e-ISSN: 0975-1556, p-ISSN:2820-2643

Available online on www.ijpcr.com

International Journal of Pharmaceutical and Clinical Research 2024; 16(11); 942-945

Original Research Article

# Impact of Consumption of Green Tea on Blood Glucose and Inflammation

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**Received: 25-08-2024 / Revised: 23-09-2024 / Accepted: 26-10-2024**

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**Conflict of interest: Nil**

**Abstract:**

Green tea, derived from Camellia sinensis, is renowned for its potential health benefits, attributed to its polyphenolic compounds, particularly catechins like epigallocatechin gallate (EGCG). This study investigates the effects of green tea consumption on blood glucose and inflammation markers in a sample of 50 participants. Each participant's blood glucose and inflammatory marker levels (such as C-reactive protein) were measured before and after a 12-week daily consumption of green tea (two 200 mL servings). This quasi-experimental study aims to determine the efficacy of green tea in modulating blood glucose levels and reducing systemic inflammation, factors closely associated with metabolic syndrome, diabetes, and cardiovascular diseases. Statistical analyses, including paired t-tests, were conducted to compare pre- and post-intervention levels. The findings reveal significant reductions in fasting blood glucose and inflammatory markers, suggesting a positive impact on metabolic health and a potential preventive effect against chronic diseases. The results support the inclusion of green tea as a complementary dietary strategy in managing blood glucose and inflammation. However, further research is recommended to examine the long-term benefits and mechanisms of green tea's bioactive components on metabolic pathways.

**Keywords:** Green Tea, Blood Glucose, Inflammation, Catechins, Metabolic Health.



## Introduction

The rise in non-communicable diseases, such as diabetes, cardiovascular diseases, and metabolic syndrome, has drawn attention to dietary factors that could mitigate these conditions. High blood glucose and chronic inflammation are primary contributors to these diseases, increasing oxidative stress and damaging vital organs. Green tea, derived from Camellia sinensis, has been studied for its potential therapeutic effects, largely due to its rich polyphenol content, notably catechins like EGCG, which are known for antioxidant and anti-inflammatory properties [1,2].

Green tea consumption is particularly common in East Asian countries, where epidemiological studies have shown a correlation with reduced incidences of cardiovascular diseases and metabolic disorders. The mechanisms underlying these benefits are multifaceted, involving modulation of insulin sensitivity, reduction of blood glucose, and anti-inflammatory actions. In vitro studies have demonstrated that EGCG can inhibit pro-inflammatory cytokines, reducing inflammatory responses in the body, which may also lower blood glucose by enhancing insulin function and reducing insulin resistance [3,4].This study investigates the impact of green tea consumption on blood glucose and inflammation, aiming to provide empirical evidence supporting green tea as a preventative or complementary dietary measure against metabolic disorders. Given the wide accessibility and low cost of green tea, positive findings could support its integration into dietary guidelines for metabolic health management. This study aims to clarify the biochemical impact of green tea and identify its effects on specific biomarkers associated with chronic disease prevention [5.6].

## Aims and Objectives

This study aims to evaluate the effects of daily green tea consumption on blood glucose and inflammatory markers in healthy adults over a 12-week period. Specifically, it seeks to:

1. Determine the effect of green tea consumption on fasting blood glucose levels.

2. Examine changes in inflammatory markers, particularly C-reactive protein (CRP), following regular green tea intake.
3. Assess the feasibility of green tea as a dietary intervention for reducing the risk factors associated with metabolic syndrome.

The study's objective is to contribute to the existing body of knowledge on dietary interventions for metabolic health and propose practical recommendations for green tea consumption.

**Methodology**

This study employed a quasi-experimental design with a sample size of 50 healthy adult participants aged 25-50 years, recruited through voluntary participation. Participants were instructed to consume two 200 mL servings of green tea daily for 12 weeks, sourced from a standardized brand with known catechin content to ensure consistency.

**Pre- and Post-Assessment:** Baseline measurements were taken at the start of the study, including fasting blood glucose levels and C-reactive protein (CRP) as a marker for inflammation. After 12 weeks, the same parameters were re-evaluated to assess the effects of green tea consumption.

**Inclusion and Exclusion Criteria:** Participants with a known history of diabetes, chronic inflammatory conditions, or those on medication affecting glucose or inflammation were excluded. Participants were also instructed to avoid other sources of green tea and limit dietary changes during the study period.

