



Benefits of Oyster Mushroom

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Introduction

Oyster mushroom (*Pleurotus* spp.) is popularly known as 'dhingri' in India and grows naturally in the temperate and tropical forests on dead and decaying wooden logs or sometimes on dying trunks of deciduous or coniferous woods. It may also grow on decaying organic matter. The fruit bodies of this mushroom are distinctly shell or spatula shaped with different shades of white, cream, grey, yellow, pink or light brown depending upon the species.

The popularity of oyster mushrooms emanates from its taste, nutrients, strong anti-inflammatory, immune-modulatory properties and other medicinal properties. The popularity of these mushrooms is increasing because people have realized their nutritional potential that could alleviate the deficiency of proteins and their possible antimicrobial activity. Thus, the increased production of oyster mushrooms presents a feasible solution to malnutrition experienced in most developing countries.

Oyster mushrooms grow on various sources of lignocellulosic material including paddy straw, sawdust and indigenous grasses, wheat-straw and other substrates. The largest producer of oyster mushrooms in the world is China accounting for more than 46% of the global production.

Nutritional Benefits

One cup of raw, sliced oyster mushrooms (86g) provides 28 calories, 2.9g of protein, 5.2g of carbohydrates and 0.3g of fat. Oyster mushrooms are an excellent source of niacin, fibre and riboflavin. This nutrition information is provided by the USDA.



Calories	:	28
Fat	:	0.3g
Sodium	:	15.5mg
Carbohydrates	:	5.2g
Fibre	:	2g
Sugars	:	0.95
Protein	:	2.9g
Niacin	:	4.27mg

Carbs

Most of the calories come from carbohydrates. *Pleurotus eryngii* consists of the most carbohydrate amount, 41g/100 g



Pleurotus sajor-caju was second containing 38 g/100 g of carbohydrate. The mushrooms are low in sugar, providing just under 1 gram of naturally occurring sugar.

Fats

Oyster mushrooms are nearly fat-free, providing just 0.3 grams per serving.

Protein

Almost 3 grams of protein is available on consuming a cup of oyster mushrooms.

Vitamins and Minerals

Oyster mushrooms are an excellent source of several vitamins, including niacin (providing 21% of your recommended daily intake), riboflavin (18%) and pantothenic acid (11%). You'll also get smaller amounts of folate, vitamin B6 and thiamine.

Health Benefits

Oyster mushrooms contain several substances thought to influence health. These substances include dietary fibre, beta-glucan and several other polysaccharides a class of carbohydrates affecting immune function. Scientific studies on the health benefits of oyster mushrooms are emerging. Some important ones are

- May Lower Cholesterol
- Promotes Heart Health

- Supports Better Immune Function
- May Reduce Risk of Cancer
- Improves Metabolic Health

Medicinal Benefits

Some chemical compounds derived from *Pleurotus* spp. show activity against some chronic illnesses, while others have antitumor properties and antibacterial. An acid extract containing cationic protein from two species. of *Pleurotus* (*P. nebrodensis* and *P. eryngii*) is known to show inhibition of the growth of *Staphylococcus epidermidis* at minimum inhibitory concentration of $\leq 0.025\%$ v/v. The compounds derived from *Pleurotus* spp. also have protective capabilities against cardiovascular diseases.

Conclusion

With the trace elements of chemicals in vegetables and increased fear of illness, mushrooms can be consumed as a part of regular healthy diet which has enormous health and medicinal benefits.

References

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- www.healthline.com

