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A study on consumption pattern of green tea among people of Sultanpur city

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Abstract

The study was carried out on the consumption pattern of green tea.

An exploratory research design was adopted for the study where Sultanpur city was selected purposively for the research.

Survey method was used for the sample size comprised of so respondent where from general profile. Tea is the most widely consumed beverage in the world, although tea drinking has been associated with health benefits for centuries. In recent year, its medicinal properties have been investigated scientifically. Green tea health benefits are largely due to its high content of antioxidants called polyphenols.

The area of Sultanpur district will be purposively selected total 100 respondents will be selected for the study purpose and Survey through questionnaire methods about their practice regarding consumption of green tea.

It was concluded 90 (%) number of respondents were knowledge about green tea and 10 (%) number of respondents were not knowledge about green tea. 72 (%) number of respondents were regular intake of green tea and 17 (%) number of respondents were weekly drink green tea and 11 (%) number of respondents were occasionally drink green tea and 0 (%) number of respondents were never drink green tea.

Shows that 39 (%) number of respondents were used tea bag and 61 (%) number of respondents were used loose green tea. Shows that 55 (%) number of respondents were consume 1 time green tea in a day and 34 (%) number of respondents were consume 2 time green tea in a day and 11 (%) number of respondents were consume more than 2 time green tea in a days. concluded that studied people was consuming green tea due to its health benefits, prevent disease and good for health.

Keywords: Green tea, antioxidants, polyphenols and Epigallocatechin-3-gallate (EGCG)

1. Introduction

Green tea is considered one of the world's healthiest drinks

Green tea is made from the leaves from *Camellia sinensis* that have undergone minimal oxidation during processing. Green tea originated in China, but it has become associated with many cultures throughout Asia. Green tea has recently become relatively widespread in the Western World where black tea has been traditionally consumed. Green tea has become the raw material for extracts used in various beverages, dietary supplements, and cosmetic items. Many varieties of green tea have been created in the countries where it is grown. These varieties can differ substantially due to variable growing conditions, horticulture, production processing, and harvesting time. Green tea is used to improve mental alertness and thinking. It is also used for weight loss and to treat stomach disorders, vomiting, diarrhea, headaches, bone loss (osteoporosis), and solid tumor cancers. Some people use green tea to prevent various cancers, including breast cancer, prostate cancer, colon cancer, gastric cancer, lung cancer, solid tumor cancers and skin cancer related to exposure to sunlight.

Some women use green tea to fight human papilloma virus (HPV), which can cause genital warts, the growth of abnormal cells in the cervix (cervical dysplasia), and cervical cancer. Green tea is also used for Crohn's disease, Parkinson's disease, diseases of the heart and blood vessels, diabetes, low blood pressure, chronic fatigue syndrome (CFS), dental cavities (caries), kidney stones, and skin damage. Instead of drinking green tea, some people apply green tea bags to their skin to soothe sunburn and prevent skin cancer due to sun exposure. Green tea bags are also used to decrease puffiness under the eyes, as a compress for tired eyes or headache, and to stop gums from bleeding after a tooth is pulled. Green tea in candy is used for gum disease. Green tea is used in an ointment for genital warts.

Oolong tea and black tea are made from the same plant leaves used to make green tea, but they are prepared differently and have different medicinal effects. Green tea is not fermented. Oolong tea is partially fermented, and black tea is fully fermented. Quoted by health website WebMD as saying, "it's the healthiest thing I can think of to drink." The natural chemicals called polyphenols in tea are what are thought to provide its anti-inflammatory and anti-carcinogenic effects. Epigallocatechin-3-gallate (EGCG) is the most studied and bioactive polyphenol in tea and has been shown to be the most effective at eliminating free radicals. Green tea is approximately 20% to 45% polyphenols by weight, of which 60% to 80% are catechins such as EGCG. These catechins are antioxidants that are said to possibly help with fighting and preventing cell damage.

History of tea

Tea consumption has its legendary origins in China dating back to more than 4,000 years ago, making it the oldest herbal tea known. According to legend, green tea was first brewed in 2737 BC during the reign of Emperor Shennong. The useful parts of green tea are the leaf bud, leaf, and stem. Green tea is not fermented and is produced by steaming fresh leaves at high temperatures. During this process, it is able to maintain important molecules called polyphenols, which seem to be responsible for many of the benefits of green tea. Green tea contains 2% to 4% caffeine, which affects thinking and alertness, increases urine output, and may improve the function of brain messengers important in Parkinson's disease. Caffeine is thought to stimulate the nervous system, heart, and muscles by increasing the release of certain chemicals in the brain called "neurotransmitters." Antioxidants and other substances in green tea might help protect the heart and blood vessels.

Green tea Uses & Effectiveness

Genital warts: A specific green tea extract ointment (Veregen, Bradley Pharmaceuticals) is FDA-approved for treating genital warts.

High cholesterol: Taking green tea by mouth seems to lower cholesterol levels. Research suggests that consuming 145-3000 mg of green tea catechins, an antioxidants found in green tea, daily for up to 24 weeks reduces total cholesterol and low-density lipoprotein (LDL or "bad") cholesterol.

Mental alertness: Drinking green tea and other caffeinated beverages seems to help people maintain mental alertness throughout the day. Combining caffeine with sugar as an "energy drink" seems to improve mental performance more than caffeine or sugar alone. Also, taking a combination of green tea extract and L-theanine for seems to improve memory and attention in people with mild mental problems.

Abnormal development of cells of the cervix (cervical dysplasia): Taking green tea by mouth or applying it to the skin seems to reduce cervical dysplasia caused by human papilloma virus (HPV) infection.

