



Coffee Consumption May Help To Reduce Multiple Ailments Risks

Shivsharan B Dhadde*

Department of Pharmacology, D S T S Mandal's College of Pharmacy, India

Short Communication

Coffee is one of the most popular drinks used all over the world, it has been around for a long time and blamed for many ills, from stunting growth to causing heart disease but newer research shows that it may actually have health benefits.

Recent studies have usually found no connection between coffee and an increased risk of heart disease. In fact, some studies have found moderate coffee consumption is both safe and beneficial in healthy persons.

Why the apparent reversal in the thinking about coffee? This may be due to known high-risk behaviours, such as smoking and physical inactivity, tended to be more common among heavy coffee drinkers, which were not considered in earlier studies.

Coffee is a complex mixture of chemicals that provide significant amounts of chlorogenic acid and psychoactive alkaloid caffeine. In addition, coffee also contains several important nutrients, including riboflavin, pantothenic acid, manganese, potassium, magnesium, and niacin. Some studies argue that caffeinated and decaffeinated coffee may have the same health effects and suggest that it's not the caffeine that is responsible for most of the coffee's health benefits.

Studies suggest that higher coffee intake is linked to significant improvement of health and lower mortality risk from various causes, specifically digestive and circulatory diseases [1,2]. High daily coffee consumption related to lower multiple sclerosis risks. Helping people reduce their sugar intake is an important goal for promoting health. People who wish to reduce their daily calories without restrictive dieting should consider taking their coffee with little or no sugar this might help in that regard [3]. Numerous studies suggest that coffee appear to play an important role in warding off hyperglycemia, abnormal lipid levels, and increased body fat. Regular coffee intake improves glucose metabolism, insulin secretion and significantly reduced the risk of diabetes.

Coffee is known for its having increase in blood pressure and which could reduce the incidence of coronary heart disease, heart failure, and atrial fibrillation. In addition, coffee beans appear to reduce oxidation of low-density lipoprotein cholesterol as well as inflammatory markers and consuming one to six cups of coffee per day cut stroke risk. It is reported that coffee may decrease the risk of developing prostate cancer in men by 20%, and endometrial cancer in women by 25%. People in the test group drank four cups of coffee a day. Coffee may also prevent developing of basal cell carcinoma, the most common type of skin cancer. Moreover, coffee is also known for its beneficial effects in neurodegenerative disease, hepatic syndrome and depression [2,4]. Currently, available evidence suggests that it may be prudent for pregnant women to limit coffee consumption to 3 cups/day providing no more than 300 mg/day of caffeine to exclude any increased probability of spontaneous abortion or impaired fetal growth [4].

References

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*Correspondence:

Shivsharan B Dhadde, Department of Pharmacology, D S T S Mandal's College of Pharmacy, India, Tel: +91 7028142758; E-mail: sharanapharma@hotmail.com

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