh)

ÜBERLIEFERTES WISSEN

Used in India, Papua New Guinea, Fiji, Ghana, Guatemala, Haiti, Indonesia, Jamaica, Mozambique, Peru, Trinidad, Mexico, Malaysia, Kenya; Erwähnt in Charak Samhita, Sushrut Samhita und Bhavprakash Nighantu

ERKENNUNGSMERKMALE

Ringförmig mit schmalem Trunk und griffelartigen Blättern. Früchte ovoid oder ellipsoid, dunkelbraun gefärbt.

WUCHS

Baum

HERKUNFT

Pantropical (Malaysia, Indonesia, Philippines, Indian-Pacific islands)

VERWENDETE PFLANZENTEILE

- Blatt

ERNTENZEIT

- Teil: Frucht · Monate: [6, 7, 8] · Hinweis: Tender coconuts for drinking water · Bedingungen: High water content, soft and jelly-like flesh.
- Teil: Frucht · Monate: [10, 11, 12] · Hinweis: Mature coconuts for meat and oil · Bedingungen: Thickened meat with maximum oil content, reduced water content.

SAMMELN

- Hinweis: Handschuhe empfohlen für Kokosnuss (Knacken der Schale), Werkzeug wie Hammer und Schraubenzieher benötigt · Bedingungen: Trocken, kein Regen · Pflanzenteil: Frucht · Reifezustand: reif

SICHERHEIT UND WECHSELWIRKUNGEN

WECHSELWIRKUNGEN

- Typ: NIE_kombinieren · Hinweis: Coconut water (Cocos nucifera) mit danazol (synthetischer Androgen) · Pflanze latein: Cocos nucifera · Pflanze deutsch: Kokosnuß

QUELLEN

- Typ: wikipedia_de · Url: <https://de.wikipedia.org/wiki/Kokosnusscreme> · Titel: Kokosnusscreme
- Typ: pfaf · Url: [https://pfaf.org/user/Plant.aspx?LatinName=Cocos nucifera](https://pfaf.org/user/Plant.aspx?LatinName=Cocos+nucifera) · Titel: PFAF — Cocos nucifera