Clogged arteries (coronary artery disease): Population studies suggest that drinking green tea is linked to a reduced risk of clogged arteries. The link seems to be stronger in men than women.

Low blood pressure: Drinking green tea might help increase blood pressure in elderly people who have low blood pressure after eating.

Thick, white patches on the gums (oral leukoplakia): Drinking green tea seems to decrease the size of white patches in people with oral leukoplakia.

Osteoporosis: Research suggests that drinking green tea for 10 years is linked to increased bone mineral density. Also, early research suggests that taking a green tea compound containing 500 mg of catechins, an antioxidant in green tea, and daily for 24 weeks improves bone strength in postmenopausal women with low bone density.

Bladder cancer, esophageal cancer, and pancreatic cancer: Most evidence suggests that drinking green tea is linked to a lower risk of bladder, esophageal, and pancreatic cancer. However, there is also some inconsistent evidence that suggests it might not reduce the risk of developing these cancers.

Breast cancer: Research suggests that green tea does not seem to reduce the risk of breast cancer in Asian people. However, there is some evidence that it might reduce the risk in Asian-Americans.

Prostate cancer: Men who drink more green tea or who take products containing green tea antioxidants seem to have a lower risk of developing prostate cancer. However, green tea or green tea extracts do not seem to slow the progression of prostate cancer that has already been diagnosed.

Preventing colon cancer: Most evidence suggests that drinking green tea does not have any effect on colon cancer risk. However, some research suggests that consuming a high amount is linked to a reduce risk, particularly in women.

Stomach cancer: There is inconsistent evidence about the effects of green tea on stomach cancer risk. One study suggests that drinking at least 5 cups of green tea daily does not reduce the risk of stomach cancer. Other research suggests that drinking at least 10 cups of green tea daily reduces the risk of stomach cancer.

Mouth cancer: Early research suggests that taking green tea extract three times daily after meals for 12 weeks increases healing responses in people with oral cancer.

Lung cancer: There is inconsistent evidence about the effects of green tea on lung cancer risk. One study suggests that drinking at least 5 cups of green tea daily does not reduce the risk of death related to lung cancer. However, men who consume high amounts of phytoestrogens, chemicals found in green tea, have a lower risk of developing lung cancer.

Endometrial cancer: Population studies suggest that drinking green tea is linked to a reduced risk of developing endometrial cancer.

Ovarian cancer: Women who regularly drink tea, including green or black tea, appear to have a lower risk of developing ovarian cancer.

Parkinson's disease: Drinking one to four cups of green tea daily seems to provide the most protection against developing Parkinson's disease.

Acne: Early research suggests that applying a solution containing a certain chemical found in green tea to the skin for 8 weeks reduces acne.

Abnormal protein buildup in the organs (Amyloidosis):

Early research suggests that drinking green tea or taking green tea extracts for 12 months protects against an increase in heart mass in people with amyloidosis affecting the heart.

Athletic performance: There is inconsistent evidence about the effects of green tea on athletic performance. Some early research suggests that taking green tea extract as a beverage does not improve breathing or performance in people undergoing endurance training. However, other early research suggests that taking seven doses of a certain green tea chemical over three days improves some breathing tests in healthy adults.

Heart disease: Population studies suggest that drinking three or more cups of green tea daily is linked to a decreased risk of death from heart disease or any cause.

Colds and flu: Early research suggests that taking a specific formulation of green tea and theanine (Thea-flan and Sun theanine) daily for 5 months lowers the risk of developing the flu. Other early research suggests that taking a specific green tea product (Immune Guard) reduces cold and flu symptoms and the duration of illness.

Diabetes: Research suggests that Japanese adults, particularly women, who drink 6 or more cups of green tea daily, have a lower risk of developing diabetes. However, green tea extract does not seem to help control sugar or insulin levels in people who already have diabetes.

Fertility: Early research suggests that taking a specific product containing chasteberry, green tea, L-arginine, vitamins and minerals (Fertility Blend) increases pregnancy rates in women who have trouble conceiving.

High blood pressure: There is inconsistent evidence about the effects of green tea on blood pressure. Some research shows that drinking green tea regularly can lower the risk of developing high blood pressure. However, other research shows that it has no effect on blood pressure in people with or without high blood pressure.

Leukemia: Population research suggests that Taiwanese people who drink higher amounts of green tea have a lower risk of developing leukemia.

Metabolic syndrome: Early research suggests that taking 1000 mg of green tea extract daily or drinking four cups of green tea daily for 8 weeks does not improve blood pressure, cholesterol levels, or blood sugar in obese people with metabolic syndrome.

Obesity: There is inconsistent evidence on the effects of green tea in obese people. Some early research shows that some specific green tea extracts (AR25, Exolise; Sunphenon) reduce weight in people with obesity. Other research suggests that drinking green tea can reduce body weight and body mass index (BMI) in overweight people. However some research suggests that taking green tea extracts or drinking green tea does not reduce body weight or BMI.

Gum disease (periodontal disease): Chewing candy that contains green tea extract seems to control plaque build-up on the teeth and reduce gum swelling. Also population research

suggests that drinking green tea is linked with a reduced risk of gum disease.

Pneumonia: Research suggests that Japanese women who drink green tea have a lower risk of death from pneumonia compared to those who don't drink green tea.

Stress: Early research suggests that taking a specific brand of green tea extract (Teavigo) by mouth for 7 days reduces stress and increases calmness.

Stroke: According to one study in Japan, drinking 3 cups of green tea daily seems to lower the risk of having a stroke compared to drinking one cup or no tea.

Upper respiratory tract infection: Early research suggests that gargling and swallowing green tea (Morgentau) over 4 days is less effective than citrus lozenges (Cystus052) for reducing symptoms of upper respiratory tract infections.

