

## Bracket Mushrooms: Prevents Prostate Cancer

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**Singapore:** Scientists at the Auckland University have explained the goodness of ganoderma lucidum, mushrooms in inhibiting the growth of prostate cancer cells in a study that was recently released.

Researcher Ben Kao compared the impact of ethanol and water based extracts of the mushroom, on cell lines of prostate cancer and studied how the compound killed cancer cells, and reduced inflammation.

"Four different extraction procedures were studied. The ethanol extracts had more inhibitory effect on the cells, by blocking the cell cycle, than the water based extracts," remarked Mr Kao.

These mushrooms, often referred to as bracket fungi or shelf mushrooms grow on wood and are widely available in Asian countries like China and Japan. Colloquial names include "lingzhi" in China and "reishi" in Japan. They have found place in Chinese medicine since ages and they are found to boost immune system, improve circulation, reduce cholesterol, lower blood pressure, destroy tumors and delay aging process.