

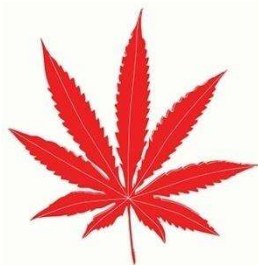


11th Pak Pharma Healthcare Expo

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Conference Abstract

MUSHROOM; A NATURAL NUTRACEUTICAL FOOD

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Abstract

In many nations throughout history, mushrooms have been an integral part of the cuisine. In addition to a variety of important amino acids, which serve as the foundation for essential proteins, mushrooms are thought to be a rich source of phytonutrients including polysaccharides, fibre, and other micronutrients. Generally speaking, mushrooms have a wide range of medicinal qualities, including those that are antioxidant, anti-diabetic, antibacterial, antiviral, osteoprotective, nephroprotective and hepatoprotective, etc. According to their in vivo and in vitro experiments, wild edible and medicinal mushrooms both have potent therapeutic and biological effects. There are several uses for the mushroom extracts' multifunctional properties and the focused potential of each of their constituents, particularly in the treatment and maintenance of obesity. Mushrooms score higher than most other foods, including milk, an animal product, but lower than animal meats in terms of crude protein content. Pleurotus species are known as mushrooms that serve people in two capacities: as food and as medicinal. They include a good amount of proteins, vitamins, and minerals, making them nutritious. They are prescribed for diabetics and obese people due to their low calorie content and very low sugar without starch. The fact that we are at a time of human health issues is well acknowledged. This is where edible and medicinal mushrooms and the products they produce have taken on a significant significance. The growing demand for biotech products based on mushrooms in the pharmaceutical and food industries has sparked interest in the biotechnological production of basidiomycete mushrooms. Functional foods made from medicinal mushrooms have become popular because of their

Competing Interests:

The authors declare no competing interests

Additional information is available at the end of the article.

strong nutritional and therapeutic benefits, which is in line with the idea that prevention is preferable than cure. Edible mushrooms typically have all three desired dietary qualities: nutrition, flavour, and physiological actions.

Keywords: Mushroom, Nutraceutical food, Macrofungi

Declaration

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