

Health benefits of black tea and its role in the management of preeclamptic pregnancy

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Tea, an aromatic beverage has been used as a health drink for more than 10decades. It is the second most consumed comforting and pleasant beverage in the world and it has been postulated as complementary and alternative medicines because of its anti-stress activities. Tea is brimming with antioxidant that scavenges cell-damaging free radicals. Hypertensive disorders in pregnancy, especially preeclampsia, remain a major cause of maternal and infant morbidity and mortality worldwide. Many different strategies to prevent preeclampsia have been investigated, but none have been found to be widely effective. Experience with the synthetic drug for treatment of preeclampsia indicates a significant impact on both maternal and fetal health. However, natural antioxidant supplements for women like tea can increase their resistance to stress during preeclampsia. Antioxidant status and possible positive effect of black tea administration in controlling and preventing the oxidative stress during pregnancy in particular context to preeclampsia has been extensively investigated in our laboratory. The study clearly explains the cytoprotective effect of black tea and underlying molecular mechanisms. Thus the future targets for the therapeutic intervention during preeclampsia have been demonstrated. In conclusion, black tea can be recommended as an effective dietary supplement during pregnancy particularly preeclampsia.