

HEALTH BENEFITS OF TEA

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Abstract: Tea is the second most popular beverage in the world after water due to its immense popularity. Although it was just accidentally discovered, tea had a modest beginning before becoming widespread in Western Europe and the Americas. Many people throughout history have held the belief that tea may support the liver, eradicate the typhoid virus, purify the body and maintain mental stability. Many of the myths surrounding tea may be real, according to scientists who have been studying its possible health advantages over the past few decades. The present paper focuses on the health benefits of tea.

Keywords: Beverage, liver, typhoid virus, mental stability, health advantages.

I. INTRODUCTION

The cheapest beverages that people drink is tea, second only to water. Since ancient times, drinking tea has been seen as a practise that promotes health. There is scientific support for this view provided by current medicinal research. With each new study that is published in the academic literature, the evidence for the health advantage of tea use becomes more compelling. Since ancient times people have grown the tea plant *Camellia Sinensis* and utilised the leaves for medical purposes. The chemicals in tea, a widely consumed beverage, are now being discovered to have medical benefits. There is encouraging evidence that green tea helps prevent cancer in human, animal and cell cultural research. There is mounting evidence that black tea may have similar health benefits. Additionally, drinking tea has been proved to be beneficial for maintaining metabolic and cardiovascular health as well as for preventing a number of crippling human diseases. There is evidence from numerous studies that the polyphenolic chemicals found in green and black tea has positive benefits on the prevention of cardiovascular illnesses, including atherosclerosis and coronary heart disease. Additionally, tea drinking has been linked to numerous positive health impacts including anti-aging, ant-diabetic and many others. There is growing proof that the main polyphenolic components of green and black tea, respectively, catechins and theaflavins are what cause the majority of the physiological benefits of tea.

II. OBJECTIVES

The objective of the study is to know about the health benefits of tea.

III. METHODOLOGY

The present study is based on secondary data collected from various concerned literature published in the journals, newspapers, books, statements and reports, unpublished papers and from different sites connected with benefits of tea.

IV. REVIEW OF LITERATURE

Lyn-Cook et al. (1999) highlighted that Prostate Cancer (PCA), the most often studied non-cutaneous cancer, is second leading cause of cancer-related mortality in the United States. They also showed that tea extract can inhibit androgen-sensitive human prostate carcinoma cells.

Das et al. (2006) stated that alcohol misuse is to blame for around 80 per cent of pancreatitis occurrences. Evidence suggests that ethanol (EtOH), despite the lack of a clear understanding of the underlying process not only directly targets pancreatic acinar cells through its toxic effects, but also makes them more susceptible to intracellular zymogen proteolysis that is induced by Cholecystokinin (CCK). Acute pancreatitis is caused by the combined activation of EtOH and CCK.

Sun et al. (2006) examined that while information from epidemiological studies is insufficient to demonstrate the preventive impact of tea on human colorectal cancer, non-human in vivo and in vitro studies support the chemo-preventive effect of black and green tea on colorectal carcinogenesis.

Khan and Mukhtar (2007) explained that tea catechins can cross the blood-brain barrier and prevent the death of neurons by chelating divalent metals and acting as an antioxidant and anti-inflammatory. Mice with artificially produced convulsions were examined to determine the impact of acute and chronic administration of green or black tea. Tea was discovered to not only hasten the start of convulsions but also to lengthen their duration and increase mortality.

Wang et al. (2011) emphasised that pu-erh black tea, a type of black tea produced by drying and fermenting unprocessed green tea leaves has been consumed as a healthy beverage in China, Japan and Taiwan for more than 2000 years. An investigation on the toxicity of tea extracts using Sprague-Dawley (SD) rats did not reveal any treatment-related effects from dietary administration, indicating a high intake of Black Tea Extract (BTE) as a dietary supplement for both animals and people.

