

## Black tea and health

Tea is one of the most ancient and popular beverages consumed around the world. Black tea is more widely consumed world wide. India is the largest producer of black tea and hence it is necessary to focus attention on black tea with respect to its health promoting attributes. Though there are a wide range of teas available in the market across the globe, many people turn to the classic black tea to soothe their mind and soul. Some of the most famous varieties of black tea hail from the Indian regions like Assam, Darjeeling, Nilgiri and Kangra. As tea is the most consumed beverage in the world it has attracted an enormous quantity of research over the years. There are numerous scientific evidence showing that black tea can make a significant contribution to a healthy lifestyle, and in particular, in the areas of chronic diseases including cardiovascular health and dental hygiene. The message emerging from scientific research on health benefits of black tea is very encouraging indeed.

What are health benefits of black tea ?

According to health black tea, can provide benefit to health in the following ways:

1. Black tea is rich in antioxidants like polyphenols ( theaflavins, thearubigins and catechins ) that can help prevent several chronic diseases including cancer.
2. It keeps one energized it is because of methyl xanthines .

3. It has polyphenols which help protect our cells and DNA against damage
4. Some of the most recent researches have also pointed that antioxidants present in black tea are good for heart health; can lower risks of heart ailments and atherosclerosis (clogging in arteries).
5. Regular consumption of black tea is also beneficial to people suffering from diabetes and high blood cholesterol.
6. Phytochemicals found in black tea are linked with maintaining healthy bones and prevention of bone related ailments such as osteoporosis
7. Amino acid L-theanine helps in relaxing and enhancing mental concentration .
8. It contains alkylamine - an antigen -, that might help in providing natural resistance to microbial infections and perhaps tumors thereby strengthening the immunity.

It is increasingly appreciated that black tea polyphenols and other components may reduce the risk of developing chronic diseases such as cancer, cardiovascular diseases, arthritis and diabetes. More recently, the beneficial properties associated with daily consumption of black tea are getting better recognized. It has become increasingly clear that black tea acts as a chemopreventive agent against a wide range of cancers. Encouraging data from many trials are available and from many ongoing trials are awaited.