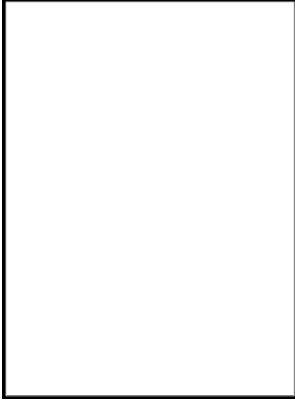


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Known as Kalpa Vriksha in Sanskrit, every part of the coconut tree is of use to us.

Benefits Of Coconut Nariyal Kay Faiday

Dahi se sir ki scin par massage karne se baalo me chamak aati hai saath hi sir ki khujli me bhi fayda hota hai.

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Nariyal Ka Phool

Sir ki gandagi ko saaf karne ke liye neembu ke ras ko scalp par lagakar malish kare. But did you know about the health benefits of the coconut sprouts? Seb Ke Sirke Se Fayda Sir ki khujli ko door karne ke liye seb ke sirke ka bhi istamal kiya jata hai. Sir ki khujli me jaldi hi fayda hota hai.

Nariyal Ka Phool By A Hameed

Talking about the health benefits, Rujuta wrote the sprouts which are hyper local to the coastal parts of India, are good for your blood sugars, brain and bones. In this way, your skin will feel soft and fresh all day long.

Nariyal Ka Phool By A Hameed

Celebrity dietician Rujuta Diwekar who keeps stressing about having healthy food locally rather than following fancy fad diets, talked about this

delicious wonder in her Instagram post. Also, the high moisture-retaining capacity of the oil will keep the skin from cracking or peeling off. For nourishing and healing damaged hair, simply massage your scalp with warm coconut oil two or three times a week.

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