

عنوان مقاله:

Green tea and metabolic syndrome: A ۱۰-year research update review

محل انتشار:

مجله علوم پایه پزشکی ایران، دوره 24، شماره 9 (سال: 1400)

تعداد صفحات اصل مقاله: 14

نویسندگان:

Elahe Esmailpanah - *Department of Pharmacodynamics and Toxicology, School of Pharmacy, Mashhad University of Medical Sciences, Mashhad, Iran*

Bibi Marjan Razavi - *Targeted Drug Delivery Research Center, Pharmaceutical Technology Institute, Mashhad University of Medical Sciences, Mashhad, Iran*

Hossein Hosseinzadeh - *Pharmaceutical Research Center, Pharmaceutical Technology Institute, Mashhad University of Medical Sciences, Mashhad, Iran*

خلاصه مقاله:

Metabolic syndrome (MetS) has turned into a prevalent condition that has imposed a tremendous financial strain on public health care systems. It is believed that the MetS consists of four main factors (hypertension, dyslipidemia, hyperglycemia, and obesity) and may lead to cardiovascular events. Camellia sinesis, in the form of green tea (GT), is one of the most consuming beverages worldwide. Catechins are the dominant component of green tea leaves. Epigallocatechin gallate has the maximum potency. GT has been widely used as a supplement in various health conditions. As the oxidative stress pathway is one of the probable mechanisms of MetS etiologies and GT beneficial effects, GT may be a novel strategy to overcome the MetS. This review aims to reveal the probable pharmacological effects of GT on MetS. The last ۱۰-year original articles on MetS parameters and GT have been gathered in this review. This manuscript has summarized the probable effects of green tea and its catechins on MetS and focused on each different aspect of MetS separately, which can be used as a basis for further investigations for introducing effective compounds as a way to interfere with MetS. It seems that GT can reduce MetS parameters commonly via anti-inflammatory and anti-oxidative mechanisms. Further clinical trials are needed to confirm the use of GT and its constituents for the treatment of MetS.

کلمات کلیدی:

Diabetes, Dyslipidemia, green tea, Hypertension, metabolic syndrome, Obesity

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1269743>

