

Contribution of intake antioxidants through coffees and teas on general health conditions in student population

Marija Sterjova¹, Viktorija Maksimova¹

¹ Faculty of Medical Sciences, University "Goce Delcev", Krste Misirkov bb, POB 201, 2000 Stip, Macedonia



Several types of commercially available teas and coffees contain considerable amount of antioxidants. Antioxidants are compounds that contribute in lowering of free radicals in the body and participate in protection against chronic oxidative stress-related diseases. The aim of this study is to evaluate the contribution of the total antioxidant activity of different types of coffees and some herbal infusions, regularly used in the R. Macedonia, for general health conditions.



It was prepared a questionnaire on 100 examinees from student population and it related the average number of consumed drinks per day with the frequency of occurrence of common cold.

Results 73 of examinees consumed 1-2 coffees and teas/on day, rich in antioxidants didn't get cold or have common cold only once. Fourteen didn't consume this kind of drinks and they got cold 4-5 times on this period. The others 13 examine didn't show a strict relationship between consuming of antioxidants and general health conditions because of influence of other factor (smoking, diet, alcohol and other chronic diseases).

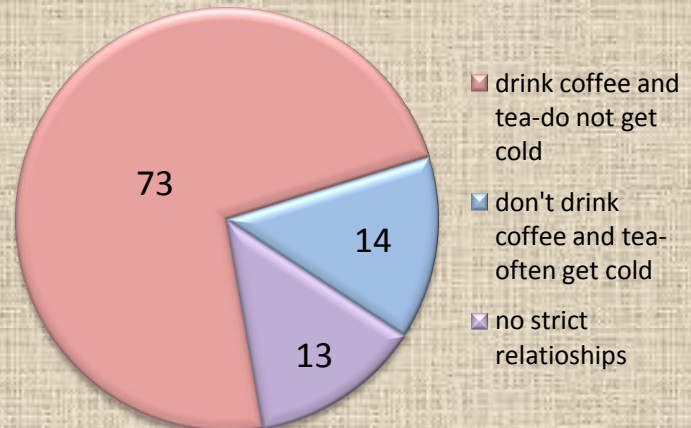


Figure No.1 Relationship between drinking coffees and teas with frequency of occurrence of cold

Conclusion we can say that examinees that consumed lots of coffees and teas rich in antioxidants have never or have rarely got a common cold. This fact indicates that medicinal plants rich in antioxidants are very important in prevention of often common cold and other chronic diseases.

