

Natureza do trabalho: Resumo

TÍTULO

EFFECTS OF CAFFEINE ON THE CENTRAL NERVOUS SYSTEM

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RESUMO

Introduction: Caffeine, or 1,3,7-trimetilxantina is a purine alkaloid and constitutes the most widely consumed psychoactive substance in the world, about 80% of the world population due to the presence in foods such as coffee, teas, soft drinks cola and chocolate. This study aimed to analyze the effects of caffeine on the central nervous system. **Literature Review:** It was a literature review conducted in SciELO database, in the period 2002-2012, using the keywords: Caffeine and the central nervous system. The literature showed that caffeine, as well as their metabolites (paraxanthine and theophylline) are nervous system stimulants capable of improving cognitive and intellectual functions such as alertness, sense of well-being, mood, psychomotor, activity reduced reaction time, improved memory, especially at low doses. The moderate consumption of caffeine did not appear, in general, lead to health risks. However, high dosages may induce adverse effects such as tachycardia, palpitations, insomnia, anxiety, tremors, nausea and headaches. Caffeine also seems to have a neuroprotective effect against neurodegenerative diseases, such as disease Parkison. Some studies have shown increased muscle strength associated with greater resistance to installing the process of muscle fatigue after ingestion of caffeine, it is suggested that this occurs much more direct action of caffeine on the central nervous system (CNS) than by its action at the peripheral level. It is believed that caffeine can increase blood pressure, acting on the CNS. **Conclusion:** We conclude that caffeine is present in the daily lives of many people and it is necessary disclosure of the health benefits of the same, in moderate doses.