

# A Comprehensive Review of Its Health Benefits, Composition, and Cultural Significance

Aditi K Desai

Anjuman-I-Islam's Institute of Hospitality Management, Mumbai, India

**Abstract:** *Green tea, derived from the Camellia sinensis plant, has been consumed for centuries and is renowned for its numerous health benefits. This research paper provides an in-depth exploration of green tea, focusing on its composition, historical significance, cultural aspects, and its potential health-promoting properties. We delve into the bioactive compounds found in green tea, the evidence supporting its health benefits, and its role in preventing and managing various medical conditions. Additionally, we discuss the global cultural significance of green tea and its growing popularity worldwide. This paper aims to provide a comprehensive understanding of green tea's multifaceted importance.*

**Keywords:** Green tea.

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