- Typ: web · Url: <https://pmc.ncbi.nlm.nih.gov/articles/PMC4671521/> · Titel: Cocos nucifera (L.) (Arecaceae): A phytochemical and ...
- Typ: web · Url: <https://www.nakraayurveda.com/narikel-cocos-nucifera/> · Titel: Narikel (Cocos nucifera) - uses, dosage, home remedies
- Typ: web · Url: <https://www.planetayurveda.com/library/narikel-coconut-cocos-nucifera/> · Titel: Narikel / Coconut (Cocos Nucifera)- Ayurvedic Properties & DosageCocos Nucifera (Coconut Tree) - Health Benefits, Uses ...Coconut / Cocos nucifera - Health Benefits, Dosage, Side ...organic coconut cocos nucifera fruit - Research, Benefits ...(PDF) ANTI DIABETIC EFFECTS OF THE COCOS NUCIFERA (COCONUT ...
- Typ: web · Url: <https://motherfigure.com/safe-skincare/cocus-nucifera/> · Titel: Cocus Nucifera and Pregnancy | Motherfigure
- Typ: web · Url: <https://motherfigure.com/safe-skincare/cocos-nucifera-coconut-fruit-extract/> · Titel: Cocos Nucifera (Coconut) Fruit Extract and Pregnancy | Motherfigure
- Typ: web · Url: <https://www.cir-safety.org/sites/default/files/Coconut.pdf> · Titel: Safety Assessment of Cocos nucifera (Coconut)-Derived Ingredients
- Typ: web · Url: <https://www.webmd.com/vitamins/ai/ingredientmono-1492/coconut> · Titel: Coconut: Overview, Uses, Side Effects, Precautions ... - WebMD
- Typ: web · Url: <https://www.ehealthme.com/drug/cocos-nucifera/side-effects/> · Titel: Cocos nucifera side effects by duration, gender and age
- Typ: web · Url: <https://doi.org/10.1177/0960327111424298> · Titel: Evaluation of the antiplasmodial and cytotoxicity potentials of husk fiber extracts from Cocos nucifera, a medicinal plant used in Nigeria to treat human malaria - JO Adebayo, AEG Santana, AU Krettli, 2012
- Typ: web · Url: https://www.ewg.org/skindeep/ingredients/701565-COCOS_NUCIFERA_FRUIT_EXTRACT/ · Titel: EWG Skin Deep® | What is COCOS NUCIFERA FRUIT EXTRACT
- Typ: web · Url: <https://www.vitaes.de/glossary/kokosnuss/> · Titel: Kokosnuss: Superfood oder Kalorienbombe? Alle Vorteile ...
- Typ: lotus · Url: <https://lotus.naturalproducts.net/search/simple/Cocos%20nucifera> · Titel: LOTUS — Cocos nucifera
- Typ: web · Url: <https://pmc.ncbi.nlm.nih.gov/articles/PMC4671521/> · Titel: Cocos nucifera (L.) (Arecaceae): A phytochemical and ...
- Typ: web · Url: <https://www.ijpsjournal.com/article/The+Science+of+Cocos+Nucifera:+Insights+into+Its+Nutritional+and+Medicinal+Applications> · Titel: The Science of Cocos Nucifera: Insights into Its Nutritional ...Cocos nucifera (L.) (Arecaceae): A phytochemical and ...Ethnobotany of coconut: A review on its traditional, cultural ...A Complete Pharmacognostic review and pharmacological ...Cocos nucifera (L.) (Arecaceae): A phytochemical and ...Cocos nucifera (L.) (Arecaceae): A phytochemical and ...
- Typ: web · Url: <https://www.bjournal.org/article/cocos-nucifera-l-arecaceae-a-phytochemical-and-pharmacological-review/> · Titel: Cocos nucifera (L.) (Arecaceae): A phytochemical and ...
- Typ: web · Url: <https://horizonpublishing.com/index.php/PST/article/view/11221> · Titel: Ethnobotany of coconut: A review on its traditional, cultural and economic significance | Plant Science Today
- Typ: web · Url: https://www.researchgate.net/publication/327950832_Cocos_nucifera_COCONUT_FRUIT_A_REVIEW_OF_ITS_MEDICAL_PROPERTIES · Titel: (PDF) Cocos nucifera (COCONUT) FRUIT: A REVIEW OF ITS MEDICAL PROPERTIES
- Typ: web · Url: <https://www.gbif.org/species/113562924> · Titel: Cocos nucifera L.
- Typ: web · Url: <https://ask-ayurveda.com/wiki/article/4093-cocos-nucifera-coconut-tree> · Titel: Cocos Nucifera (Coconut Tree) - Health Benefits, Uses ...
- Typ: web · Url: <https://www.wisdomlib.org/science/journal/ayushdhara/d/doc1431108.html> · Titel: "Phytoconstituents and Clinical Uses of Coconut (Cocos Nucifera)"

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- Typ: web · Url: <https://www.herbalreality.com/herb/coconut/> · Titel: Coconut (Cocos nucifera): Benefits, Safety, Uses | Herbal Reality
 - Typ: gbif · Url: [https://www.gbif.org/species/search?q=Cocos nucifera](https://www.gbif.org/species/search?q=Cocos+nucifera) · Titel: GBIF — Cocos nucifera
 - Typ: web · Url: <https://getplantai.com/de/veggies-fruits/coconut/> · Titel: Kokosnuss anbauen & ernten (Cocos nucifera) - Plant AI
 - Typ: web · Url: <https://www.leafbase.org/plants/coconut-plant/harvest-storage> · Titel: Coconut, Coconut Palm Harvest & Storage (Cocos nucifera)
 - Typ: web · Url: <https://en.wikipedia.org/wiki/Coconut> · Titel: Coconut - Wikipedia
 - Typ: web · Url: https://www.researchgate.net/publication/259702683_A_study_of_chemical_composition_of_Cocos_nucifera_L_coconut_water_and_its_usefulness_as_rehydration_fluid · Titel: (PDF) A study of chemical composition of CocosnuciferaL. (coconut)...
 - Typ: web · Url: <https://www.cir-safety.org/sites/default/files/Coconut.pdf> · Titel: Safety Assessment of Cocos nucifera (Coconut)-Derived Ingredients
 - Typ: pubmed · Url: <https://pubmed.ncbi.nlm.nih.gov/?term=Cocos%20nucifera> · Titel: PubMed — Cocos nucifera