

## عنوان مقاله:

(Nutritional and therapeutic importance of oyster mushroom (*Pleurotus eryngii*)

## محل انتشار:

سومین کنگره بین المللی و چهارمین همایش ملی زیست فناوری گیاهان دارویی و قارچهای کوهی (مجازی) (سال: 1400)

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## خلاصه مقاله:

One of the most important members of the oyster mushroom family is a special fungus called the edible king oyster mushroom (*Pleurotus eryngii*) with the scientific name of *Pleurotus*. This fungus has many medicinal properties such as antihypertensive, antioxidant, anti-cholesterol, anti-hyperglycemic, immune-boosting, anti-tumor, anti-bacterial, anti-viral, anti-fungal, anti-inflammatory and anti-osteoporosis. A compound called aringolysin has been identified in oyster mushroom that inhibits the proliferation of leukemia cells. The fruit of the oyster mushroom is rich in carbohydrates, dietary fiber, chitin and polysaccharides. Aspartic acid, glutamic acid and arginine are the three most abundant amino acids in *Erinji*. The fruit of the oyster mushroom is a good source of vitamins A, B and D and minerals, especially potassium, magnesium, sodium and calcium.

## کلمات کلیدی:

*Pleurotus eryngii*, Medicinal properties, nutritional application

## لینک ثابت مقاله در پایگاه سیویلیکا:

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