**Data Analysis:** Data were analyzed using paired t-tests to compare pre- and post-intervention measurements. Statistical significance was set at $p < 0.05$. Descriptive statistics were also computed to observe the distribution of blood glucose and CRP levels before and after the intervention.

Ethical approval was obtained prior to the study, and informed consent was collected from each participant.

**Results and Discussion**

The results of this study summarize the effects of green tea consumption on anthropometric measurements, blood glucose levels, and C-reactive protein (CRP) levels, as well as the correlation between these factors.

**Baseline Characteristics of the Study Population:** The study included 50 participants with an average age of 34.5 ± 8.3 years. Table 1 presents the baseline anthropometric measurements, including body mass index (BMI), waist circumference, and body fat percentage, collected before the start of green tea consumption.

**Table 1: Baseline Anthropometric Measurements**

| Parameter | Mean ± SD |
|---|---|
| Body Mass Index (BMI) | 24.6 ± 3.8 kg/m² |
| Waist Circumference | 82.4 ± 10.7 cm |
| Body Fat Percentage | 25.3 ± 7.4% |

These measurements were similar across participants, with no significant differences between male and female subgroups.

**Blood Glucose and CRP Levels Before and After Green Tea Consumption**: After 12 weeks of daily green tea consumption, fasting blood glucose and CRP levels were measured and compared to baseline values (see Table 2).

**Table 2: Comparison of Blood Glucose and CRP Levels Pre- and Post-Intervention**

| Parameter | Pre-Intervention (Mean ± SD) | Post-Intervention (Mean ± SD) | p-value |
|---|---|---|---|
| Fasting Blood Glucose | 96.4 ± 12.1 mg/dL | 89.1 ± 9.8 mg/dL | <0.01 |
| C-Reactive Protein | 4.2 ± 2.3 mg/L | 3.0 ± 1.9 mg/L | <0.01 |

Both fasting blood glucose and CRP levels significantly decreased after the intervention, with a mean reduction of 7.3 mg/dL in fasting blood glucose and 1.2 mg/L in CRP.

**Correlation between Anthropometric Measurements, Blood Glucose, and CRP Levels**: Pearson correlation analysis revealed associations between changes in blood glucose, CRP levels, and anthropometric factors. A moderate positive correlation was observed between BMI and CRP levels ($r = 0.46$, $p < 0.05$), suggesting higher CRP levels in individuals with higher BMI.

Blood glucose levels showed a weak but positive correlation with waist circumference ($r = 0.32$, $p < 0.05$), indicating an association between central adiposity and glucose levels.

**Table 3: Correlation Matrix of Blood Glucose, CRP, and Anthropometric Parameters**

| Variables | Fasting Blood Glucose | CRP Level | BMI | Waist Circumference |
|---|---|---|---|---|
| Fasting Blood Glucose | 1 | 0.28* | 0.18 | 0.32* |
| CRP Level | 0.28* | 1 | 0.46** | 0.25 |
| BMI | 0.18 | 0.46** | 1 | 0.33* |
| Waist Circumference | 0.32* | 0.25 | 0.33* | 1 |

***p < 0.05, **p < 0.01**

The positive correlation between CRP and BMI aligns with the role of body fat in driving inflammation, as larger adipose tissue deposits are associated with pro-inflammatory cytokine production. The reduction in blood glucose and CRP levels post-intervention suggests the potential of green tea in improving metabolic and inflammatory profiles. The results align with previous findings, supporting green tea as a dietary addition to manage risk factors associated with metabolic syndrome.

In conclusion, daily green tea consumption over 12 weeks resulted in a significant decrease in both fasting blood glucose and CRP levels. The correlations observed with anthropometric measurements suggest that green tea's anti-inflammatory and glucose-lowering effects may be more pronounced in individuals with higher BMI or central adiposity. Further research with a larger sample size could provide additional insights into the mechanisms by which green tea modulates these metabolic parameters.

## Discussion

The results align with previous studies that highlight the anti-inflammatory and glucose-lowering effects of green tea. The catechins in green tea, particularly EGCG (epigallocatechin-3-gallate), likely contribute to these outcomes through multiple mechanisms. EGCG is known to increase glucose uptake in cells and reduce hepatic glucose production, leading to better glycemic control. Additionally, its anti-inflammatory action, which involves downregulation of nuclear factor kappa-light-chain-enhancer of activated B cells (NF-κB), appears to suppress inflammatory cytokine release, thereby reducing CRP [7,8].

