# Coconut

*Cocos nucifera*

**Code:** XIM-T-001 **Location:** XIM University Campus **Local / Vernacular name:** ନଡ଼ିଆ

## Description

XIM University campus biodiversity register (2026–27). Recorded individuals: 116; abundance rank: 3.

## Botanical Details

Leaf habit: Evergreen – retains its large pinnate fronds year-round Flowers / Fruits: Produces inflorescences bearing both male and female flowers in the same cluster. The fruit is a fibrous drupe (the coconut) with an outer husk, hard shell, edible white kernel, and a coconut water cavity Native range: native to tropical Asia and Pacific regions; elsewhere it has become widely naturalized

## Uses & Importance

**Ecological:** primarily through soil stabilization, coastal protection, and biodiversity support. Their extensive root systems help prevent soil erosion, particularly crucial in coastal areas prone to erosion and storms. They also provide habitat for various wildlife and contribute to the overall health of coastal ecosystems.

**Medicinal:** Traditional uses include antibacterial, antifungal, antiviral, antioxidant, hypoglycemic, hepatoprotective, and immunostimulant properties—especially from coconut water, kernel, and other parts—used in Ayurveda and folk medicine

**Cultural:** In many cultures (e.g., Kerala, India), it’s revered as Kalpa Vriksham (“tree of heaven” or “tree of life”), used in religious offerings, festive rituals (e.g., breaking a coconut), and in myriad traditional crafts and culinary practices

## Location

GPS: 20.15860192, 85.76535449

Directions: https://www.google.com/maps/dir/?api=1&travelmode=walking&destination=20.15860192%2C85.76535449