FUTURE PROSPECTIVES
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7.1: Future Prospects of Mushrooms:
Mushrooms are very useful products, rich in nutrition and high medicinal value. It can serve as food, tonic, and as medicine. They are rich in crude fiber, proteins and vitamins but low in fat and calories. They possess following multi-functional medicinal properties.

7.1.1: Cancer:
Mushrooms contain just as high an antioxidant capacity as carrots, tomatoes, green and red peppers, pumpkins, green beans, and zucchini.
Selenium is a mineral that is not present in most fruits and vegetables but can be found in mushrooms. It plays a role in liver enzyme function, and helps detoxify some cancer-causing compounds in the body. Additionally, selenium prevents inflammation and also decreases tumor growth rates.

The vitamin D in mushrooms has also been shown to inhibit the growth of cancer cells by contributing to the regulation of the cell growth cycle. The folate in mushrooms plays an important role in DNA synthesis and repair, thus preventing the formation of cancer cells from mutations in the DNA.

7.1.2: Diabetes:
Studies have shown that type 1 diabetics who consume high-fiber diets have lower blood glucose levels and type 2 diabetics may have improved blood sugar, lipids and insulin levels. One cup of grilled portabella mushrooms and one cup of stir-fried shiitake mushrooms both provide about 3 grams of fiber.

The Dietary Guidelines for Americans recommends 21-25 g/day for women and 30-38 g/day for men.

7.1.3: Heart health:
The fiber, potassium and vitamin C content in mushrooms all contribute to cardiovascular health. Potassium and sodium work together in the body to help regulate blood pressure. Consuming mushrooms, which are high in potassium and low in sodium helps to lower blood pressure and decrease the risk of high blood pressure and cardiovascular diseases.
Additionally, an intake of 3 grams of beta-glucans per day can lower blood cholesterol levels by 5%.

7.1.4: Immunity:
Selenium has also been found to improve immune response to infection by stimulating production of killer T-cells. The beta-glucan fibers found in the cell walls of mushrooms stimulate the immune system to fight cancer cells and prevent tumors from forming.

7.1.5: Weight management and satiety:
Dietary fiber plays an important role in weight management by functioning as a "bulking agent" in the digestive system. Mushrooms contain two types of dietary fibers in their cell walls: beta-glucans and chitin which increase satiety and reduce appetite, making you feel fuller longer and thereby lowering your overall calorie intake. Additionally, in this study, there have been many compounds which have not been identified before. This leaves a lot of scope for advanced studies on Mushrooms. This would uncover the still hidden virtues of mushrooms.

If we talk about the commercial scope of Mushrooms, India has tremendous potential for mushroom production and all commercial edible and medicinal mushrooms can be grown. There is increasing demand for quality products at competitive rate both in domestic and export market. Though growth of mushroom will depend on increasing and widening domestic market in coming years, export market will be equally attractive. To be successful in both domestic and export market it is essential to produce quality fresh mushrooms and processed products devoid of pesticide residues and at competitive rate. It is also important to commercially utilize the compost left after cultivation for making manure, vermi compost, briquettes, etc. for additional income and total recycling of agro wastes.