While the study showed significant results, limitations exist, including the small sample size and potential variability in participant adherence to the green tea regimen. Additionally, the study duration may not reflect the long-term effects of green tea on metabolic markers. However, these findings provide valuable insight into the short-term impact of green tea on blood glucose and inflammation, supporting its potential as a low-cost dietary intervention [9].

Further research is warranted to explore the mechanisms behind green tea's impact on glucose and inflammation, as well as its effects over longer periods. Larger studies across diverse populations would also help generalize findings and support clinical recommendations.

### Blood Glucose Reduction

The reduction in fasting blood glucose observed in this study supports existing literature indicating that green tea may aid in blood glucose regulation. Catechins, particularly EGCG, have been shown to enhance insulin sensitivity and promote glucose uptake in skeletal muscle cells. The mechanisms underlying these effects include the activation of AMP-activated protein kinase (AMPK), which plays a key role in cellular energy regulation and glucose homeostasis. Increased AMPK activity facilitates glucose uptake by promoting the translocation of glucose transporter type 4 (GLUT4) receptors to cell membranes, thus lowering blood glucose levels [10].

Furthermore, catechins are known to inhibit alpha-amylase and alpha-glucosidase, enzymes responsible for carbohydrate digestion, thereby reducing postprandial glucose spikes. A study by Anderson et al. reported that daily green tea consumption was associated with improved insulin sensitivity in non-diabetic adults, supporting the findings of this study [11].

### Anti-inflammatory Effects and CRP Reduction

CRP is a marker of systemic inflammation, and high levels of CRP are linked to increased risk of metabolic syndrome and cardiovascular diseases.

The reduction in CRP levels observed in this study highlights green tea's anti-inflammatory properties. Catechins in green tea inhibit the production of pro-inflammatory cytokines through pathways involving nuclear factor-kappa B (NF-κB), which regulates immune responses and inflammation. This inhibition of NF-κB reduces the production of TNF-α, IL-6, and other pro-inflammatory molecules that drive CRP level [12,13,14] .

EGCG, the primary catechin in green tea, has demonstrated potential in modulating CRP and reducing inflammation. This aligns with a study by Hwang et al., where green tea consumption significantly reduced CRP levels in patients with metabolic syndrome. The anti-inflammatory effect observed in this study may contribute to broader cardiovascular and metabolic benefits of green tea,

potentially mitigating the risks associated with chronic low-grade inflammation [15].

**Practical Implications**

Green tea's affordability and accessibility make it a practical dietary addition for people at risk of metabolic syndrome. As green tea may offer an easy, non-pharmacological approach to managing blood glucose and inflammation, its role in dietary interventions merits consideration in clinical practice. For individuals with pre-diabetes or at risk for cardiovascular conditions, green tea consumption could complement standard dietary recommendations [16].

The recommended daily intake, as used in this study (400 mL), is achievable in everyday routines, allowing for consistent polyphenol intake without significant lifestyle modifications. Although this study focused on a healthy population, future research should examine green tea's effects in people with established metabolic conditions to provide targeted recommendations [17].

**Study Limitations and Future Research**

While the findings are promising, this study has limitations. The sample size was relatively small, limiting the generalizability of results. Additionally, the 12-week study period may not reflect the long-term effects of green tea on metabolic health markers. Further studies with larger, more diverse populations and longer follow-up periods are necessary to confirm these results and explore potential dose-dependent effects of green tea.

Future research should also consider a placebo-controlled design to isolate green tea's specific effects on glucose and inflammatory markers. Investigating the interactions between green tea and other dietary components would offer a more comprehensive understanding of its role in metabolic health [18,19,20].

**Conclusion**

The study demonstrates that regular green tea consumption can significantly reduce fasting blood glucose and inflammatory markers in healthy adults.

These findings suggest that green tea may be a beneficial addition to dietary strategies aimed at managing metabolic risk factors and reducing the prevalence of conditions associated with high blood glucose and chronic inflammation. Green tea's accessibility and affordability make it a practical intervention for broad populations. However, additional research with larger sample sizes and longer study durations is necessary to validate these findings and better understand the long-term effects of green tea on metabolic health.

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