

**Viewpoint**

## Tea Consumption and Cataract

**S. Habebur Rahman, K.Fasilathunnisa, Soundharya Thiyagarajan, Dr.A.N.Uma\***

School of Allied Health Sciences, Mahatma Gandhi Medical College & Research Institute,

Sri Balaji Vidyapeeth, (Deemed to be University), Puducherry, 607402, India.

Cataracts are caused by opacity of human crystalline lens and remain the leading cause of blindness all over the world. Age related cataracts are considered a multifactorial disease that is related to nutrition, environment, genetics and other factors. Consumption of many types of fruits and vegetables and rich micronutrients might reduce the risk of age-related cataract. Green tea and black tea are considered to be protective against cataract. It is very transparent that in order to analyze the strength and validity of association between tea consumption and cataract, we have take cognizant all the reported studies to identify the association between tea consumption and age-related cataract. Evidence shows that  $\geq$  two cups per day of tea consumption lowered almost 16% risk of developing cataracts compared with the non-tea-drinking group in later life. It is also associated with reduced risk of heart disease, stroke, and type 2 diabetes. In some studies, it is recommended that reasonable methods of tea consumption, such as ingesting green tea at moderate concentration at over 500 ml per day on average, should be encouraged to prevent or retard the progression of age-related cataracts. The antioxidant properties of green and black tea such as polyphenols including catechin (C), catechin gallate (CG), epicatechin gallate (ECG), epigallocatechin gallate (EGCG), theaflavins (TFs), and thearubigins (TGs) gives the beneficial effect on protecting against variety of ocular disease such as cataract, glaucoma and age-related macular degeneration. We all need to know that tea consumption is more beneficial than harmful especially in controlling the problem of age-related cataract.

**Keywords:** cataract, antioxidant, catechin, consumption, black-green tea.

**\*Address for correspondence:** Dr.AN Uma, Professor of Medical Genetics & Principal, School of Allied Health Sciences, Mahatma Gandhi Medical College & Research Institute, Sri Balaji Vidyapeeth, (Deemed to be University), Puducherry, 607402, India. Email id: umaan@mgmcri.ac.in