



Study of Coconut water different stages of Development

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*Cocos mucifera L. or coconut is from **Arecaceae/Palmaceae** family.*

The fruit of coconut contains a whitish liquid of sweet flavour. This liquid is a pleasant and refreshing drink which is called "coconut water". Technically, it is liquid endosperm, which begins to form around two months after the natural opening of the inflorescence. At seven months the endosperm develops in the entire side of the fruit and it is more consistent. At ten months the endosperm is completely ripe and the endosperm or peel is dark and hard. Coconut water comprises about 80% of the fruit. When matured, the coconut water becomes the meat or coconut milk. The component of the liquid are altered through the aging process, coconut water has different taste, depending upon where it grows; like Indian coconut water tastes saltier. The variety of coconut varies according to the providence of soil, water and sunlight. Coconut water can be regarded as the nature's best refreshing energy giving drink. Tender coconut water has numerous medicinal properties : to cure infants suffering from intestinal disturbances; to use as oral re-dehydration medium, possessing growth promoting properties, keeping the body cool; preventing prickly heat and summer boils; checking urinary infections; tonic for old and sick, etc. Coconut water can replace the electrolytes, perhaps with greater efficiency than others which generally have preservatives, dyes and processed sweeteners. This study showed that tender coconut water is more beneficial to us from health point of view than mature coconut water.

Keywords: Endosperm, Coconut water, Tender coconut, mature coconut.
