

1. Record Nr.	UNINA9911039312803321
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Titolo	Medicinal Mushrooms : An Emerging Superfood for Brain Health / / edited by Nasrollah Moradikor, Adejoke Elizabeth Memudu
Pubbl/distr/stampa	Singapore : , : Springer Nature Singapore : , : Imprint : Springer, , 2025
ISBN	9789819527748 9789819527731
Edizione	[1st ed. 2025.]
Descrizione fisica	1 online resource (349 pages)
Collana	Nutritional Neurosciences, , 2730-6720
Disciplina	616.8
Soggetti	Nervous system - Diseases Cognitive neuroscience Neuropharmacology Nutrition Food science Learning - Physiological aspects Memory - Physiological aspects Neurological Disorders Cognitive Neuroscience Food Science Learning and Memory
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Chapter 1. An overview of the nutritional and potential health benefits of medicinal mushrooms -- Chapter 2. Edible mushrooms: structure, key compounds and biological effects -- Chapter 3. Introducing the best medicinal mushrooms for brain health -- Chapter 4. Molecular basis and potential antioxidant mechanisms of medicinal mushrooms -- Chapter 5. Medicinal mushrooms and their effects on memory and cognitive function -- Chapter 6. Medicinal mushrooms and mental disorders: How mushrooms affect anxiety and depression -- Chapter 7. Protective mechanisms of medicinal mushrooms and their biomolecules against neurodegeneration -- Chapter 8. Therapeutic potential of the medicinal mushroom in Alzheimer's disease -- Chapter 9. Therapeutic

potential of the medicinal mushroom in Parkinson's disease -- Chapter 10. Medicinal mushrooms as an effective early nutritional intervention for dementia management -- Chapter 11. The role of medicinal mushrooms in brain development and aging -- Chapter 12. Medicinal mushroom consumption patterns and brain health: Global perspectives and future directions.

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## Sommario/riassunto

This book presents an extensive exploration of how medicinal mushrooms can enhance brain health, boost cognitive function, and support overall well-being. With growing interest in natural nootropics, adaptogens, and holistic wellness, medicinal mushrooms are gaining recognition as one of the most potent functional foods for cognitive longevity. Backed by scientific research and centuries of traditional wisdom, this book unveils the powerful neuroprotective, adaptogenic, and immune-boosting properties of fungi like Lion's Mane, Reishi, Cordyceps, and Chaga. This book delves deep into the bioactive compounds found in medicinal mushrooms such as beta-glucans, hericenones, erinacines, and triterpenes and explains how they work to protect neurons, reduce inflammation, enhance nerve regeneration, and balance stress hormones. Apart from mechanistic studies, the book also highlights easy and practical ways to incorporate mushrooms into daily routine—through supplements, teas, tinctures, and delicious recipes. Thus this book aims to be a practical guide to unlock the full potential of fungi for mind and body. By bridging the gap between ancient healing traditions and modern neuroscience, this book serves as an essential reading for neuroscientists, nutritionists, health-conscious individuals, biohackers, and anyone eager to explore nature's most powerful brain-boosting superfoods.

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