

Coffee and its effects on the human body

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Introduction

Coffee is one of the most popular drinks in the world. But coffee contains caffeine, a stimulant that can cause problems in some people and disrupt sleep. This study takes a detailed look at the influence of coffee on the human body and examines both advantages and disadvantages of it.

Aim of the study

To study pros and cons of this bewitching drink and assess the impact of coffee on the quality of people's life. To get statistical data about drinking coffee in Belarus and identify the rating of our country in using this beverage among the countries of the world.

Materials and methods

Different domestic and foreign scientific articles devoted to this problem, Internet websites, questionnaire and documentary films have been studied.

Results

According to the level of coffee consumption in our country, Belarus has high rating among coffee-producing countries such as Brazil and Colombia. In the past six months the market share of instant coffee was 51.3%, natural coffee - 44.8%, coffee beans -3.8%. Top-3 coffee producers of instant coffee which are most trusted among the citizens of Belarus: 1) Jacobs,2) Nestle, 3) Indian Aroma. The relevant rating for producers of natural coffee: 1) Jockey,2) Tchibo,3) Jardin. Students prefer instant coffee to increase activity and enjoyment.

Conclusion

Caffeine is a mild central nervous stimulant and lifelong caffeine consumption may decrease the risk of pathological conditions such as age-related cognitive decline, Alzheimer's and Parkinson's diseases. Caffeine does not seem to have significant adverse effects on cardiovascular function.