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## POWDERED COCONUT SHELL CHARCOAL: A POTENTIAL ALTERNATIVE MEDICINE FOR SOME IDENTIFIED AILMENTS IN SOFT TISSUES: AN INTERDISCIPLINARY RESEARCH

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**Abstract:** *This study made use of simple experimentation and historical approach to discover the uses of powdered coconut shell charcoal as a potential alternative medicine of soft tissues infections. Follow up interviews were also done.*

*This study was conducted to the actual cases with soft tissue diseases and those who have tried using the powdered coconut shell charcoal as alternative medicine and were treated from ailments. There were three identified cases who have suffered much from kidney, goiter, prostate cancer, mayoma, and breast cyst.*

*The study revealed that the powdered coconut shell charcoal can be used as medicines to certain ailments in the soft tissues like breast cyst, stomach problems and some cases of dog bites and wounds.*

*Based on the results and conclusion of this study, the following are recommended:*

- 1. The medicinal value of the powdered coconut shell charcoal should be made familiar to the public ;*
  - 2. Technological processing should be done in order to produce the desired powdered form for further chemical analysis and medicinal purposes;*
  - 3. Further studies of the coconut shell should be done in order to discover more about the medicinal applications.*
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## **INTRODUCTION**

Indigenous people of tropical countries, like the native Filipinos, relied on natural plants for their medicine. Like the use coconut which is one of the widely known medicinal food. The journal of Vegetarian doctors revealed that coconut has many potential values use in dealing with health problems.

According to the findings of old folks, the use of the young coconut juice can be for relieving fevers, headaches, stomach upsets, diarrhoea and dysentery. The juice is also given to strengthen the heart and restore energy to the ill. Pregnant women in the tropics eagerly drink large quantities of young coconut juice because they believe it will give their babies strength and vitality.

Shell Charcoal is an important product obtained from coconut shell. Shell charcoal is used widely as domestic and industrial fuel. It is also used by blacksmiths and goldsmiths and in laundries. Shell Charcoal is also used to produce activated carbon. Activated Carbon produced from coconut shell has certain specific advantages as the raw material can absorb certain molecular species. It is also known for its application as medicines to the some ailments like diseases of internal as well in the external organs.

Traditional medicines around the world have also tried using the coconut shell charcoal as alternative medicines to cure such illnesses in the soft tissues like colon cancer and skin infections.

The potential health benefits derived from coconut should be of great mark to note around the world. In this regards, this study was purposely designed to give emphasis on the efficacy of the coconut shell charcoal powder as a powerful source of medicine to maintain a clean and healthy living.

With this study, it is also endeavoured to find out if the claims of the traditional medicine being said as potential cure to such ailments is really effective. So that if found to be effective, then this product should be available to use whenever it is needed.

## **THEORETICAL FRAMEWORK**

This study was based on the natural healing power concept of activated coconut shell charcoal .Based on local experiences of the producers and users, the coconut shell charcoal powder has a high potential medicinal values in curing infections of soft tissues.



The study on the different bi-products of coconut revealed that ( Based on the article on Coconut Charcoal ,1990) The 'activated charcoal' is commonly used in emergency treatment for specific kinds of poisonings and drug overdoses to keep the poison from being absorbed from the stomach into the body. Charcoal is also used to cure gas/flatulence and help an upset stomach. A natural deodorant and disinfectant, Activated Charcoal is one of the finest absorptive and adsorptive agents known. Orally administered, these fine black granules have an amazing ability to extract and neutralize many more times their own weight in gases, heavy metals, toxins, poisons and other chemicals. Activated Charcoal is made by heating coconut shells in the absence of air. The partly burned shells are then granulated to a size that provides for optimum absorption. This vegetable form of carbon (an element found in all living matter), is completely safe for human consumption. Long recognized as being particularly helpful in providing relief for trapped gas in the lower intestine, physicians and regulatory agencies also acknowledge charcoal's cleansing properties. Known universally, it is used in hospital emergency rooms to neutralize drugs and poisons. According to Chemist's experience, in 1813, when a chemist swallowed five grams of arsenic trioxide mixed with charcoal with no adverse effect, charcoal has been commonly used as a household remedy for accidental poisoning. Research has shown that one cubic inch of charcoal has the surface area equivalent to a 150,000-square-foot field! Thus a tiny amount of charcoal can hold adhere to a large number of molecules, ions, and atoms and absorb poison quickly. Activated charcoal keeps the poison from being absorbed from the stomach into the body.

