



LIFE IS TOO SHORT TO STUFF A MUSHROOM

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Since thousands of years, edible fungi have been revered for their immense health benefits and extensively used in folk medicine. Specific biochemical compounds in mushrooms are responsible for improving human health in many ways. These bio active compounds include polysaccharides, tri terpenoids, low molecular weight proteins, glycoproteins and immune modulating compounds.

Hence mushroom have been shown to promote immune function, boost health, lower the risk of cancer; inhibit tumor growth; help balancing blood sugar; ward off viruses; bacteria, and fungi; reduce inflammation; and support the body's detoxification mechanism. Increasing recognition of mushrooms in complementing conversational medicines is also given in table.

GOOD FOR HEART

The edible mushrooms have little fat with higher proportion of unsaturated fatty acids and absence of cholesterol and consequently it is the relevant choice for heart patients and treating cardiovascular diseases. Minimal sodium with rich potassium in mushroom enhances salt balance and maintaining blood circulation in human. Hence, mushrooms are suitable for people suffering from high blood pressure. Regular consumption of mushrooms like Lentinula. Pleurotus app were Stern to decrease cholesterol levels

LOW CALORIE FOOD

The diabetic patients choose mushroom as an ideal food due to its low calorific value, no starch, and little fat and sugars. The learn proteins in mushrooms help to burn cholesterol in the body. Thus it is most preferable food for people striving to shed their extra weight.

PREVENTS CANCER

Compounds restricting timer activity are found in some mushrooms but only a limited number have undergone clinical trials. All forms of edible mushrooms, and white button mushrooms in particular, can prevent prostate and breast cancer. Fresh mushrooms are capable of arresting the action of 5-alpha-reductase and aromatase, chemical responsible for growth of cancerous tumors.

The drug known as Polysaccharide-K (Kresein), is isolated from trametes versicolour (Coriolus versicolour), which is used as a leading cancer drug. Some mushroom-derived polysaccharides have ability to reduce the side effects of radiotherapy and chemotherapy too. Such effects have been clinically validates in mushrooms like Lentinula edodes, trametes versicolour, Agaricus bisporous and others.

ANTI-AGING PROPERTY

The polysaccharides from mushrooms are potent scavengers of super oxide free radicals. These antioxidants prevent the action of free radicals in the body, consequently reducing the aging process. Ergothioneine is a necessary for healthy eyes, kidney, bone marrow, liver and Skin.

REGULATES DIGESTIVE SYSTEM

The fermentable fiber as well as oligosaccharide from mushrooms acts as a prebiotics in intestine and therefore they anchor useful bacteria in the colon. This dietary fiber assists the digestive process and healthy functioning of bowel system.

STRENGTHENS IMMUNITY

Mushrooms are capable of strengthening the immune system. A diverse collection of polysaccharides (beta-glucans) and minerals, isolated from mushroom is responsible for up-regulating the immune system. These compounds potentiate the host's innate (non-specific) and acquired (specific) immune responses and activate all kinds of immune cells.

- Mushrooms are edible fungus that can provide several important nutrients. The many kinds of mushroom have varying compositions and nutritional profiles.
- From puffballs to truffles, mushrooms can range from everyday fare to a costly delicacy. People can buy them fresh, canned, or dried.
- In 2015, each person in the United States consumed, on average, around 3 pounds of mushrooms, according to the Agricultural Marketing Resource Center.
- Beyond the diet, mushrooms feature in some types of traditional medicine Trusted Source.

HEALTH BENEFITS

Mushrooms are a low-calorie food that packs a nutritional punch. Loaded with many health-boosting vitamins, minerals, and antioxidants, they've long been recognized as an important part of any diet. For instance, mushrooms raised with exposure to ultraviolet light are a good source of Vitamin D, an important component in bone and immune health.

Crimini mushrooms are a particularly excellent source of zinc, an essential trace element. Zinc is a vital nutrient for the immune system and is also needed for ensuring optimal growth in infants and children.

Table 1: Nutritive values of different mushrooms (dry weight basis g/100g)

Mushroom	Carbohydrate	Fibre	Protein	Fat	Ash	Energy k cal
<i>Agaricus bisporous</i>	46.17	20.90	33.48	3.10	5.70	499
<i>Pleurotus sajor-caju</i>	63.40	48.60	19.23	2.70	6.32	412
<i>Lentinula edodes</i>	47.60	28.80	32.93	3.73	5.20	387
<i>Pleurotus ostreatus</i>	57.60	8.70	30.40	2.20	9.80	265
<i>Vovarella volvaceae</i>	54.80	5.50	37.50	2.60	1.10	305
<i>Calocybe indica</i>	64.26	3.40	17.69	4.10	7.43	391
<i>Flammulina velutipes</i>	73.10	3.70	17.60	1.90	7.40	378
<i>Auricularia auricula</i>	82.80	19.80	4.20	8.30	4.70	351

Courtesy: Stamets, 2005 (*A.bisporous*, *P. sajor-caju*, *Lentinula edodes*), FAO, 1972 (*Pleurotus ostreatus* , *V. volvaceae*), Doshi and Sharma, 1995 (*Calocybe indica*), Crison and Sand, 1978 (*Flammulina velutipes* and *Auricularia spp*).

