

---

## Reishi Mushroom - Promising in treatment of Depression

Jayanthi.K

---

### Abstract:

On the tonic herbs, especially reishi, found to be the best, because it's a kidney tonic, heart tonic and a lung tonic. But what were very crucial was the calming, relaxing anti-stress, just meditative effects that the herb had. Of course, it's an adaptagen, it is an immune tonic, it is a great liver tonic, so it does all these other things which, from the cellular level, help you to feel stronger, help you've got more energy, breathe better, have better oxygenation, causes you to feel better, makes your mood better, makes psychological thoughts better.

When it comes to taking herbs and additions for dealing with anxiety and depression, reishi is the best because it can provide relaxation and peace and truly soothe the nervous system, and also it can help us set our mind and our consciousness to address and get to the root cause of the problem, so we can basically let it go and move on with our lives to something higher and something more applicable for us.

**Keywords: Reishi Mushroom, Depression**

---

### INTRODUCTION

Thanks for taking the time to look at this information. Are you struggling with depression? Have you tried every over the counter pill medication and many of the other things that are out there? My name is Reishi (magic) mushroom and for several years now I've been helping people to end the battle with depression.

Treating depression is a major challenge, since among the millions of people affected worldwide; only one in five tends to respond well to antidepressants.

### REISHI MUSHROOM

Reishi Mushroom is a wonderful herb having a scientific name *Psilocybecubensis* means "bald head"

(functional food) for the nervous system. It contains hallucinogenic properties called psilocybin and psilocin a psychedelic drug that targets the serotonin receptors in the brain. It is also known as lingzhi.



### ABOUT REISHI?

**Reishi (*GanodermaLucidum*)**

It is a fungi form and has quality of the most potent natural medicine.

### ***Magic mushrooms 'promising' in depression.***

Magic mushrooms are an umbrella term for fungi that contain psilocybin, a psychoactive substance that can cause intense LSD-like hallucinations, as well as reported feelings of euphoria and "spiritual insight".

### ***Mushroom of Immortality***

The reishi mushroom has been used by physicians for thousands of years in China, it is effective at preventing illness and curing disease that it earned the prestigious title, 'Mushroom of Immortality'.

### ***Tonic Herb***

Reishi is what is known in Chinese medicine as a tonic herb, meaning it can be consumed in large and regular quantities without causing adverse side effects, much like food. It is often advised to take reishi mushroom for long periods of time to allow it to take its full effect.

### ***Adaptogenic Herb***

Reishi mushroom is an adaptogen that brings a person back into balance: An "adaptogen" will help a person adapt to a large range of environmental, biological, psychological and physical stresses.

*It contains two major groups of constituents:*

- Polysaccharides (gandelan A and B, and several glucans). Polysaccharides appear to work mostly on the immune system.
- Triterpenes (ganoderic acids, ganoderadiol, ergosterol). Triterpenes have hormone-like qualities that work on the blood lipids, allergies, and endocrine and nervous systems.

---

### **INDICATIONS**

---

- Insomnia
- Depression
- Anxiety
- Paranoia
- Alcohol dependence
- Obsessive-Compulsive Disorder (OCD)

- Chronic fatigue syndrome
- Nervousness accompanied by general adrenal weakness - General Neurasthenia or deficiency symptoms.
- Anti-tumor : It is a complex carbohydrate known as polysaccharides, which have been for battling tumors - effectively treat many forms of cancer
- Anti-oxidant qualities
- End-of-life anxiety relief
- Lowers psychological distress
- Lowers suicidality

---

### **OTHER FUNCTIONS**

---

- ❖ Increase longevity
- ❖ Calm the nervous system
- ❖ Regulate blood pressure, cholesterol and other blood lipids
- ❖ Cardiovascular disease - Inhibit excessive platelet accumulation and reinforce the outer membrane of the red corpuscles, stopping blood clots, it was effective in myocardial infarction and angina cases
- ❖ Strengthen the lungs, heart, liver, kidney, immune and endocrine systems
- ❖ Anti-viral (HIV/AIDS)
- ❖ Anti - bacterial effects on Bacillus pneumonia, staphylococci and streptococci bacteria. It can be used as an antidote in some mushroom poisonings.
- ❖ Anti-allergic properties
- ❖ Respiratory problems recovery in allergy-related chronic bronchitis, bronchial asthmatics, sinus problems
- ❖ Cure for ulcers & chronic hepatitis
- ❖ Improve the body's healing process
- ❖ Smokers quit the habit
- ❖ Alcohol-dependent patients reduced drinking behaviours

---

### **AVAILABILITY**

---

Reishi mushroom is cultivated and sold as a food, but it may be tough and bitter.

When taken for health reasons, it is usually dried or taken as an extract, such as in the form of:

- Liquid
- Capsule
- Powder

### ***How psilocybin might play a role in treating Depression***

Psychedelic by definition means mind revealing, a way to reveal things that may be difficult to see that might be contributing to depression. It's the same way as psychotherapy and works more quickly.

Psychedelic Effects Reishi usually comes in capsule form of 200 to 300 mg and taken twice daily. It is completely safe. It can be consumed with pharmaceuticals. Detectable psychedelic effects were experienced 30-60 minutes after taking the capsules. The effect peaked at 2-3 hours.

#### ***Doses may depend upon factors that include:***

- Age
- Condition for which the mushroom is being prescribed
- Form of the mushroom
- overall health

#### ***But each of these is a typical oral daily dose:***

- 1.5 to 9 grams of crude dried mushroom
- 1 to 1.5 grams of reishi powder
- 1 milliliter of reishi solution
- Side effects
- Dryness in mouth, throat, nasal passages
- Dizziness
- Itchiness
- Rash
- Headaches

- Stomach upset
- Nosebleed
- Bloody stools

---

### **CONCLUSION**

---

Depression is a disabling disease that affects many people. While antidepressants and therapy work for many people, some people don't fully respond to treatment. Reishi falls into the category of adaptogenic herbs, to increase longevity and treat depression.

"Professor Nutt, the Government chief drug adviser in 2009", saying that "Hundreds of thousands of people could benefit from antidepressants derived from magic mushrooms". For dealing with anxiety and depression, reishi is the best because it can provide relaxation and peace and truly soothe the nervous system,

---

### **BIBLIOGRAPHY**

---

1. Townsend, M.C. (2012), Psychiatric/Mental Health Nursing: Concepts of Care, 7th ed., Philadelphia; F.A. Davis Company.
  2. Russell Scaright, (2014), Expanding major boundaries of depression, Pp.18-23, Pub. January 28.
  3. David Kiefer. (2014), Essentials to Support the Healing and Regenerative Process. Pub. December 27.
  4. Yvette Brazier. (2016), Magic mushroom compound could help treat depression. Pub. 18. May.<http://dx.doi.org/http://hyperionherbs.com>
-