Monkeys in Africa have been observed eating charcoal for the purposes of self-medication. Their leafy diets contain high levels of cyanide, which may lead to indigestion. So they learned to consume charcoal, which absorbs the cyanide and relieves indigestion. This knowledge about supplementing their diet is transmitted from mother to infant. Charcoal is most successful if used within the first hour of swallowing poison. In severe poisoning cases, several doses of charcoal might be required. Ordinarily, activated charcoal should not be used to treat the ingestion of corrosive poisons (lye, acids, fuel oil, alcohols, et cetera). In the event of accidental poisoning, please call your doctor or area Poison Control Center before using activated charcoal. They will advise as to the use of charcoal after taking info on the type of poison, allergies, and other medical problems. Common charcoal is made



from peat, coal, wood, coconut shell, or petroleum. "Activated charcoal" is similar to common charcoal, but is made especially for use as a medicine.

Medical books stated important uses of coconut charcoal powder in dealing treatments of some diseases : abscesses, asthma, baldness, bronchitis, burns, colds, constipation, cough, dropsy, dysentery, earache, fever, flu, gonorrhoea, gingivitis, painful menstruation, kidney stone, lice, nausea, rash, scabies, scurvy, skin infection, sore throat, swelling, syphilis, toothache, tuberculosis, tumours, typhoid, ulcers, upset stomach, weakness, and wounds.

Scientific studies revealed that activated Charcoal can be used as a clarifying and detoxifying scalp treatment! If you have oily, irritated or dandruff-prone scalp, Activated Charcoal can help. Massage a small amount of charcoal powder into scalp and leave on for at least 10 minutes (or for as long as you can). Your scalp will look black. Shampoo and condition as usual. You will be left with squeaky clean hair and AWESOME volume at the roots. Those with dark hair can use Activated Charcoal as a dry shampoo when you massage a tiny bit onto scalp and brush hair to distribute. For those with light hair colours, using this as a pre-shampoo scalp treatment, start by using only a small portion to make sure the residue doesn't darken your hair (any residue you see is temporary, which can be removed by a more thorough cleansing process). By using the Activated Charcoal, the cleansing and volatizing effect was dramatically increased!

Scientific study, Based herbal book of vegetarians), on the analysis of coconut charcoal powder reveal that it contains the following specifications:

Fixed carbon	72% (minimum)
Volatile matter	15% (maximum)
Ash	2 % (maximum)
Moisture	10% (maximum)
Size	Not more than 5% shall pass through a 0.63 cm mesh sieve
Colour	Uniformly black

The carbon content of the powdered charcoal of the coconut shell is scientifically proven as purifying agent that can absorb such molecular particles, the rest are chemical matters which are minor parts of the charcoal which are derived from the transformation of the shell to charcoal form.



Charcoal was consumed in the past as dietary supplement for gastric problems in the form of charcoal biscuits. Now it can be consumed in tablet, capsule or powder form, for digestive effects.

The shell charcoal can be produced by pit or drum method. The output of charcoal in the traditional pith method is just below 30 per cent of the weight of the original shells. To obtain good quality charcoal, fully dried, clean, mature shells should be used. Now several modern methods are in vogue for the production of charcoal. In the modern waste heat recovery unit the heat generated by the burning of coconut shells is used for drying copra and shell charcoal is obtained as by-product.

The preparation of Coconut Shell Charcoal Powder considers the following steps:

- Collect amount of dried coconut shell , clean it thoroughly by scouring the both the external parts of the shell , then dry it until it can be burned;
- When the shells are dried ,place it in the burning place and burn thoroughly until it is charcoal like;
- Cover the burning area to insure the purity of the charcoal.
- Pound the set of Charcoal until it becomes fine powder;
- Place in a clean container.

