

# A Review on Ganoderma Lucidum Medicinal Mushroom

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**Abstract:** One such mushroom is *Ganoderma lucidum*, often known as *Lingzhi*, which is renowned for its therapeutic properties in the treatment of many illnesses and the extension of life. Both *in vitro* and *in vivo* investigations on the various metabolic processes of medicinal mushrooms have been carried out. Polysaccharides, dietary fibres, oligosaccharides, triterpenoids, peptides and proteins, alcohols and phenols, mineral elements (such as zinc, copper, iodine, selenium, and iron), vitamins, and amino acids are among the active ingredients present in mushrooms. Recently, it has been discovered that some naturally occurring substances derived from the fungi of the genus *Ganoderma* exhibit anti-tumor, liver protection, anti-inflammatory, immunological modulation, anti-oxidation, anti-viral, anti-hyperglycemic, and anti-hyperlipidemic properties. The wood degrading basidiomycete *ganoderma lucidum* has a wide range of therapeutic effects. Due to the mushroom's extreme rarity in nature, it has been known to grow fruiting bodies artificially on wood logs and on sawdust in plastic bags or bottles.

**Keywords:** *Ganoderma lucidum*, mushrooms, immunological modulation, therapeutic effects

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