V. HEALTH BENEFITS OF TEA

Following are the health benefits of tea:

1. Heighten Metabolic Rates: Green tea has been shown in clinical studies by the universities of Geneva and Birmingham to increase metabolic rates, hasten fat burning and improve insulin sensitivity and glucose tolerance. Green tea also includes caffeine, but catechin polyphenols, which stimulate thermogenesis (the body's generation of heat), also boost energy expenditure. Additionally, it has been suggested that through enhancing fat metabolism, it can boost exercise endurance.
2. Potentially Diabetic-Reducing Effect: Epidermiological research has also shown that consuming green and black tea may help prevent diabetes, though it should be noted that this research only shows a correlation and that more research is required to prove the benefit.
3. Boost Mental Alertness: According to findings the amino acid L- theanine which is almost solely present in tea plants, actively modifies the brain's attention networks.
4. Less chances of Cognitive impairment: Elderly Japanese adults who drank more than two cups of green tea per day had a 50% lower risk of cognitive deterioration than those who drank fewer than two cups or other examined beverages. This is most likely a result of Epigallocatechin gallate's (EGCG's) impact.
5. Reduces levels of stress hormones: After a stressful incident, drinking black tea helps reduces cortisol levels, according to a study conducted by scientists at University College London. Subjects who had been consuming four cups of black tea every day for six weeks experienced a 20 per cent larger decline in cortisol than the placebo group fifty minutes after being put through difficult tasks. Tea drinkers also had lower levels of blood platelet activation which is related to blood clotting and the risk of heart attacks.
6. Cholesterol and Weight Loss: It has been demonstrated that green tea and its extract can reduce Low-density lipoprotein (LDL) "bad" cholesterol and fight obesity, two risk factors for diabetes and heart disease. Studies conducted in the Netherlands and Japan demonstrated that green tea has both effects. Even those who typically drank decaf green tea in the Dutch study saw a reduction in their waistlines and body weight. Participants in the study who drank caffeinated green tea lost more weight. Researchers hypothesised that caffeine aids in the oxidation of fat. In the three month Japanese trial, 240 men and women received various doses of green tea extract. The highest recipients reduced their body fat and weight as well as their blood pressure and LDL "bad" cholesterol.
7. Caffeine- related effect: Between 15 and 50 mg caffeine are included in one cup of green tea. Caffeine use has been linked to a number of cognitive advantages, including a decreased risk of Parkinson's disease and a momentary boost in short-term memory. Additionally, consuming caffeine has been related to improved athletic performance, healthy weight loss, a decrease in the length and intensity of migraines and is successful in managing asthma symptoms.
8. Cancer: Although there is a lot of material online regarding tea as a beverage that fights cancer, studies have not shown that drinking tea lowers the risk of cancer. Tea drinkers may have lowers the risk of cancer. Tea drinkers may have a lower chance of developing some cancers, according to some studies.
9. Heart wellness: Tea consumers might be contributing to heart health. Those who have frequently consumed green or black tea have a lower risk of developing heart disease; however, the results are conflicting when it comes to tea's ability to lower blood pressure and cholesterol.
10. Digestive Aids: Tea aids in digestion and can be used to treat a variety of conditions, including nausea, upset stomach and diarrhoea. In China and India, ginger tea is a traditional herbal remedy for stomach discomfort. To stop vomiting, the substances shogaol and gingerol work to calm the stomach discomfort lining. Because it contains a lot of menthol and antioxidants, peppermint tea also aids in soothing an upset stomach. Tannins, which are also included in tea have been demonstrated to lessen intestinal inflammation. This can be used to treat irritable bowel syndrome and ease stomach pains.
11. Might Control Blood Sugar: Tea consumption may assist in controlling blood sugar levels and preventing or treating conditions like type 2 diabetes. After a meal, black tea has been demonstrated to lower blood sugar levels. After eating a meal, the benefits were seen for up to 120 minutes. Researchers credit tea's polyphenol content for these health advantages. These polyphenols have antioxidant and anti-inflammatory properties.
12. Increase Energy: A modest quantity of caffeine included in green tea can help boost energy. Green tea is a wonderful option for those trying to reduce their caffeine intake due to the low caffeine content. An other contributor to green tea's energising effects is an amino acid called L-theanine. The digestion of caffeine is slowed by this amino acid. As a result, green tea provides a more consistent and long-lasting energy boost than a cup of coffee. L- theanine raises alpha waves in the brain which aids in improving focus while also having calming and relaxing benefits.

VI. CONCLUSION

For good reason, tea has been consumed by people all over the world for thousands of year. Various teas may strengthen your immune system, reduce inflammation and even stave off cancer and heart disease, according to numerous studies. There is plenty of data to support the claim that regularly consuming tea can improve your health over the long term, even if some varieties offer greater health benefits than others.

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