

Significance of Black Tea: A Brief Review

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Abstract: Tea is the second most consumed drink in the world after water and it is also a very popular beverage in middle eastern cultures. Numerous studies have shown that a variety of teas may boost the immune system, fight off inflammation and even ward off cancer and heart disease. Black tea inculcates its vitality due to the aflavin and thearubigins particularly, which is a very important polyphenol of black tea which holds the functions like antioxidant, cancer suppressor and inhibitor of pathogenic micro-organisms. The beneficiary actions of black tea particularly on living cells perform the actions on heart disease and liver disease were also reported. Majority of these beneficial effects of both green tea and black tea are linked to its catechins specifically (-)epigallocatechin-3 gallate. Modern research certifies the international standards and should be performed to detect the major vital measures of green and black tea to illuminate the mode of action..

Keywords: Catechins, Theaflavins(TF), Thearubigins(TR), Tea polyphenols, EGCG (epigallocatechin-gallate)

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