

Neera can boost immunity, says study

The Hindu 23.10.17

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A study on the health benefits of Neera, initiated by the Coconut Development Board under the Technology Mission on Coconut and carried out by the Amrita School of Pharmacy, Amrita University, has concluded that Neera boosts immunity.

High Vitamin C

“By considering the high Vitamin C content and antioxidant potential, Neera can beat the unhealthy carbonated beverages and Neera honey might be a good alternative over normal honey due to its high iron content,” said the study published in the Indian Coconut Journal, June 2017.

The study said that the Neera sugar was a healthy option particularly for diabetic patients. Neera also showed “significant immune modulatory activity, natural diuretic activity without much saluretic effect and good haematinic activity in vivo,” the study further said.

Findings

The study report on the findings of the in vitro and in vivo studies concluded with a call for popularising Neera at a time when “we often hear about the health hazards of various artificial drinks.”

The use of Neera should be promoted widely across the country, the study also promptly added.