Medicinal Uses (Based on Medical book of Vegetarians).

- It can also be used to treat eye problems, arthritis, and many other ailments.
- High blood pressure;
- It is used as detoxification for scalp problem;
- Blood poisoning .
- Anti-bacterial effect
- Stomach trouble
- Liver diseases
- Purifier

With the great significance of the coconut and its bi-products, this study is done to give emphasis of the undiscovered the great values of coconut like the powdered coconut shell as potential alternative cure for certain ailments.



## **STATEMENT OF THE PROBLEM**

This study aimed to determine the potential medicinal value of powdered coconut shell charcoal as alternative medicines to soft tissues infections.

## **OBJECTIVES:**

Specifically, this study was intended to:

1. To determine the medicinal use of coconut charcoal powder;
2. Describe and determine the extent of the effects of powdered coconut shell charcoal as potential medicines for soft tissues infections.

## **METHODOLOGY**

This study made use of simple experimentation based on the traditional medicine concept method and historical approach to validate and discover the uses of an activated pulverized coconut shell charcoal as an alternative medicine of soft tissues infections.

The respondents of this study are limited to the different users in Tabuk, Kalinga and the three identified cases who are the experimental respondents of this study.

This study was actually conducted to some cases who were patients with illnesses such as kidney, goiter, prostate cancer, myoma, and breast cyst in 2009 until today.

The coconut charcoal powder as the experimental material of the study was first verified if what are the chemical properties that can react and cure certain diseases. The scientific studies revealed on the chemical analysis of the coconut charcoal powder contain the following compositions: 72% fixed carbon, Volatile matter, ash, and moisture.

Several interviews were also done to some users who have been treated by the use of the said coconut charcoal powder. There two persons who were interviewed because they have experienced the great effect of coconut charcoal powder drink. This was done in order to investigate other information from those who used this as their traditional cure to such ailments like high pressure, arthritis...etc.

The dosage and medical administration to be effective, A patient needs one liter of water is to boil it with 2 (two) table spoons of coconut charcoal powder. Boil with water in 10 minutes. Take at least six cups a day for one two months.

The administration of the coconut charcoal powder requires the patient to make a promise that this must be taken and treated as the only drug prescribed for the patient in order to effect. Below are conditions that must be strictly observed and followed:



1. The patient must believe that the coconut charcoal is a form of drug which can cure such illness.
- 2 The patient must be faithful to the use of the coco-charcoal powder that it must be taken strictly without fail.
3. The patient must not take any other drug.
4. The patient must refrain from taking coffee, alcoholic drink, smoking and hard work.
5. The patient must take balance diet and have enough rest at night.
6. The patient who is willing to be treated must make a promise that all the instructions/advices given must be considered.
7. Finally, the dosage administration of the shell charcoal must be at least six cups of boiled coconut shell powder, two cups in the morning, two cups at noon and another two cups at night time , daily for a minimum period of two months. This dosage is adopted from herbal medicine book of vegetarians.

Procedures in the application of Coconut shell charcoal powder:

1. As oral intake medicine ( for goitre , ulcer kidney, mayoma , breast and other suspected cancer ailments), the following directions are strictly observed:

- a. Boil 2 to 3 spoons of powder for 1 liter of water for 15 minutes ;
- b. Drink at least 6 cups a day for two months(minimum);
- c. Maintain the dosage for at least two months however continue taking if for six months until the identified ailment is healed totally.

2. As an skin and wounds treatment'

- a. Pour enough amount of powdered coconut in a clean piece of cloth and bandage it around the wounded part. Wait for two days before removing the bandage.

## RESULTS AND DISCUSSION

This study presents the applications, and effects of the coconut charcoal powdered form as alternative medicines to certain ailments.



Table 1 presents the different cases treated with the use of the Coconut Shell Charcoal Powder.

