

# A Study Conducted to Know about Benefits of Green Tea among Dental Students in Khammam

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**Abstract: Background:** Study is done on dental students of Khammam, this study is not done before on dental students of Mamata college Khammam.

**Introduction:** Green is one of the popular beverage consumed worldwide, it is produced from the leaves of *camellia sinensis*. It has many potential health benefits. The four main catechins found in green tea are epicatechin (EC), epicatechin-3-gallate (ECG), epigallocatechin (EGC) and epigallocatechin-3-gallate (EGCG), of these four EGCG is present in large quantity. The health benefits of green tea are anti-carcinogenic, anti-inflammatory, anti-microbial and anti-oxidant properties. Anti-oxidants present in green tea helps to protect blood vessels and heart.

**Objective:** The study aims to find out consumption of green tea among dental students in Khammam.

**Methodology:** A cross-sectional study was used to collect data from dental students in Khammam.

**Result:** According to our survey around 67% people consume green tea daily. People mostly take green tea for their health because of health benefits like weight loss, reducing stress etc., about 33% of people have never taken green tea.

**Conclusion:** After the Survey, we have concluded that consumption of green tea is very popular in our society because of its health benefits.

**Keywords:** green tea, *camellia sinensis*, polyphenols, anti-oxidants and anti-carcinogenic

## 1. Introduction

Among all the beverages consumed worldwide, tea is the second most consumed beverages besides water. Tea was originated in china about 5000 years ago. Tea is made up of leaf and bud of plant *camellia sinensis*. Tea is consumed in many forms as green tea, black tea, oolong tea etc., across the world. Among all types green tea has most significant health benefits. It is estimated that about 2.5 million tons of tea leaves are produced each year across the world, with 20% produced as Green tea, it is mainly consumed in Asia, some parts of North Africa, United states and Europe.

Green tea can be prepared by steaming fresh leaves of the plant at higher temperature but leaves should not be fermented. Due to the process of steaming polyphenols remain unaffected. The health benefits of green tea are mostly attributed because

of its polyphenol content. The major polyphenol belongs to the family of catechins and found in green tea is epigallocatechin gallate (EGCG) with lesser amounts of catechins, epicatechin, gallic acid, epicatechin gallate, epigallocatechin. Other substances like caffeine, theophylline, theobromine, theanine, theaflavins and phenolic acids are present in small quantities. Green tea also contains antioxidants that help to protect the blood vessels and heart. Green tea is also effective in lowering the LDL cholesterol levels of the body. It also inhibits the blood clot's abnormal formation. Green tea also helps in lowering the blood sugar or glucose levels of its consumer. Mental alertness and thinking is also improved by green tea. Green tea also inhibits carcinogenesis of the skin, oral cavity, lung, esophagus, liver, stomach, kidney, prostate and other organs of the body. It is a potent carcinogenetic and also able to fight different viral infections.

Consumption of green tea has increased now a days, as it has many benefits, the need for the study is to know how many people consume green tea and to know how many people know about benefits of green tea and to bring awareness.

## 2. Methodology

A cross sectional method using questionnaire was used to collect data from dental students in Khammam. Permission was taken from head of the department, department of public health dentistry. Questionnaire was explained and informed consent was taken prior to the study of study group.

### A. Inclusion Criteria

All the 3<sup>rd</sup> and 4<sup>th</sup> year students and interns who were present during the day of the survey were included in the study. The duration of the day study was from 10/4/19 to 12/4/19.

### B. Exclusion Criteria

Students who are absent during the day of survey.

### C. Study Procedure

The study was conducted among 203 dental students. Questionnaires was distributed to 3<sup>rd</sup>, 4<sup>th</sup> year students and

interns during their working hours 9:00 AM to 4:00 PM. A questionnaire consisting 20 questions to know about the dental student's perception towards benefits of green tea.

### 3. Survey Results

Overall 203 students i.e. 3<sup>rd</sup>, 4<sup>th</sup> and interns were included in the study, majority of the population participated in the survey were interns (57.1%) and most of them were females 82.3%

Sociodemographic characteristics of study population of Mamata College, 2019.

