

A REVIEW ON PROTECTIVE ROLE OF COFFEE IN CHRONIC DISEASES

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ABSTRACT

Coffee is a beverage with a distinct taste and aroma that commonly is consumed throughout the world and is being assessed for its potential health benefits. Besides its culinary value, coffee has long been suggested to affect human health and disease. For instance, a decreased risk of type 2 diabetes, heart disease, and stroke, liver disorders and cancer has been described in regular coffee drinkers. From a public health perspective, it is most relevant to investigate whether coffee consumption affects morbidity from major chronic diseases and whether individual disease risks are competing with each other to optimally translate evidence-based recommendations. The purpose of this article is to review existing data regarding the effects of long-term coffee consumption, with a focus on chronic diseases. Coffee consumption is also associated with various other health effects. For instance, coffee may reduce the risk of depression, a known risk factor for the development of Cardio Vascular diseases. Caffeine content of coffee, phenolic compounds such as chlorogenic acid and diterpenes such as cafestol and kawool has been shown to play a major role in the prevention of following diseases. It can be speculated that the unfavorable lifestyle characteristics of high coffee consumers, especially with respect to smoking and alcohol consumption, may be responsible for the positive association between coffee consumption and the risk of various chronic diseases. In conclusion, the currently available evidence on coffee and decreased risk of chronic diseases is largely reassuring, and suggests that, coffee is helpful in preventing them.

KEYWORDS: Coffee, Caffeine, Chlorogenic Acid, Diterpenes, Type 2 Diabetes, Liver Disorders, Cancer