Cases	Diseases/ diagnoses	Treatment duration	Extent of effects/ After treatment
<b>First trial</b>	Kidney ,prostate cancer, Ulcer	6 months	Infection totally Healed. Very effective
<b>Second trial</b>	Breast cyst	3 to 5 months	The cyst totally Disappeared. Very effective
<b>Third trial</b>	Mayoma	4 to 6 months	Healed. Very good and effective

The first trial was applied to a patient who has been suffering much from kidney, prostate cancer and ulcer. This was done by boiling into water with a certain ratio of powdered coconut shell charcoal and is taken orally like a tea. The patient who used the coco-charcoal tea form took him 6 months treatment before he finally declared that he was totally healed. During the treatment period, the user did not use any other medicine than just the coco – powder tea alone with the dosage of six regular- sized cup every day. The administration of this was done strict so that no other drugs are being taken. This patient consumed 5000 grams of powdered coconut shell charcoal powder.

The second trial was given to another patient with a breast cyst (suspected tumor). The patient was suffering from pain in her breast due to suspected tumor as told by her doctor. She first took 1000 grams of coconut charcoal powder as her only medicine for two months and got another one for another two months, with no other drugs. Unaware of the effect, after she took the coco-shell charcoal powder, she noticed that there was no more pain and the cyst disappeared. Another patient obtained the same treatment due to goiter inflammation, the patients' neck has a one inch size diameter like a ball. She took 2000 grams of coconut charcoal powder and forgot other drugs. It took her two to three months and unknowingly, her small sized goiter disappeared.

The third trial was administered to a patient with mayoma (ovarian disease) as diagnosed by her doctor. She also consumed 1000 grams of coco-charcoal tea for two months without any other drug. After which she unknowingly observed that her profuse bleeding stops.





Summary of the detailed testimonies of the different cases who were treated:

Trial 1- The coconut charcoal is very effective as my medicine in treating my severe kidney trouble, prostate cancer and ulcer. It took me six months taking the powder coconut charcoal shell before I noticed that my illnesses were already healed. During my period of medication I stop all the prescribed medicines. Now, at least, I stop being hospitalized for several times and I am now strong and can go back to farm to work. With my experienced, I now claimed that coconut charcoal powder drink as medicine is very effective. "Magayam Ambago of Casigayan, Tabuk, Kalinga."

Trial 2- I suffered pain in my breast and I am about to subject for operation that time. But I met a great news about the coconut charcoal powdered form through my friend that the coconut charcoal powdered form is medicinal to such ailments, I was convinced that time to avail and she sent me one big bottle and I really used it as a my coffee for three months for my suspected breast cancer. After having used the powder, I am surprised the cyst in my breast totally disappeared. Now, I am telling that this product is very much effective to cure such illness like mine." Mrs. Marilyn Reynon of Laoag City, 2008 to 2009.

Trial 3- I have been a patient due to profuse menstruation and I was diagnosed with mayoma. But when I learned about the medicinal values of the coconut shell charcoal powder I tried to use religiously and I took this two to six months. Now, I noticed that my irregular menstruation is back to normal and well recovered from illness. "This is a very good and effective medicine as I have experienced it." By Salome, 2010.

Results of the interviews revealed the following responses:

1. By taking the tea form of the coconut shell charcoal powder, my high pressure went down to normal state. I am maintaining this as my coffee once a day and I stop smoking and drinking too much liquor. This has also disciplined me from my vices. Today, I can say that this is really effective if we take it faithfully and regularly with self discipline.
2. When I was bitten by a dog, just after two hours, I also used the Coconut Charcoal to cure the wound and to treat the rabbi. I really noticed that it is effective because I didn't suffer any sign of rabbi's infection. I even consulted the "agtantandoc"- rabbi's extractor with detector, he said there is no sign of rabbi's.



## **CONCLUSION**

The results of the simple experiment/ study revealed that the powdered coconut shell charcoal is very effective as potential medicines to certain ailments in the soft tissues like kidney trouble, prostate cancer, breast cyst, mayoma and ulcer and other ailments related to soft tissue diseases.

## **RECOMMENDATIONS**

Based on the results and conclusion of this study, the following are recommended:

1. The medicinal value of the powdered coconut shell charcoal should be made familiar to the public;
2. Technological processing should be done in order to produce the desired powdered form for further analysis and medicinal purposes;
3. Further studies of the coconut shell should be done in order to discover more about the medicinal applications.

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