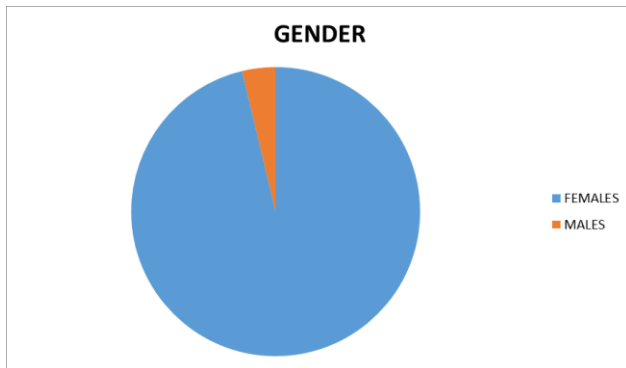


Fig. 1. Gender

Table 1

variables		Frequency	Percentage
Year of study	3 <sup>rd</sup>	44	21.7
	4 <sup>th</sup>	43	21.2
	intern	116	57.1

Majority of the students (67%) answered that they drink green tea and 33% do not drink green tea. Statistically a significant difference was observed i.e., (P<0.05). explained in fig. 2.

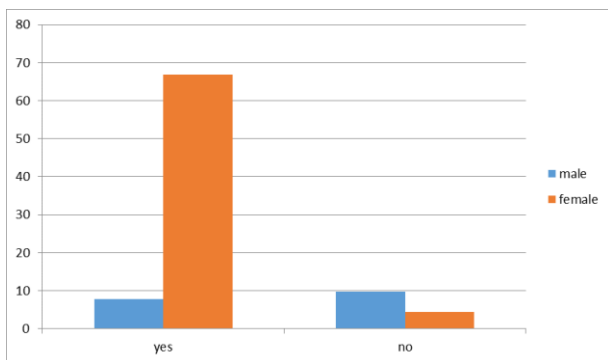


Fig. 2.

Majority of the students 92.1% know about the benefits of green tea and 7.9% do not know about benefits of green tea. explained in fig. 3

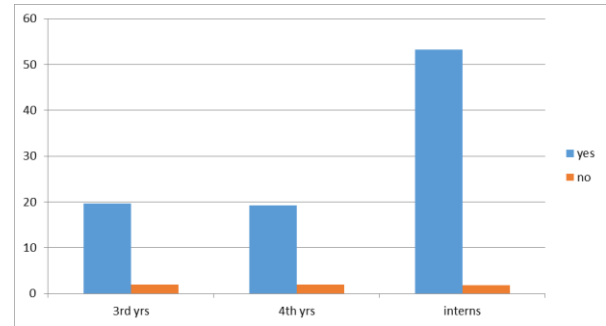


Fig. 3.

Majority of the students (52.7%) came to know about of benefits if green through internet.

Table 2

Variables	Frequency	Percentage
Internet	107	52.7
News Paper	12	5.9
Word of Mouth	64	31.5
Others	20	9.9
Total	203	100

Majority of the students know that green tea contains antioxidants and polyphenols. explained in fig. 4.

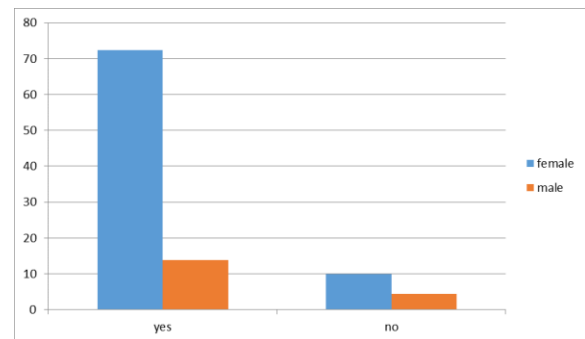


Fig. 4.

### 4. Discussion

Green tea is a healthy beverage and is now consumed commonly all around the world, Survey was done among 203 people in a dental college in Khammam. The reason for most of the people to consume green tea is because of its health benefits.

Data was collected from 203 students of age group 20-25 years. The Survey revealed that 67% of the people drink green tea and 33% do not take green tea. Majority are consuming green tea because of its health benefits. Majority (52.7%) of the people came to know about benefits of green tea from internet.

### 5. Conclusion

After the survey, to conclude the use of green tea is very popular in our society and it is a part of our daily life and now become a need. People use green tea because of its health benefits like weight loss, stress relief etc., the consumption of green tea has increased in the society.

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