tea

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Cruising Review

Tea: Publications and Research from SwissMixIt

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PDF Version of the webpage (first pages)

Tea Botanical Information

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Green tea is richer in antioxidants compared to other forms of tea. Tea is composed of polyphenols, caffeine, minerals, and trace amounts of vitamins, amino acids, and carbohydrates. Tea polyphenols, cancer prevention, cardiovascular diseases, health effects, Camellia sinensis, photoaging, green tea, antioxidant, neuroprotective, DAF-16, polyphenols, autophagy, Theaflavin, Metabolic syndrome, Cardiovascular disease, Neurodegenerative disease, Bioavailability, Catechins, Bmi-1, aging, oxidative stress, osteoporosis

Keywords: Tea polyphenols, cancer prevention, cardiovascular diseases, health effects, Camellia sinensis, photoaging, green tea, antioxidant, neuroprotective, DAF-16, polyphenols, autophagy, Theaflavin, Metabolic syndrome, Cardiovascular disease, Neurodegenerative disease, Bioavailability, Catechins, Bmi-1, aging, oxidative stress, osteoporosis
Description and Research Abstract: Tea, next to water is the cheapest beverage humans consume. Drinking the beverage tea has been considered a health-promoting habit since ancient times. The modern medicinal research is providing a scientific basis for this belief.
Tea originates from the plant Camellia sinensis, a tree that may grow up to 52 feet in height unless cultivated.
Green tea is manufactured from the leaves of the plant Camellia sinensis Theaceae and has been regarded to possess anti-cancer, anti-obesity, anti-atherosclerotic, anti-diabetic, anti-bacterial, and anti-viral effects.
Green tea is richer in antioxidants compared to other forms of tea. Tea is composed of polyphenols, caffeine, minerals, and trace amounts of vitamins, amino acids, and carbohydrates.
Epidemiological studies have shown an inverse association between coronary heart disease (CHD) risk and green tea consumption in humans.
Anti-photoaging, stress resistance, and neuroprotective and autophagy properties of one of the most widely known functional foods - green tea.
Polyphenols are antioxidant molecules found in many foods including nuts, fruits, vegetables, chocolate, wine, and tea. Polyphenols have antimicrobial, anti-inflammatory, and antineoplastic properties. Recent studies suggest that tea polyphenols may be used for reducing sebum production in the skin and for treatment of acne vulgaris.
Many reports indicated that tea contains more than 500 components that display several activities. Catechins are the most important component in a tea leaf. They present a great deal of health advantages by scavenging free radicals and retarding extracellular matrix degradation induced by UV radiation and pollution. Furthermore, catechins also directly affect the skin by activating collagen synthesis and inhibiting matrix metalloproteinase enzyme production.
Beside anticancer property, consumption of black tea is also good for diabetic patients, as it is a non-sweetened drink that not only decreases the blood glucose but also reported to improve the status of insulin.
Tea polyphenols as potential candidates in prophylaxis and treatment of COVID-19.
Only theaflavin-3,3'-digallate (TF3) was found to be a 3CL(Pro) inhibitor. This study has resulted in the identification of new compounds that are effective 3CL(Pro) inhibitors.
Review summarizes the available reports and evidences which support the use of tea polyphenols as potential candidates in prophylaxis and treatment of COVID-19.
Identification of bioactive molecules from tea plant as SARS-CoV-2 main protease inhibitors.
The studies suggest the dietary intake of black tea can improve the resistance to fight against COVID 19 virus in early stages of human infection. Importantly though, the enriched subset of six compounds identified from the larger library has to be validated experimentally.
Health benefits as it contains powerful groups of polyphenols including epigallocatechin gallate, theaflavins, thearubigins, an amino acid L-theanine, and several other catechins or flavonoids which provide protection against the onset of several chronic disorders.
Conclusions: These results confirm that the aqueous extraction of green tea at 80 C leads to the formation of infusions made up of compounds with higher antioxidant capacity in comparison with extractions at room temperature.
These results suggest that green tea is able to delay collagen aging by an antioxidant mechanism that is in part duplicated by the combination of vitamin C and E.
Anti-wrinkle effects of three different kinds of tea (Camellia sinensis) water extracts (CSWEs) including green, white, and black teas taken together, these data clearly demonstrate that CSWEs could be used as an effective anti-wrinkle agent in photoaged skin, implying their extended uses in therapeutics.

Extraction: Hydrogen-bubbled water extracted the highest phenolic contents from tea leaves and showed the highest in vitro antioxidant ability in green tea infusion compared to other gas-bubbled water. This new knowledge could help to produce green teas with higher antioxidant activity in beverage industry.

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