

CAFFENISM

V. HEMAVATHY¹ & G AJITHAKUMARI²

¹Principal and Professor, Sree Balaji College of Nursing, Bharath University, Chennai, Tamil Nadu, India

²Assistant Professor, Sree Balaji College of Nursing, Bharath University, Chrompet, Chennai, Tamil Nadu, India

ABSTRACT

Caffeine is the world's favorite psychoactive substance. The universal appeal of caffeine is related to its psycho stimulant properties. Caffeine is a central nervous system (CNS) stimulant of the methylxanthine class of psychoactive drug. It is the world's most widely consumed psychoactive drug, but unlike many other psychoactive substances, it is legal and unregulated in nearly all parts of the world. It is a bitter, white crystalline purine, a methylxanthine alkaloid, and thus closely related chemically to adenine and guanine contained in deoxyribonucleic acid (DNA) and ribonucleic acid (RNA). It is found in the seeds, nuts, or leaves of a number of plants native to South America and East Asia. The most well known source of caffeine is the seed (commonly incorrectly referred to as the "bean") of coffee plants. Beverages containing caffeine are ingested to relieve or prevent drowsiness and to increase one's energy level. Caffeine is extracted from the plant part containing it for making beverages by steeping it in water, a process is called infusion.

KEYWORDS: Central Nervous System (CNS), Deoxyribonucleic Acid (DNA), Ribonucleic Acid (RNA), Adenine and Guanine