

Health benefits of green tea

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ABSTRACT

Tea is considered to be the highly consuming beverage in the world besides water. A sip of tea brings an instant energy and a feel of calm and relaxation to a hectic day. It is available in different forms out of which black, oolong and green tea are most popular. Over last few decades different researches and studies have been conducted to find out the effects of Green tea on human body and its intriguing benefits have made the researchers spell-bound. Green tea's popularity has been skyrocketed in recent years and it is found out to be one of the healthiest drinks. It appears to be highly preferential for various conditions from weight loss to liver disorders, cardiovascular diseases, type-2 diabetes mellitus and cancer. The purpose of this opinion is to highlight few purported positive effects that green tea exerts on human body.

Keywords: Green tea; health; tea

1. INTRODUCTION

Green tea is more than just a green liquid; it is made from un-oxidised leaves of *Camellia sinensis* and due to the minimal processing this tea is enriched with the highest amount of antioxidants and beneficial polyphenols with minimum amount of caffeine. The major bioactive poly phenol found in green tea is Epigallocatechin-3-gallate this compound is known to contribute to the anti inflammatory and anti carcinogenic effects (Graham, 1992). Oxidant radicals are by products of body and are known to cause damage to cells and tissues. Antioxidants possess radical scavenging properties and deactivate the radicals before they can cause harm and these antioxidant properties contribute to the beneficial effects of green tea.

Green tea covers a vast area of health related benefits which are extensively discovered in last few years. It exerts promising actions on the treatment of neuropsychiatric disorders such as dementia by enhancing the connectivity between the frontal and parietal brain regions. (NHS Choice) Research suggested that Green tea also play a part in memory boosting especially the working memory by enhancing brain's cognitive functioning. Furthermore, its consumption appears to exert a possible preventive action for Alzheimer's disease and Parkinson's disease (Harvard Medical Publications, 2004).

2. DISCUSSION

According to Abdul G.D. Green tea has thermogenic properties and promotes fat oxidation. Green tea poly phenols have been extensively studied to be preventive against cardiovascular diseases and cancer, which are the leading causes of mortality. One large clinical study was conducted in which green tea drinkers were compared with non drinkers and it was found that those who drank green tea were less likely to develop pancreatic cancer, particularly women who were 50% less likely to develop the disease (NHS Choice). Green tea also has preventive actions against type-II diabetes mellitus, it is reported that daily consumption of green tea extract lowered Hb_{A1c} in people with border line diabetes and in addition, the flavonoids present in green tea are best known for its antioxidant and vasodilator effects which contribute to lower high blood pressure BP and also reduces the high cholesterol TC level of body.

The rapidly expanding advantages of green tea does not end here, the list is quite long. Green tea has also become a part of our cosmetic industry and it is being used in many skin care cosmetics due to its anti oxidant properties. It is also found to possess anti aging properties and can be used for treatment of acne because of its sheer effectiveness against fighting acne. Even the used tea wastes are useful in reduce redness and inflammation on skin but these are also helpful to reduce dark circles and puffy eyes (Graham, 1992). The major bioactive poly phenol EGCG is the main ingredient of this beverage and it inhibits the binding of HIV virus to CD₄ immune T-cells receptors and hence exerts preventive action against HIV infection which is also one of the major causes of mortality (Harvard Medical Publications, 2004).

3. CONCLUSION

If we take a look to few years back, it has been observed that previously green tea was hailed only for its good taste and obese people loved it for reducing weight, people were unaware of the versatile benefits of this beverage on human health but the authors believe that the tide is turning now. It is evident from the studies that green tea is one of the healthiest drinks and the benefits of this beverage with very little to no adverse effects on human health are expanding rapidly.

CONFLICT OF INTERESTS

The authors declare no conflict of interests exists.

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