Wrinkled skin: Some early research suggests that taking green tea antioxidants twice daily for 2 years does not reduce the signs of sun damage to the face in women. However, applying a green tea cream and taking green tea by mouth daily seems to improve some aspects of skin aging in women.

How Much We Should Drink

Harvard Health Publications recommends drinking a few cups of green tea each day to gain its benefits and says that in tea-drinking cultures, 3 cups per day is a normal amount. The University of Maryland Medical Center bases its dosage recommendation on the amount of polyphenols, or active antioxidant compounds, in green tea. It suggests getting 240 to 320 milligrams of polyphenols each day the amount in 2 to 3 cups, depending on the brand. Doses of green tea vary significantly, but usually range between 1-10 cups daily. The commonly used dose of green tea is based on the amount typically consumed in Asian countries, which is about 3 cups per day, providing 240-320 mg of the active ingredients, polyphenols. To make tea, people typically use 1 teaspoon of tea leaves in 8 ounces boiling water.

- **For headache or restoring mental alertness:** tea providing up to 250 mg of caffeine per day, or approximately 3 cups of tea per day.
- **For improving thinking:** tea providing 60 mg of caffeine, or approximately one cup.
- **For reducing cholesterol:** drinking 10 or more cups per day has been associated with decreased cholesterol levels. The a flavin-enriched green tea extract, 375 mg daily for 12 weeks, has also been used for lowering cholesterol.
- **For human papilloma virus (HPV) infections of the cervix:** green tea extract, 200 mg daily alone or in combination with topical green tea ointment, for 8-12 weeks.
- **For preventing Parkinson's disease:**
- **Men:** consuming 421-2716 mg total caffeine (approximately 5-33 cups of green tea) daily have the lowest risk of developing Parkinson's disease. However, a significantly lower risk is also associated with consumption of as little as 124-208 mg of caffeine (approximately 1-3 cups of green tea) daily.
- **In women:** more moderate caffeine consumption seems to be best, equivalent to approximately 1-4 cups of green tea per day.

- **For human papilloma virus (HPV) infections of the cervix:** green tea ointment alone or in combination with oral green tea extract, twice weekly for 8-12 weeks.
- **For genital warts:** a specific green tea extract ointment (Veregen, Bradley Pharmaceuticals) providing 15% kuncatechins applied three times daily to external warts for up to 16 weeks has been used.

Major Component of Green Tea

Green tea offers an array of unique taste sensations, including astringency, bitterness and full-bodied flavor. Green tea also comprises a large number of components that are said to be beneficial to human health. These components have a diverse range of effects.

Effects of Green Tea Components

Component	Effect	
Catechins (Astringency component in tea)	Decreases blood cholesterol Body fat reduction Cancer prevention effect Antioxidant Tooth decay prevention, antibacterial effect Anti-influenza effect Inhibits high blood pressure Anti-hyperglycemic effect Bad breath prevention (deodorizing effect)	
Caffeine (Bitterness component in tea)	Increases alertness (decreases tiredness and drowsiness) Increases stamina Hangover prevention Mild diuretic	
Thiamine (Full-bodied flavor component in tea)	Neuronal cell protection Relaxation effect (promotes α wave production) Lowering of blood pressure	
Vitamin	Vitamin C	Maintenance of healthy skin and mucus membrane (collagen formation) Antioxidant
	Vitamin B2	Maintenance of healthy skin and mucus membrane
	Folic acid	Prevention of fetal neural tube defects (NTD) Prevention of arterial sclerosis
	β -carotene	Maintenance of night time vision
	Vitamin E	Antioxidant
Saponins	Lowering of blood pressure Anti-influenza effect	
Fluorine	Prevention of tooth decay	
γ -aminobutyric acid (GABA)	Lowering of blood pressure	
Minerals (Potassium, calcium, phosphorus, manganese, etc.)	Biological regulators	
Chlorophyll	Deodorizing effect	

Objective

1. To study about consumption pattern of green tea among people.
2. To study about awareness and health benefit of green tea.

3. To educate the people about benefit of green tea.

2. Materials and Methods

Scientific methodology is necessary for a successful study as it directly indicates words the authenticity of the research and attempt has been made to provide the detail of techniques employed to attain this objective of a present investigation. Methodology includes techniques, devices and procedure applied for conducting the research, in this study, the respect concerning the research methodology have been categorized in the following.

Research Design

Simple random sampling was taken for sampling. Primary and secondary data would be collected through interview schedule questionnaire.

Selection of area: Sultanpur city of Uttar Pradesh was selected for the study.

Selection of Sample Size: Total 100 respondent was selected for the study.

Method of study: A statistical figures in dispensable for scientific work in this study was primarily based on the data collection and well developed scheduled to make each interview as comprehensive as possible. The open ended questionnaire in which rigid ticking of respondent every opportunity to speak in a natural and uninhibited way.

Analysis of data: The data will be analyzed using talk mark method the finding have been presented form of labels tabulation of data will be make comparison of each attribute in the different attributes study each group in the table express in term of frequency & percentage. The selected samples would be interviewed personally.

Statistical analysis

$$(\%) = \frac{N}{\text{Total number of respondent}} \times 100$$

(%) = Percentage
N = Number of frequency
T.N. = Total number of respondent

3. Result and Discussion

The empirical result & discussion have been presented the purpose of convenience. The collected data were categorized, analyzed, tabulated & interpreted as per objective of the study.

Table 1: Distribution of respondents on the basis of their age group.

