

Regarding need to declare tea as a health drink-Laid

SHRI KAMAKHYA PRASAD TASA (KAZIRANGA) : Tea has been revered for centuries for its numerous health benefits. The benefits of Tea, especially green tea, is packed with antioxidants called catechins, which help to protect against cell damage and reduce the risk of certain diseases. Regular tea consumption may lower cholesterol levels, blood pressure, and the risk of heart disease. Tea's antioxidants and polyphenols may help reduce inflammation, which can alleviate symptoms of arthritis, diabetes, and other conditions. Some studies suggest that tea, particularly green tea, may have anti-cancer properties, although more research is needed in this regard. The amino acid L-theanine in tea can help people to relax, reduce stress levels, and improve mood to get involved with activities. The combination of caffeine and L-theanine in tea may enhance concentration, attention, and productivity. Tea contains phenolic compounds that may help alleviate symptoms of depression and anxiety. We all know that tea is an excellent choice as a health drink offering numerous physical, mental, and emotional benefits. So. I request Ministry of Health and Family Welfare and Ministry of Commerce to declare Tea as a health drink.