



## HEALTH BENEFITS OF GREEN TEA

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**Annotation.** *Green tea is a tea made from young, unripe leaves of the tea plant. It retains its natural color and aroma. The tea leaves are practically not processed, they are only steamed with boiling water. After the steamed leaves are dried, they are rolled into a tube in a special way and sent to tea packaging factories. Green tea is fragrant, quenches thirst well, and is drunk as a decoction as a remedy for some diseases (for example, high blood pressure). This invigorating drink appeared in ancient China several centuries ago. Despite all this time, tea has not lost its importance: it is used for medical and cosmetic purposes, in some countries it is also added to dishes, and, of course, due to its pleasant aroma and taste, it has become a favorite drink of people all over the world. What is the reason for such widespread use of green tea? Harper's Bazaar answers this question by presenting the beneficial properties of this healing elixir.*

**Key words:** *Harper's Bazaar, Alzheimer's, Parkinson's, antioxidant (epigallocatechin gallate), flavonoids, polyphenols, tannins, tea, and catechins.*

### INTRODUCTION

From the history of tea. Tea is a perennial, evergreen, tropical plant. In some countries, the height of the tea tree can reach 3-4 meters or more. The tea tree has been cultivated in China since the 4th century, in Japan and Korea since the 9th century, in Indonesia since the 19th century, in India and Sri Lanka since the 1830s, in Georgia since the 1840s, in Russia (in the Krasnodar Territory) since 1901, and in Azerbaijan since 1910. Yellow and red tea are made in India, China, and Japan [1]. The tea tree blooms from August until late autumn, and the fruit ripens in October-December. Geographical distribution. The homeland of tea is China and Indochina. It is grown as a 1-meter shrub in the humid subtropical zones of Georgia, Azerbaijan, Crimea, and the Krasnodar Territory. The part used is mainly the leaves. Tea leaves are harvested several times a year and processed using special technology. Caffeine and other alkaloids and catechins are extracted from the waste separated during the tea processing process [2,3]. Chemical composition and use. Tea leaves contain 2-5 percent caffeine, theophylline and theobromine alkaloids, 20-28 percent tannins, flavonoids (kaempferol, quercetin, hyperin, quercimeritrin, etc.), 156-233 mg. percent vitamins C, B1, B6, nicotinic and pantothenic acids, essential oil and other compounds. Caffeine and tannins are extracted from the waste of the tea production industry. Caffeine has a stimulating effect on the central nervous system. It is produced in the form of tablets and solutions, as well as in various complex



preparations. It is used as a general tonic for the body after infectious and other serious diseases, in cases of cardiac and respiratory depression, in cases of deep circulatory disorders (vascular diseases), in cases of nervous system exhaustion, in cases of headaches, in cases of drug poisoning, and in other diseases [4,5]. The astringent substances contained in tea have the effect of vitamin R and are used in cases of hemorrhagic diathesis, in cases of swelling of the body, in cases of blood in the eyes, and in other diseases. Theophylline, obtained from tea leaves (waste), is used as a diuretic in heart and kidney diseases, and its preparation, euphyllin, is used as an antispasmodic and for the treatment of bronchial asthma. Brewing tea "bitter" can lead to constipation. You should not drink stale brewed black tea, but you can drink green tea. Its positive side is that it has a diuretic effect, but it also has a bactericidal effect. Because green tea has this property, it is useful to brew it in a thicker form or rinse your mouth with it for mouth inflammation, diarrhea. The population of England consumes the most tea in the world. We, Uzbeks, do not lag behind the English in drinking tea. There is a humorous expression that says "Tea in the morning, tea in the afternoon, shirchoy in the evening." Tea is the most widely consumed drink in the cold of winter and the heat of summer. Yes, we always need tea, but do not forget that tea is a healing drink, not water. Now think about it, wouldn't it be harmful if we drink that drink when we are thirsty, during meals, and before going to bed?

This question may seem obvious to everyone. But we should not forget that tea is a medicine and beneficial only when it is drunk correctly [6-8]. Many people drink tea while eating. The caffeine and tannin in tea break down the beneficial substances in food products, which results in a deficiency of vitamins and microelements in the body. When consumed with tea, 30-70 percent of meat and no more than 30 percent of fruits are not absorbed. If we look at common foods, at least 50 percent of the vitamins and iron contained in products consumed with tea are not absorbed. This has a negative effect on human health, anemia occurs. Currently, most of the world's population suffers from anemia. Since a large number of people in our country, especially women and children, suffer from diseases caused by iron deficiency, it has been decided to add iron to the bread we consume daily, that is, to enrich the flour. This is one of the ways to fight anemia. How do you eat bread? Of course, with tea. As we noted above, this is equivalent to eating bread that does not contain iron. Many people also make the mistake of giving tea to young children. It is forbidden to drink tea to children under three years of age from a medical point of view. It is also wrong to add sugar to a child's tea or milk. It is necessary to pay attention to the proper



nutrition of children from a young age. If iron deficiency occurs in their body, this also creates a risk of mental retardation later.