Age	Frequency (N=100)	Percentage (%)
20-40	61	61
41-60	22	22
61-80	12	12
Above 81	5	5

Table 1 shows that distribution of respondent according to age 61 (%) respondents belonged up to 20-40 year age, whereas 22 (%) respondents belonged up to 41-60 years age group. 12 (%) respondent belonged up to 61-80 year age. 5 (%) respondent in study are belonged to above 81 age group.

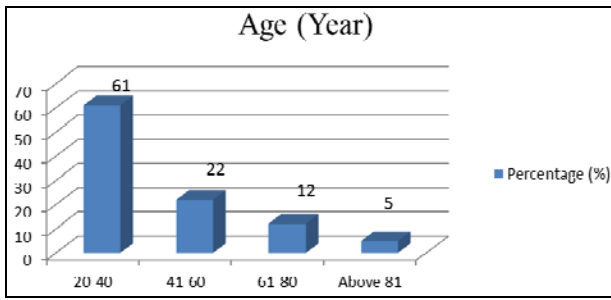


Table 1 Distribution of respondents on the basis of their age group.

Table 2: Distribution of respondents on the basis of their gender.

Gender	Frequency (N=100)	Percentage (%)
Male	37	37
Female	63	63

Table 2 shows that 37 (%) number of respondents were male and 63 (%) number of respondents were female.

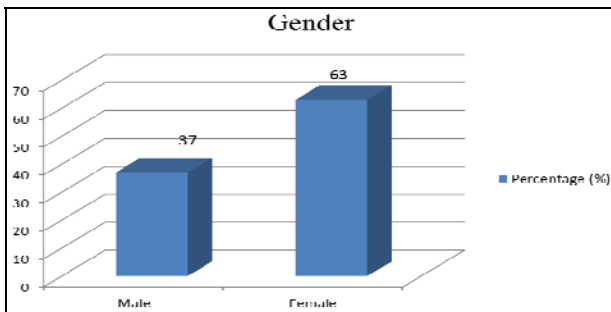


Table 2 Distribution of respondents on the basis of their gender.

Table 3: Distribution of respondents on the basis of their family size.

family size	Frequency (N=100)	Percentage (%)
Joint	33	33
Nuclear	67	67

Table 3 shows that 33 (%) number of respondents had joint family and 67 (%) number of respondents had Nuclear family.

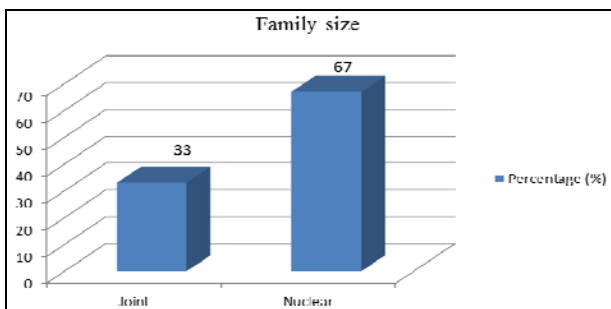


Table 3 Distribution of respondents on the basis of their family size.

Table 4: Distribution of respondents on the basis of their education.

education	Frequency (N=100)	Percentage (%)
Primary	-	-
High school	6	6
Intermediate	11	11
Graduate	29	29
Higher education	54	54
Illiterate	-	-

Table 4 shows that in 0 (%) respondent were belonged to primary & 6 (%) of respondent were belonged to high school, & 11 (%) of respondent were belonged to Intermediate & 29 (%) of respondent were belonged to Graduate whereas mostly 54 (%) of respondent were belonged to higher education & 0 (%) of respondent were belonged to illiteracy.

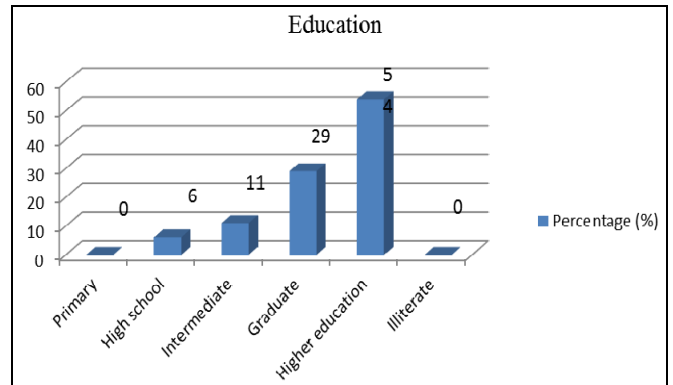


Table 4 Distribution of respondents on the basis of their education.

Table 5: Distribution of respondents on the basis of their family income.

family income	Frequency (N=100)	Percentage (%)
below 10000	6	6
10000-20000	20	20
Above 20000	74	74

Table 5 shows that 6 (%) number of respondents families had a monthly income of below 10000 and 20 (%) number of respondents families had a monthly income of between 10000-20000 and 74 (%) number of respondents families had a monthly income of above 20000.

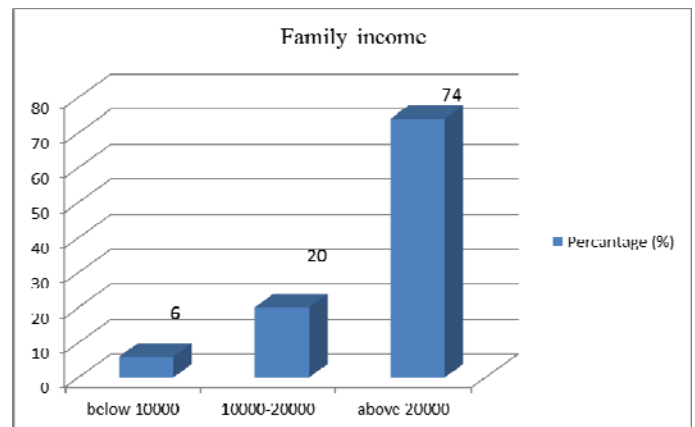


Table 5 Distribution of respondents on the basis of their family income.

