

Tea—right after water—is the most widely used beverage worldwide. Tea has its history, culture and probably also a unique healing power. Tea has been drunk all over the world. The goal of my work was to submit a preview of current knowledge about influence of tea on human body.

Though consumed in a large extent around the world, we do not dispose of comprehensive knowledge of its effects on our health. By now, there have not been any complex studies which would lead to some conclusions generally applicable in medical practice. Recently a vast research of the effects of tea has been carried out and it might be possible that the tea could class also with modern therapy of some diseases.

The recent results of studies which deal with the effects of tea on human body hold out hopes for potential use of tea and its components in prevention and therapy of human diseases because the tea embodies antioxidant, antiinflammatory and anticarcinogenic effects and furthermore some features influencing obesity and diabetes complications.

These features and effects—in case of application and usage in clinical practice of prevention and therapy of relevant civilization diseases—could be of outstanding benefit for patients. It is, however, necessary to carry out clinical and epidemiological studies which would confirm these hopes.