



KONZUMIRANJE PIVA I ZDRAVLJE: DA LI JE ALKOHOL ZAISTA NEOPHODAN DA BI SE UŽIVALO U PIVU?

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Sažetak:

Pivo je najstarije, a neki bi rekli i najpoznatije alkoholno piće. Od integracije u kulturu i trgovinu, ono je su igralo važnu ulogu, ne samo na regionalnom, već i na globalnom nivou. Različiti razlozi su uticali na istoriju u tehnologiji, poslovanju ali i zdravstvenim posledicama. Alkoholna pića su sastavni deo ljudskog života u mnogim regionima i kontinentima, a i obogaćuju i verske i plemenske obrede. Dakle, nije čudno da su ljudi od davnina koristili pivo i u verskim ritualima i u porodičnim obredima, uglavnom sa velikim poštovanjem. Porastom bogatstva i socijalizacije pivo je ušlo i u krugove nižih klasa. Iskustvo i znanje obrazovanih zajednica pripisivalo je razne zdravstvene prednosti pivu, ali i vinu i drugim fermentisanim pićima. Obilne studije u prošlom veku dale su rezultate od naučnog i praktičnog značaja. Klasično pivo ima sličan efekat na zdravlje kao vino, iako sadrži otprilike polovinu količine antioksidanata. Blagotvorno dejstvo piva potkrepljuju dve činjenice, mala količina alkohola, kao i prisustvo drugih jedinjenja, kao što su vitamini, minerali, elementi u tragovima, antioksidansi i fitoestrogeni, a objašnjenje je vrhunska apsorpcija i veća bioraspoloživost fenolnih kiselina piva i jedinstven sastav specijalnih prenilflavonoida dobijenih iz hmelja. Pivo je koristan deo zdrave ishrane, ali i kao osvežavajući napitak sa niskim sadržajem alkohola koji može pozitivno utiče na zdravlje, ako se konzumira na odgovoran način. Nedavni dokument o konsenzusu (2016) objavio je da redovna i umerena konzumacija piva pruža sličnu kardiovaskularnu zaštitu kao vino, ali veću od žestokih pića. Nisko-umerena (do 1 piće dnevno za žene, do 2 za muškarce), ne preterano konzumiranje piva, smanjuje rizik od kardiovaskularnih bolesti. Ovaj efekat je sličan onom kod vina, u uporedivim količinama alkohola. Međutim, ako konzumiranje pređe nivo koji je naučno i iskustveno priznat od strane medicinskih, nutricionističkih i društvenih nauka kao racionalan i zdrav, sekundarni efekti, uglavnom zasnovani na alkoholu, mogu naneti štetu zdravlju čoveka kao pojedinca, ali, nažalost, i društva u celini.

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BEER CONSUMPTION AND HEALTH: IS THE ALCOHOL REALLY NECESSARY TO ENJOY THE PLEASURE OF BEER?

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Summary:

Beer is the oldest and some would speculate the most famous alcohol beverage. Since integration into the culture and trade, they have played important roles, not just regionally, but also globally. With diverse origin, background impacted the history in technology, business but also in health consequences. The alcoholic beverages are the constituent part of human life in many regions and continents enhanced also by religious and tribe rites. So, it is not strange that from the ancient times, people have used also beer in religious rituals and in family ceremonies, mainly on a very respected way. With growth of wealth and socialization beer entered common circles of lay people as well. The experience and knowledge of educated communities attributed a variety of health benefits to beer, but also wine and other fermented beverages. The abundant studies in last century have delivered results of scientific and practical importance. Classic beer has similar effect on health as wine, although it contains approximately only half the amount of antioxidants. Beneficial effects of beer are supported by two facts, the small amount of alcohol, and the presence of other compounds, such as vitamins, minerals, trace elements, antioxidants and phytoestrogens. Explanation is superior absorption and higher bioavailability of the beer phenolics and unique composition of special prenylflavonoids derived from hops. Beer is a useful part of a healthy diet and also as a refreshing drink with a low alcohol content that can promote well-being if consumed in a responsible manner. The recent consensus document (2016) published that regular and moderate consumption of beer confers similar cardiovascular protection as wine but greater than spirits. Low-moderate (up to 1 drink per day in women, up to 2 in men), non-bingeing beer consumption, reduces the risk of cardiovascular disease. This effect is similar to that of wine, at comparable alcohol amounts. However, if the consumption jumps over the level scientifically and experientially recognized by medical, nutrition and social sciences as rational and healthy, the secondary effects, mainly based on alcohol can cause harm to human health as individual, but unfortunately also to society as whole.

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