Table 6: Distribution of respondents on the basis of their religion.

religion	Frequency (N=100)	Percentage (%)
Hindu	73	73
Muslim	18	18
Other	9	9

Table 6 shows that 73 (%) number of respondents were belong to Hindu religion and 18 (%) number of respondents were belong to Muslim religion and 9 (%) number of respondents were belong to other religion.

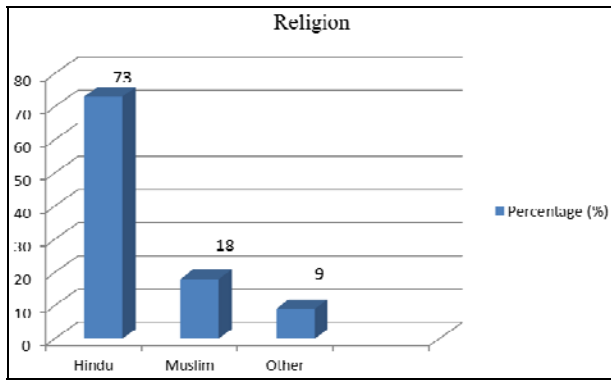


Table 6 Distribution of respondents on the basis of their religion.

Table 7: Distribution of respondents on the basis of their Knowledge about green tea.

Knowledge about green tea	Frequency (N=100)	Percentage (%)
Yes	90	90
No	10	10

Table 7 Shows that maximum 90 (%) number of respondents were know about green tea and minimum 10 (%) number of respondents were not know about green tea.

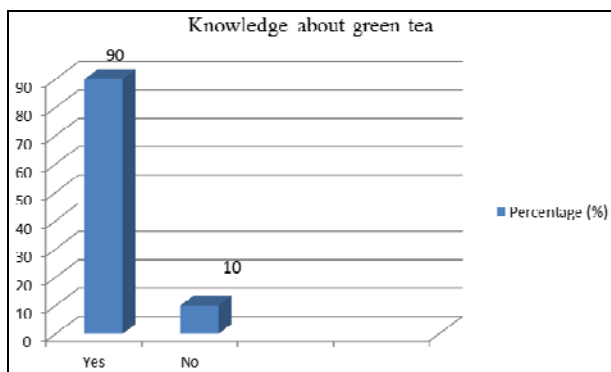


Table 7 Distribution of respondents on the basis of their knowledge about green tea.

Table 8: Distribution of respondents on the basis of their intake green tea.

Intake green tea	Frequency (N=100)	Percentage (%)
Yes	70	70
No	30	30

Table 8 Shows that maximum 70 (%) number of respondents were drink green tea and minimum 30 (%) number of respondents were not drink green tea.

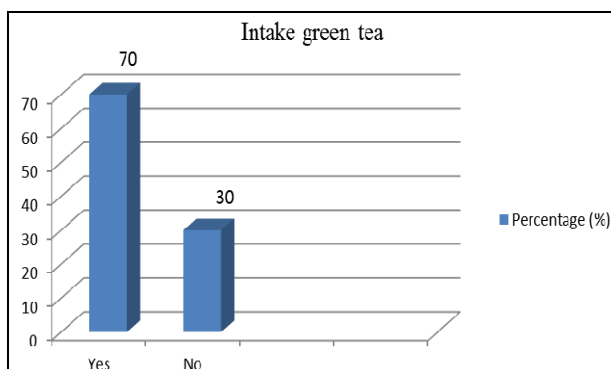


Table 8 Distribution of respondents on the basis of their intake green tea.

Table 9: Distribution of respondents on the basis of their regular intake green tea.

Regular intake green tea	Frequency (N=100)	Percentage (%)
Daily	72	72
Weekly	17	17
Occasionally	11	11
Never	-	-

Table 9 Shows that 72 (%) number of respondents were used daily green tea and 17 (%) number of respondents were used weekly green tea and not used 11 (%) number of respondents were used occasionally green tea and 0 (%) respondents were never used green tea.

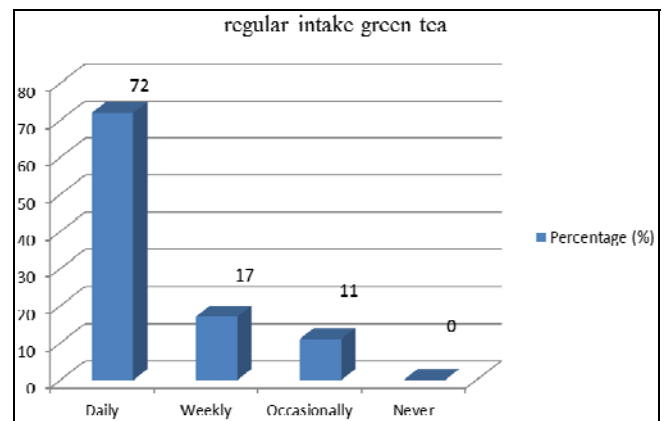


Table 9 Distribution of respondents on the basis of their regular intake green tea.

Table 10: Distribution of respondents on the basis of type of Green tea use.

type of green tea use	Frequency (N=100)	Percentage (%)
Tea bag	39	39
Loose	61	61

Table 10 Shows that 39 (%) number of respondents were use Tea bag and 61 (%) number of respondents were use loose green tea.

