

A REVIEW PAPER ON BENEFITS OF TEA CONSUMPTION

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DOI: 10.5958/2249-877X.2021.00125.9

ABSTRACT

Using phytochemicals to boost the immune system or fight infections has been around for a long time. Tea and its constituents are an important element of these strategies for maintaining health and reducing the incidence of a variety of malignancies. Tea, as well as its contents, are an important part of these measures for maintaining health and lowering the risk of many cancers. Nutritional support is a developing innovation in the areas of diet-based treatments, and tea and its ingredients are a key component of these efforts to preserve health and lower the risk of many cancers. Apart from water, tea is the most extensively consuming beverage on the planets. The leaves of the Camellia sinensis plant are used to make the three most common forms of tea: green, black, and oolong. Tea is high in antioxidants, antihypertensive compounds, anti-inflammatory compounds, antibacterial compounds, cholesterol-lowering compounds, neuroprotective compounds, as well as thermogenic compounds. Tea as well as its bioactive polyphenolic components have been connected to a multitude of health's benefits, including the prevention of cancer, cardiovascular disease, diabetes, arthritis, stroke, genital warts, and obesity, according to extensive scientific research, epidemiological studies, and meta-analyses. There are still debates concerning the advantages and hazards of tea use, but the many health benefits greatly outweigh the few known drawbacks. With the rise of scientific research on the roles of tea in human life's, this review aims to emphasize the benefits as well as hazards of tea usage.

KEYWORDS: *Black Tea, Benefits, Cardiovascular Health, Green Tea, Tea Consumption.*

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