

The Role Of Ganoderma Lucidum In The Prevention Of Cancer

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Annotation: Today, oncological diseases are observed in infants and the elderly. An important place is occupied by early detection of the development of oncological diseases, the use of effective methods of treatment and prevention. When treating a patient diagnosed with cancer, it is important not only to use therapeutic measures, but also to take into account the psychology of the patient. This article provides information on drugs prepared from ganoderma for the prevention of oncological diseases.

Keywords: oncology, Ganoderma Lucidum, polysaccharide, mushroom, tumor, patient, inhibition, chemotherapy.

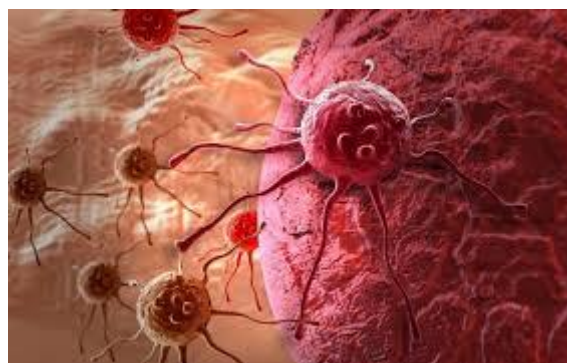
Purpose of the study: Analysis of the spectrum of action of Ganoderma Lucidum preparations in cancer patients.

Materials and methods. To conduct this study, we worked with cancer patients and analyzed the anamnesis collected from patients.

Results. Cancer is an abnormal growth of cells in the body. Abnormal growth is characterized by unlimited proliferation of such cells despite aging or damage.[1] Cancer is a disease that is accompanied by the growth of abnormal cells that can spread to other parts of the body or spread. Most cells in the body have different functions and lifespans. Cell death is a negative phenomenon. Apoptosis is a natural and beneficial process in which cells die. There are no components that tell cancer cells to stop growing and die. As a result, they accumulate throughout the body and consume oxygen and nutrients stored for other cells.[2] Tumors, immune system dysfunction, and other changes caused by cancer cells can hinder the normal functioning of the body. Cancer is the second leading cause of death in the world. Worldwide, cancer rates are increasing among young people and adults under 50. This increase predicts that early-onset cancers will increase by about 30 percent by 2030.[3] Most early forms of cancer affect the digestive system, and the incidence of colon, pancreatic and stomach cancer has increased dramatically over the past 30 years. But the incidence of breast and prostate cancer has also increased.[7]

After irradiating ancient emperors and Japanese, the secret of longevity was proven in Ganoderma - the miraculous "herb of eternity". Ganoderma Lucidum is the scientific name of the red mushroom. It is known as Linchzhi in China, Reishi in Japan and Yongji in Korea. Ganoderma lucidum, also known as Reishi mushroom, is a mushroom that has been used in traditional medicine for centuries [1]. Ganoderma Lucidum is rare in nature and grows in dense mountain forests with low light and high humidity.

The polysaccharide Ganoderma lucidum contained in Ganoderma lucidum has a broad-spectrum tumor inhibitory effect and is a good adjuvant in the clinical treatment of tumors. Experiments show that Ganoderma lucidum polysaccharide has a significant inhibitory effect on aflatoxin-induced liver cancer. Experiments have shown that Ganoderma lucidum polysaccharides can inhibit tumor growth at a certain dose, regardless of intraparenteral or oral administration [4,5]. Its anticancer mechanism is mainly to counteract tumor



immunosuppression, effectively stimulate predominantly non-specific antitumor immune response, and also have a certain stimulating effect on the immune response of the normal body. Ganoderma lucidum polysaccharide also has the function of activating macrophages, which enhances the phagocytosis and bactericidal function of macrophages, increases the size of macrophages, and increases pseudopodia. There are also experiments that show that its anticancer mechanism works mainly by inhibiting the DNA synthesis of cancer cells. Ganoderma lucidum powder is not only a medicinal material, but also a high-quality food product. It can play a good role in regulating immunity, preventing various diseases, infections and illnesses.

Its intake by the elderly regulates blood pressure in both directions and prevents various types of cancer.

Addition of Ganoderma lucidum extract has an antioxidant effect. It also has a therapeutic effect on insulin resistance, reduces the risk of prostate cancer and helps in the treatment of various diseases associated with metabolic syndrome.

Lingzhi mushroom is known for its anti-cancer effect. It is able to activate natural killer cells, increase their activity and the body's ability to fight tumors. Addition of Ganoderma lucidum reduces the likelihood of metastasis.



Functions of Ganoderma extract:

1. Fight cancer and anti-aging.
2. Anti-inflammatory and anti-radiation.
3. To improve the immune system.
4. Prolong life and improve skin care.
5. Relief from anxiety, fatigue, insomnia, amnesia, improve sleep.
6. To reduce blood sugar and cholesterol levels.

In 2017, a patient diagnosed with stage 1 breast cancer was prescribed two stages of chemotherapy and nurotherapy. After completing chemotherapy courses, during nurotherapy he received Ganoderma lucidum preparations in stage III.

At stage I:

1. Gano tea is brewed in 1 liter of water and drunk warm.
2. Garcino 2 capsules 2 times 1 hour before meals.
3. Cardi Gold 1 capsule 2 times 1 hour after meals.
4. Black coffee $\frac{1}{2}$ 2 times 30 minutes before meals.

At the second stage:

1. Reishi Gold 2 capsules 2 times 1 hour before meals.
2. Excellium Gold 2 capsules 2 times 1 hour before meals.
3. Cardi Gold 1 capsule 2 times 1 hour after meals.
4. 1 bag of Gano tea brewed in 1 liter of warm water.

At the third stage:

1. Reishi Gold 2 capsules 2 times 1 hour before meals.
2. Excellium Gold 2 capsules 2 times 1 hour before meals.
3. Spirulina 1 bag per 1 glass of water 1 time 30 minutes before meals.
4. Supremo coffee 2 times 30 minutes before meals.

The number of leukocytes in 1 mm³ of blood of each patient during nurotherapy is checked in the laboratory. In this case, if the number of leukocytes in 1 mm³ of blood is less than 4000, the courses of treatment with nurotherapy are stopped. When the number of leukocytes normalizes, the courses of treatment are continued.

In patients who received preparations from Ganoderma lucidum, these conditions were not observed, i.e. weakness, exhaustion, decreased immunity, and the percentage of recovery during the course of nurotherapy treatment was high.

Conclusion. Based on the above information, it is observed that cancer changes the nature of the immune system's response. Cancer patients have an increased risk of complications that lead to the development of cancer. However, the use of Ganoderma lucidum preparations along with courses of neurotherapy treatment is of great importance in the treatment of cancer [6].

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