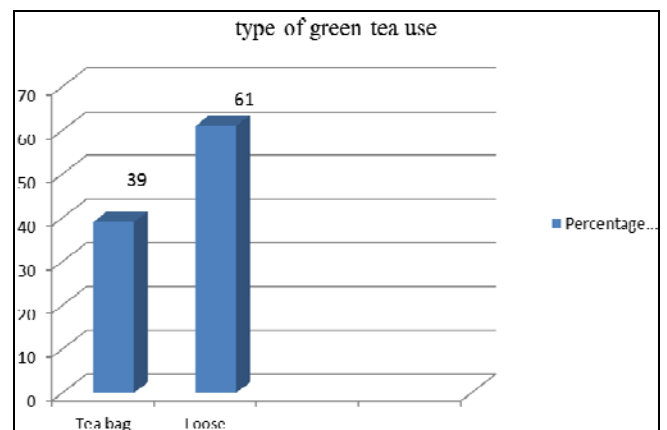


Table 10 Distribution of respondents on the basis of type of green tea use.

Table 11: Distribution of respondents on the basis of eating green tea flavoured snacks or beverages (e.g. - biscuits, cakes, ice-cream, and drinks).

Eating green tea flavoured snacks or beverages	Frequency (N=100)	Percentage (%)
Yes	-	-
No	100	100

Table 11 Shows that 0 (%) number of respondents were eat green tea flavored snacks or beverages and 100 (%) number of respondents were not eat green tea flavored snacks or beverages.

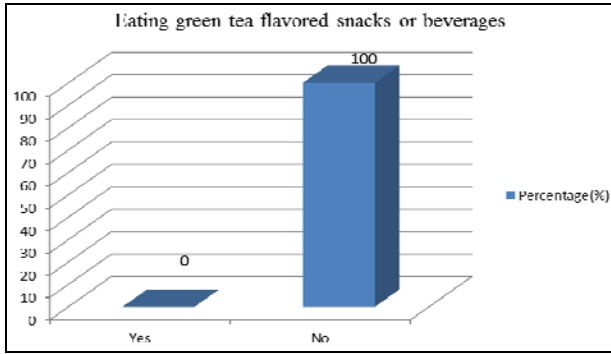


Table 11: Distribution of respondents on the basis of eating green tea flavoured snacks or beverages (e.g. - biscuits, cakes, ice-cream, and drinks).

Table 12: Distribution of respondents on the basis of frequency of green tea consumption in a day.

Frequency of green tea consumption in a day	Frequency (N=100)	Percentage (%)
1 time	55	55
2 time	34	34
More than 2 time	11	11

Table 12 Shows that 55 (%) number of respondents were drink green tea 1 time in a day and 34 (%) number of respondents were drink green tea 2 time in a day and 11 (%) drink green tea more than 2 time in a day.

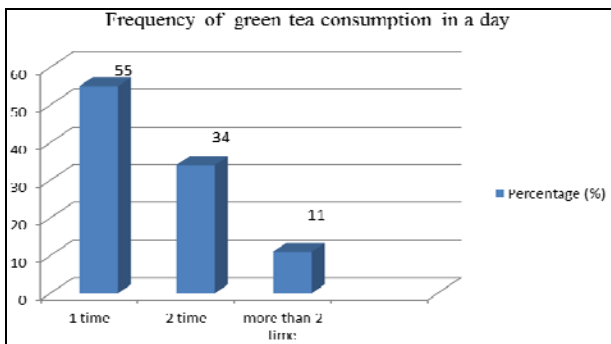


Table 12 Distribution of respondents on the basis of frequency of green tea consumption in a day.

Table 13: Distribution of respondents on the basis of their choice about first brand of green tea.

Choice about first brand of green tea	Frequency (N=100)	Percentage (%)
Organic	53	53
Lipton	27	27
Taj mahal	15	15
Other	5	5

Table 13 Shows that 53 (%) number of respondents were choose organic is first brand of green tea and 27 (%) number of respondents were choose lipton is first brand of green tea and 15 (%) number of respondents were choose taj mahal is first brand of green tea and 5 (%) number of respondents were choose other green tea brand.

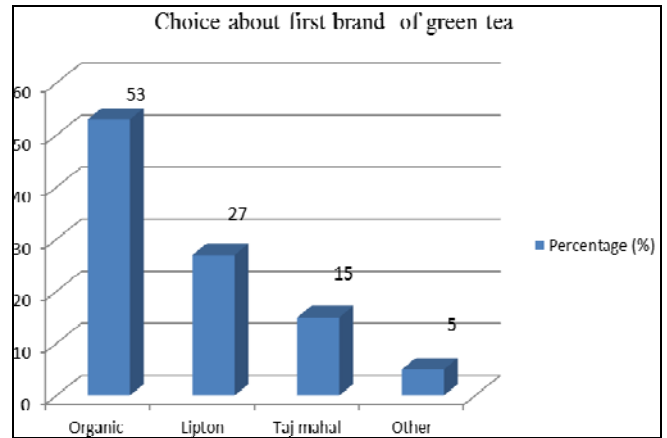


Table 13 Distribution of respondents on the basis of their choice about first brand of green tea.

Table 14: Distribution of respondents on the basis of their flavors likeness of green tea.

flavors likeness of green tea	Frequency (N=100)	Percentage (%)
Lemon and honey	35	35
Tulsi	53	53
Other	12	12

Table 14 Shows that 35 (%) number of respondents were like Lemon and honey flavors of green tea and 53 (%) number of respondents were like tulsi flavors of green tea and 12 (%) number of respondents were like other flavors of green tea.

