CAFFEINE & ITS LATEST UPDATES

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In a few areas of health the current research findings on the effect of caffeine remain inconclusive. One is the link between caffeine and breast cancer. Despite numerous scary studies there is no serious evidence of such a link. Again the effect on blood pressure, if any, is temporary and marginal.

Caffeine is a colonic stimulant, which means it causes the stomach to empty faster without affecting the rate of digestion. Controlled medical opinion does not rate it a health hazard. Caffeine, however, acts as a diuretic and also a mild laxative.

The debate goes on about the caffeine-related health risk. Caffeine is also there in tea (around 20-30 milligrams in a strongly brewed cup of tea) or in colas (a 12 ounce bottle of cola-cola contains 45 milligrams of caffeine and pepsi 38 milligrams.)

The question is, is caffeine addictive? Those accustomed to but deprived of it, report irritability, nervousness, restlessness, and inability to work well. A Common complaint is headache; dull or severe, short-lived or persisting over the day. And this headache eases with the intake of caffeine. No wonder so many headache remedies include caffeine; for example micropyrin, which contains 20 mg of caffeine and acts as a potential analgesic. It is also used widely for symptoms of common cold...flu, as antitusives, expectorant and decongestants. Some of the products are sinearest, dristan etc.

Caffeine use seems to fit several parameters of drug addiction; compulsion to continue use, tolerance for the drug, and the withdrawal syndrome.

If caffeine is addictive, coffee drinkers still have a route open to them, and that is of the decaffeinated coffee. Now more than 20% of the coffee consumed in USA is decaffeinated. It's another matter, most of the decafs taste terrible. Industries are now coming up with chemical processes that leave the decaf with a more acceptable taste. Such as chemical process of methylene chloride or the latest one of using super critical carbon dioxide.

On the other, coffee is making inroads into ice-creams, yoghurts & confectionery. More and more concoctions come laced with coffee.

Conclusion:

Lastly mankind's love affair with coffee seems set to continue, not with standing all those debates on the health risks involved. Indeed a new coffee chic is developing; combination of caffeine with other drugs is the rising current demand for medical professionals.