In the fight for health, we will have to change the traditions of drinking tea. Do not drink tea during or within 30 minutes after eating. Instead of tea, it is recommended to drink other drinks, such as boiled or mineral water and juices. This information does not mean that tea is bad for our health. Miracle green tea. Green tea has a great importance in the body. It is a cure for many diseases. If we consider tea as a healing drink and drink it in moderation and on time, it is not without benefits for our health. Tea drunk 30 minutes after a meal is harmless and useful. Let's form a new attitude towards our daily tea from now on. The importance of green tea for the human body is very great. The advantages of green tea have been proven by many scientists, in particular Japanese scientists. Compared to black tea, its composition is rich in microelements, vitamins and other useful substances. Green tea is prepared using a certain natural technology and contains less caffeine and tannins. It improves metabolism, the functioning of the liver, kidneys, and other important organs, prevents and treats atherosclerosis, purifies the blood, dilates blood vessels, lowers blood pressure and cholesterol, enhances memory, and is considered one of the best thirst-quenching drinks. Much has been said about the healing properties of green tea. It is also true that it is a cure for a thousand ailments. It easily breaks down food, speeds up digestion, calms the nerves, and brightens the mood. It improves memory and clears thinking. Another of its beneficial properties is that it thins the blood, dilates the vessels, improves blood circulation, and most importantly, cleanses the blood of toxins. Experts consider it a miraculous drink that gives health and vitality. The homeland of fragrant green tea is China, where it has been used as a medicine for many diseases for several thousand years. Due to the vitamins and minerals contained in green tea (P, C, B1, B3, K carotene, nicotinic acid, calcium, magnesium, iron), it is a powerful antioxidant. It improves mood, improves oxygen, water and salt metabolism, strengthens blood vessels, reduces cholesterol levels in the blood, and removes toxins from the body.





There is a saying that people who regularly drink green tea do not age prematurely. Naturally, such miraculous properties of this drink are also widely used in cosmetology. Green tea extract prevents wrinkles, moisturizes the skin, and strengthens the walls of blood vessels. It is, of course, included in face and skin creams, washing gels, anti-cellulite products and peelings. The delicate aroma of green tea is used in perfumery. Do you know how to brew and consume tea? Boil quality (soft) water and rinse the kettle with boiling water. Wait for the boiling water to boil for 5 minutes. During this time, the temperature of the boiling water drops to 800-900. 250 ml. boiling water, 1 teaspoon of dry tea per 100 ml of boiling water, pour boiling water and dry tea into the heated kettle and let it brew for 5 minutes. The kettle is covered with a thick cloth. After the specified time, the tea is turned over several times or stirred with a teaspoon.

This invigorating drink appeared in ancient China several centuries ago. Despite all this time, tea has not lost its importance: it is used for medical and cosmetic purposes, in some countries it is also added to dishes, and, of course, due to its pleasant aroma and taste, it has become a favorite drink of people all over the world. What is the reason for such widespread use of green tea? Harper's Bazaar answers this question by presenting the beneficial properties of this healing elixir. Green tea is an excellent source of caffeine, which has a mild effect on the cardiovascular system and, as a result, does not cause tachycardia or tremors in the limbs. It is also rich in the amino acid L-theanine, which is responsible for relaxation, happiness and reducing anxiety. Most importantly, it prevents Alzheimer's and Parkinson's diseases. Green tea is generally good for health. If you like tea, but drink mainly white, green or some kind of tea, pay attention to green tea. The best and most useful green tea is organic tea. It can be drunk without adding sugar or with honey. When honey is added, the taste becomes even more pleasant. Green tea is rich in vitamins, minerals and antioxidants that help improve the overall condition of the body. This drink is good for the brain, gives energy, and even helps in the fight against cancer. Green tea benefits. Green tea improves brain function.

Green tea is refreshing and also makes us smarter. One of its main qualities is that it helps improve brain function. This is due to the caffeine it contains. Your brain will thank you for drinking this drink regularly. Green tea helps you lose weight.

Many supplements designed to help you lose weight contain green tea extract or its derivatives. This is because green tea helps burn fat and improve metabolism. No matter how you drink green tea, you can be sure of one thing - this is one of the most useful ways to lose weight. Green tea is rich in antioxidants.



Numerous studies have shown that the antioxidants in green tea help fight many types of cancer, including breast, prostate, and colon cancer. One of the main benefits of green tea is that it fights oxidative damage, one of the main causes of cancer.

Green tea reduces the risk of developing Parkinson's or Alzheimer's disease.

Green tea reduces the risk of developing neurodegenerative diseases such as Alzheimer's and Parkinson's. This is due to catechins, which have powerful protective properties that help brain neurons. Green tea improves dental health.

The catechins in green tea kill streptococcal bacteria in the mouth. It is these bacteria that cause tooth decay. The main benefit of matcha tea is that it kills viruses that cause flu and reduces the risk of infections with its antibacterial properties.

**Green tea fights type 2 diabetes.** Green jasmine tea is especially useful in this regard. It increases insulin sensitivity and also reduces blood sugar levels. Iced green tea also reduces blood sugar levels and the risk of diabetes.

**Benefits of pure green tea.** This type of green tea can reduce the risk of cardiovascular diseases, such as stroke. It helps reduce cholesterol by increasing the amount of antioxidants in the blood. People who drink green tea regularly are less likely to suffer from heart disease.

**Green tea fights obesity.** Green tea is especially helpful in combating the accumulation of fat deposits in the abdomen and waist. Of course, you should not put all the responsibility on green tea, in addition to regular consumption of green tea, you should also not forget about sports and proper nutrition.

**Rejuvenating effect.** Green tea delays the signs and symptoms of aging, which has been proven in numerous studies. This is because green tea contains many antioxidants that fight free radicals that start the aging process. Green tea helps rejuvenate cells, making your skin look smoother and more attractive.

## CONCLUSION

Tea should be drunk without sugar or other sweet additives, otherwise it will not benefit the body. Green tea makes the skin beautiful. A study published in 2023 by endocrinologist Santosh Katyar showed that the polyphenols contained in green tea protect the skin from ultraviolet radiation and its harmful effects. To do this, you can drink green tea or use cosmetics with the addition of green tea.

**Prevents tooth decay.** Chinese scientists have found that if you drink at least one cup of green tea a day, the chances of keeping your teeth healthy increase by at least 20 percent. Green tea also protects your teeth from cavities and eliminates bad breath. However, any tea is much safer for your teeth than carbonated and energy drinks.



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