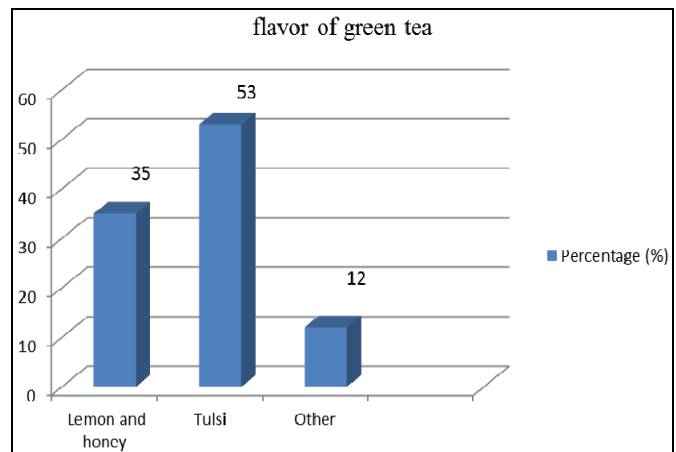


Table 14 Distribution of respondents on the basis of their flavors likeness of green tea.

Table 15: Distribution of respondents on the basis of reason of having green tea.

Reason of having green tea.	Frequency (N=100)	Percentage (%)
Health	60	60
Thinning	28	28
Taste	-	-
Refreshing	12	12
Other	-	-

Table 15 Shows that 60 (%) number of respondents were have taken green tea due to its health benefits and 28 (%) number of respondents were have taken green tea due to thinning and 0 (%) number of respondents were have taken green tea due to taste and 12 (%) number of respondents were have taken green tea due to refreshing and 0 (%) number of respondents were have taken green tea due to other reason.

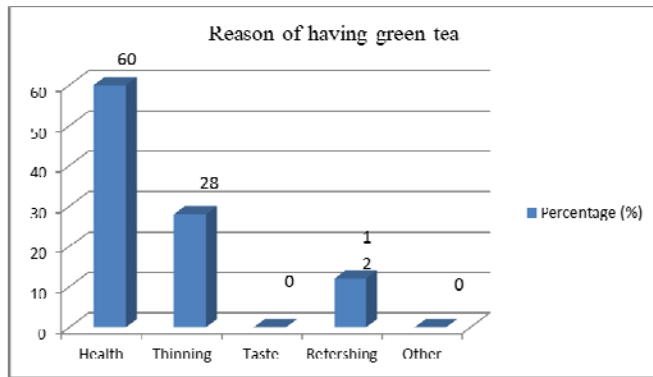


Table 15 Distribution of respondents on the basis of reason of having green tea.

Table 16: Distribution of respondents on the basis of their refreshes after taking green tea.

feel refresh	Frequency (N=100)	Percentage (%)
Yes	100	100
No	-	-

Table 16 Shows that 100 (%) number of respondents were feel refresh after taking green tea and minimum 0 (%) number of respondents were not feel refresh after taking green tea.

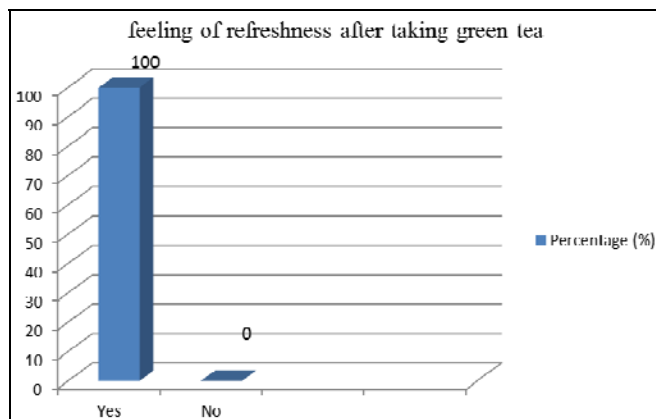


Table 16 Distribution of respondents on the basis of their refreshness after taking green tea.

Table 17: Distribution of respondents on the basis of their family member's green tea consumption.

Family member's green tea consumption	Frequency (N=100)	Percentage (%)
Siblings	31	31
Parents	17	17
Grandparents	14	14
None	38	38

Table 17 Shows that 30 (%) number of respondents were siblings who drink green tea and 16 (%) number of respondents were parents who drink green tea and 14 (%) number of respondents were grandparents who drink green tea and 37 (%) number of respondents were none drink green tea.

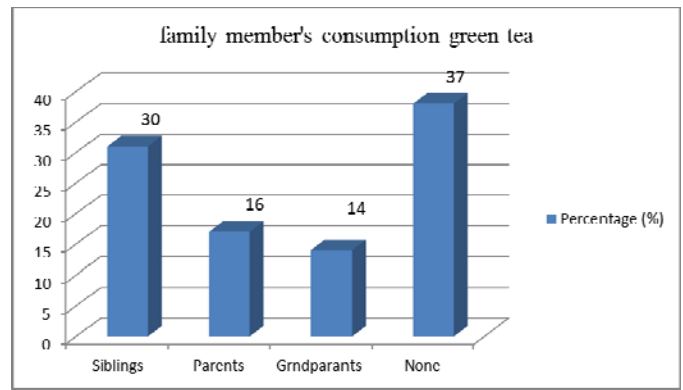


Table 17 Distribution of respondents on the basis of their family member's green tea consumption.

Table 18: Distribution of respondents on the basis of their knowledge about health benefits of green tea.

Knowledge about health benefits of green tea	Frequency (N=100)	Percentage (%)
Yes	95	95
No	5	5

Table 18 Shows that 95 (%) number of respondents were knowledge about health benefits of green tea that comes with green tea and 5 (%) number of respondents were not knowledge about health benefits of green tea.

