

A REVIEW OF RECENT HUMAN RESEARCH ON COFFEE AND HEALTH

Dr. Piyush Khajuria*

*Assistant Professor,
Department of General Medicine, Faculty of Medicine,
Teerthanker Mahaveer University, Moradabad, Uttar Pradesh, INDIA

Email id: khajuriapiyush@gmail.com

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ABSTRACT

Coffee is a complicated chemical combination that contains high levels of chlorogenic acid and caffeine. Unfiltered coffee has a lot of cafestol and kahweol, two diterpenes that have been linked to coffee's cholesterol-raising effects. Coffee intake may help avoid many chronic illnesses, including type 2 diabetes, Parkinson's disease, and liver disease, according to epidemiological studies (cirrhosis and hepatocellular carcinoma). Coffee intake has not been linked to an elevated risk of cardiovascular disease in the majority of prospective cohort studies. Coffee intake, on the other hand, has been linked to an increase in many cardiovascular disease risk variables, such as blood pressure and plasma homocysteine. There is currently minimal evidence that coffee drinking raises cancer risk. There is minimal evidence of health hazards and some evidence of health benefits for people who drink moderate quantities of coffee (3–4 cups per day, giving 300–400 mg of caffeine). People with hypertension, children, teenagers, and the elderly, for example, may be more susceptible to the negative effects of caffeine. Furthermore, recent research indicates that pregnant women should restrict their coffee intake to three cups per day, with no more than 300 mg of caffeine per day, to avoid any increased risk of spontaneous abortion or fetal development.

KEYWORDS: *Caffeine, Type 2 Diabetes, Parkinson's disease, Liver Disease, Cardiovascular Disease, Pregnancy.*

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