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**ARTIFICIAL INTELLIGENCE (AI) AND NATURAL FOOD (COCONUT)**

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**SUMMARY**

*Extracted from the kernel, flesh, and milk of the coconut palm fruit, coconut oil is a versatile edible oil. Applications Numerous researchers have integrated artificial intelligence (AI) and spectroscopy into many processes.*

*Contains coconut oil. This literature review explores applications of artificial intelligence and spectroscopy A reference to analysing coconut oil, an important ingredient in various industries from food to cosmetics. Moreover, Explores many applications of this integrated strategy, including validation, detection, and quality control. ( Coconut oil. )*

**Keywords:** Artificial Intelligence (AI), Natural Food (Coconut)

**RESEARCH OBJECTIVES**

1. Inculcating the coconut fruit with nutritive value and life-giving properties like nectar for health and its medicinal properties in humans with the help of artificial intelligence.
2. To find out the remedial plans to be done so that the coconut tree i.e. 'Kalpavriksha' can last forever and conserve it in the entire Vasundhara.
3. To study the importance of coconut tree and its environmental factors as well as all the medicinal properties of coconut water and what are the right ingredients for health with the help of artificial intelligence.

**HYPOTHESIS**

1. There are many problems arising from the increasing adulteration of fruits and vegetables using chemical substances and poisoning caused by the use of toxic chemical liquids. Also 'coconut water' is natural and adulterated, chemical free. For this, persuasion in terms of artificial intelligence is the right option.
2. From healthy and sick children to the elderly, providing the body with nutritional values has a positive impact on health and life, which is beneficial in curing them of disease. Convincing this in terms of artificial intelligence.

**RESEARCH METHODS**

While conducting the research, is any information available so far regarding the problem each researcher has taken up for research? Searches for it and uses those sources. He mainly reviews three methods of sources.

- A) Direct Sources:** Home visits, interviews, experience narrations/lectures, counselling, observation, during visits to schools and colleges, medical rooms, surveys, group discussions, parades, rallies, street plays, rod shows, puppet shows, plays etc.
- B) Indirect Sources:** Encyclopaedias, abstracts, indexes, research papers, journals, periodicals, books, government and non-government monthly reports, posters, banners, information books etc.
- C) Electronic Source:** Internet. Air (Radio), Door darshan, Mega Phone etc.

**LITERATURE REVIEW****□ Antibacterial food Substances that fight infection:**

In 1858, Louis Pasteur first discovered the germ theory of disease. He showed that microbes are responsible for the decomposition of food. He showed that the anthrax bacterium causes the dreaded disease of the same name, and that smaller viruses cause rabies. In the first paper in which Louis Pasteur published his discoveries of the germ theory of disease, he also noted that garlic had antimicrobial properties. Thus, garlic was the first antimicrobial food to be used against germs within a few years of its discovery. Studies were then carried out to investigate the antibacterial activity of various other foods that could be used as antibiotics against germs.

**Coconut:**

Coconut is known as a wonder food. It is an almost perfect diet, as it contains almost all the essential nutrients required by the human body. Tender coconut water, usually Known as mineral water, it is an anti-bacterial food. This water is especially valuable in cholera infections. About 250 to 375 ml. Mix one spoonful of fresh lemon juice in this water and give it orally to the patient. It improves electrolyte balance and neutralizes blood

acidosis. The presence of saline and albumen in coconut water makes it a suitable drink for people suffering from cholera. Coconut is an ancient remedy for all types of intestinal worms. A teaspoon of fresh ground coconut should be taken with breakfast, followed by 30 to 60 ml of castor oil mixed with 250 to 375 ml of warm milk and drunk after three hours. The process can be repeated until the treatment is complete. Coconut water is an important urinary antiseptic that helps eliminate toxins in case of mineral poisoning.

### **IMPORTANCE OF RESEARCH**

#### **Carminative Foods Foods that relieve gas:**

Herbs and spices have long been used in ancient medicine as carminatives—agents that help expel gas and flatulence. The main pharmacological agent is considered to be oil in plants. These oils relax the smooth muscles, allowing gas to escape. In some cases, gas escapes upward through a relaxed sphincter muscle between the oesophagus and stomach. Then it is called Barap or Dhekar. Carminatives also have an antispasmodic, muscle-relaxing effect on the gut.

#### **Coconut:**

Coconut water is a very valuable food. It is an excellent remedy for gas production and heartburn. This gives the stomach the rest it needs and provides vitamins and minerals. Consuming nothing but coconut water for the first 24 hours helps the stomach settle down a lot.

Ripe, desiccated coconut is also a good remedy for acidity. Coconut oil reduces acid secretion in the stomach and provides great relief to the patient.

#### **Diuretic substances:**

Some substances act as diuretics. However, herbal products do not act as diuretics in the same way as pharmaceutical drugs. Purdue University plant expert Dr. As expressed by Varro Tyler. Pharmaceutical diuretics increase water and salt excretion, while plant foods only stimulate water loss and not sodium. So they should be properly called aquatics, Dr. Tyler says. These substances do this by irritating the cellular filters of the kidneys. However, their irritating mechanism can be harmful for those with kidney disease. Therefore, such persons should avoid using diuretics.

#### **Coconut:**

Coconut water is a very effective diuretic. It contains very high levels of potassium and chlorine in sterilized water. It is of exceptional value in urinary disorders. It acts as a natural diuretic in heart, liver and kidney disorders like scanty and strained urine, albuminuria, ascites, high acidity of urine and gonorrhoea is the cheapest food diuretic. which protects against the ill effects of using oral chlorothiazide diuretics. Coconut water should be given very carefully under the supervision of a doctor in case of kidney failure.

### **LIMITATION OF THE RESEARCH**

1. The information obtained from the research is limited to all urban and rural areas.
2. Due to different geographical conditions, different problems of tree conservation are seen in each place. To maintain health and environment at every place in the diverse and populated areas such as marine, urban and hilly, , coconut plantation and coconut conservation are different types of planning with the help of artificial intelligence so criteria and research may be different.

### **IMPORTANT FINDINGS OF THE STUDY**

The important factor for human growth and development is various fruits, but today all fruits are cultivated and till they reach normal, many processes and chemical substances are used on that fruit. It is done regularly to beautify, enhance colour, enhance taste, preserve and show that the quality is good. But coconut is such a fruit that, from its planting to the production of the fruit, it produces a mature and beautiful fruit according to the environment and environment. . But there is no question of tampering with those fruits. Coconut, which is called 'God's water tank and coconut water', is known as 'Kalpavriksha' among fruits. But although it is used in all aspects, coconut water is vitalizing from small children to the elderly and it is still neglected. Therefore, it is necessary to separate the coconut fruit and the tree from all other fruits, which are highly recommended in the medical field, and identify it as a 'nectar generator'.

### **RECOMMENDATIONS**

1. Plantation of coconut trees in urban and rural areas considering the multi-purpose coconut tree and its multiple benefits for health. And conservation with the help of artificial intelligence to make accurate predictions according to the environment.

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2. To find out the causes of ignorance about the environmental factors and the medicinal properties of trees for planting trees in urban and rural areas with the help of artificial intelligence.
  3. To explore various schemes with artificial intelligence guided, operational systems for cultivating coconut trees in urban and rural areas and developing eco-friendly aspects.

**CONCLUSION**

With the help of artificial intelligence, it is going to be a lifesaver for health by looking at the multi-faceted and precious coconut tree with a vision and keeping in mind its all-round uses.

**REFERENCE LIST**

- ❖ Healing Through Natural Foods – Dr. H.K. Nationally Acclaimed Naturopath Bakhru , JAICO.