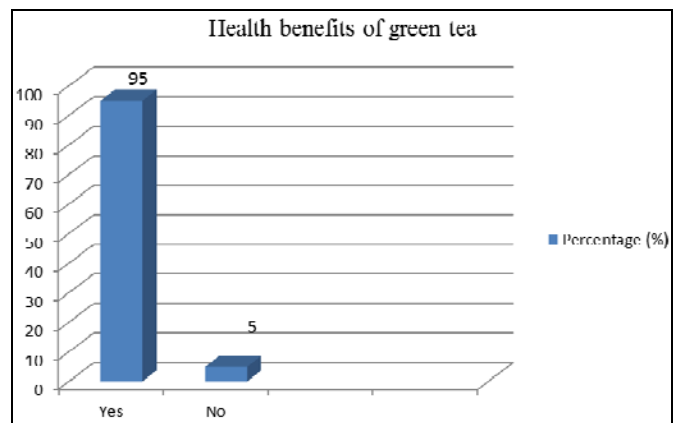


Table 18: Distribution of respondents on the basis of their knowledge about health benefits of green tea.

Table 19: Distribution of respondents on the basis of their source of knowledge about the benefits of green tea.

know about the benefits of green tea	Frequency (N=100)	Percentage (%)
Internet	12	12
News paper	10	10
Radio	-	-
TV	55	55
Magazines	14	14
Doctor prescribed	9	9

Table 19 Shows that 12 (%) number of respondents were know about the benefits of green tea through the internet and 10 (%) number of respondents were know about the benefits of green tea through the newspaper and 0 (%) number of respondents were know about the benefits of green tea through the radio and 55 (%) number of respondents were know about the benefits of green tea through the T.V and

14(%) number of respondents were know about the benefits of green tea through the magazines and 9(%) number of respondents were know about the benefits of green tea through the doctor prescribed.

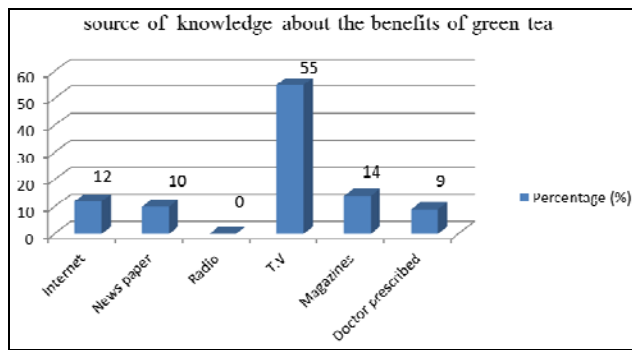


Table 19 Distribution of respondents on the basis of their source of knowledge about the benefits of green tea.

4. Conclusion

The present study entitled “A study on consumption pattern of green tea among people of Sultanpur city” was undertaken in sultanpur city. The survey was carried out in the sultanpur city. The sample size of 100 respondents was randomly selected from sultanpur city.

A self-prepared questionnaire was used for collect data the relevant information regarding & result was presented in graph. Result Showed that 37(%) number of respondents were male who drink green tea and 63(%) number of respondents were female who drink green tea. 90(%) number of respondents were knowledge about green tea and 10(%) number of respondents were not knowledge about green tea. 70(%) number of respondents were drink green tea and 30(%) number of respondents were not drink green tea.

72(%) number of respondents were regular intake of green tea and 17(%) number of respondents were weekly drink green tea and 11(%) number of respondents were occasionally drink green tea and 0(%) number of respondents were never drink green tea. Shows that 39(%) number of respondents were used tea bag and 61(%) number of respondents were used loose green tea. 100(%) number of respondents were not eating green tea flavored snacks or beverages and 0(%) number of respondents were eating green tea flavored snacks or beverages. Shows that 55(%) number of respondents were consume 1 time green tea in a day and 34 (%) number of respondents were consume 2 time green tea in a day and 11 (%) number of respondents were consume more than 2 time green tea in a day. 53(%) number of respondents were choose organic as a first brand of green tea and 27(%) number of respondents were choose lipton as a first brand of green tea and 15(%) number of respondents were choose taj mahal as a first brand of green tea and 5(%) number of respondents were choose other brand of green tea. 35(%) number of respondents were like lemon and honey flavor of green tea and 53(%) number of respondents were like tulsi flavor of green tea and 12(%) number of respondents were like other flavor of green tea. 60(%) number of respondents were taken green tea for health and 28(%) number of respondents were taken green tea for thinning and 0(%) number of respondents were taken green tea for taste and 16(%) number of respondents were taken green tea for refreshing and 0(%) number of respondents were taken green tea for other reason. 100(%) number of respondents were feeling refreshness after taking green tea and 0(%) number of respondents were not feeling

refreshness after taking green tea.

Shows that 31(%) number of respondents were siblings drink green tea and 17(%) number of respondents were parents drink green tea and 14(%) number of respondents were grandparents drink green tea and 38(%) number of respondents were none family member's drink green tea. 95(%) number of respondents were knowledge about health benefits of green tea and 5(%) number of respondents were not knowledge about any health benefits of green tea. 12(%) number of respondents were know about the benefits of green tea through internet and 10(%) number of respondents were know about the benefits of green tea through newspaper and 0(%) number of respondents were know about the benefits of green tea through radio and 55(%) number of respondents were know about the benefits of green tea through T.V and 14(%) number of respondents were know about the benefits of green tea through magazines and 9(%) number of respondents were know about the benefits of green tea through doctor prescribed.

Tea is the most popular drink after water. Green tea has been consumed every day by millions of people around the world since ancient time in order to maintain and improve health.

Now a day, green tea is considered one of the most promising dietary agents for the prevention and treatment of many diseases. Also the decrease in total lipids, cholesterol and ultrastructure of the liver and kidney cells. Green tea consumption is associated with a reduced risk of total stroke incidence, cerebral infarction and cerebral hemorrhage

5. References

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