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## Green tea confers protection against cigarette smoke-induced biochemical perturbations in tuberculosis patients

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Cigarette smoking is common among persons with alcohol dependence. Smoking and alcohol consumption cause damage to body organs. Many studies have suggested that these two factors are also responsible for increasing effect of Mycobacterium tuberculosis in lungs and other organs of humans. Tuberculosis is a global health disease. The present study investigates the effect of green tea consumption on confirmed cigarette smokers of TB. Blood samples from 84 human volunteers categorized into seven groups viz., control, TB smokers, and TB smokers with Green tea were selected for this preliminary study to investigate changes in membranes of erythrocytes by consuming green tea. Data obtained from the study suggested a significant increase in the percentage of Haemolysis in experimental groups when

compared with control group and were in the order TB smokers > TB smokers with green tea > controls indicating an additive effect of green tea on cigarette smokers of TB. Liver function tests (LFTs) are commonly used in clinical practice to screen for the liver disease. The liver markers AST, ALT and GGT in TB smokers were increased and TB smokers with Green tea were significantly decreased. The present study divulges that green tea contains catechins can reduce the abnormalities of cigarette smoking effect by ameliorating the oxidative stress. This finding reveals that the possibility of green tea may provide protection from cigarette-caused changes in TB patients.

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