

3rd International Conference on Surgery and Anesthesia

November 17-19, 2014 Chicago, USA

Effects of green tea on post-operative relaxation and pain score in healthy individuals undergoing tibia fracture surgery

Bahram Naderi Nabi

Guilan University of Medical Sciences, Iran

Introduction: Several studies have shown that green tea brings relaxation without causing drowsiness. L-Theanine a unique amino acid is the main responsible component that passes through the blood brain barrier and blocks the binding of L-glutamine receptors to glutamate. In human, 40 min after oral intake of L-Theanine (50-200 mg), α -waves are generated on occipital and parietal regions. It is also noted that relaxation plays an important role in pain control after surgery. The present study is aimed to investigate the effectiveness of L-Theanine on post operative relaxation and as a result pain reduction.

Methods: This double-blind, randomized placebo-controlled study is conducted in Poorsina hospital in Rasht Iran and the healthy subjects, who undergoing Tibia fracture surgery are enrolled. They are divided in two groups, green tea and placebo. The patients in green tea group receive a cup of green tea (L-Theanine 100 mg) 2 hours before and 6 hours after surgery. Then their relaxation and pain severity are evaluated by Behavior Rating Scale (BRS) and VAS. The first evaluation is 8 hours and the second is 16 hours after surgery and then the results are compared with placebo group.