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AN ANALYSIS OF HEALTH BENEFITS OF GREEN TEA

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ABSTRACT

Green tea has presented to deliver health advantages meant for no. of illnesses, containing several kinds of, heartcancer, & liver disease. Green tea's catechin content, especially (-)-epigallocatechin-3-gallate, is responsible for many of its health benefits. underlying processes of green tea catechins & ir biological effects have studied in vitro & in animals. Green tea catechins have used in human trials to treat metabolic syndrome, which includes obesity, type 2 diabetes, & cardiovascular risk factors. Long-term intake of tea catechins might protect against obesity & type 2 diabetes caused by a high-fat diet, along with lower risk of coronary heart disease. Green tea's pharmacological & clinical effects should be monitored, & its mechanisms of action should be elucidated, in accordance with international st&ards.

KEYWORDS: *Antioxidative, Catechin, Green Tea, Health, Obesity.*

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