

The Effective Anti-Inflammatory Health Properties of *Agaricus blazei* Murill (Beta-Glucans) when Mixed with Fucoidan

The health benefits of these compounds (Agaricus blazei Murill and Fucoidan) offer different types of anti-inflammatory properties.

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/EINPresswire.com/ -- In the human body, inflammation is part of a complex biological response to remove injury or harmful chemicals or toxins as well as pathogens or damaged cell.

This response leads to many physical symptoms such as fever, pain, and swelling and inflammation. Inflammation is a complex set of interactions among cells that can arise in any tissue in response to trauma, infections, toxicity, or autoimmune injuries and even mutations. Currently, the use of anti-inflammatory drugs is usually the most commonly administered drug to reduce inflammation in the body.

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You should not use this information to diagnose or treat any health problems or illnesses without consulting your physician. Please consult a doctor with questions you may have about your condition.”

Dr. Susana Trujillo

Many studies, however, have shown that the long-term administration of anti-inflammatory drugs can cause a variety of side effects on the body. These include numerous harmful effects such as mucosal lesions, bleeding, peptic ulcers, and intestinal perforation. Other studies, meanwhile, have suggested that the side effects of anti-inflammatory drugs are not limited only to the gastrointestinal tract, but they may also cause other serious complications such as acute renal failure, nephrotic syndrome, hypertension, and cardiovascular toxicity.

Recently, therefore, much effort has been devoted towards the discovery of alternative anti-inflammatory compounds of natural origin as potential natural and safe medications without the harmful side effects that many anti-inflammatory drugs do. While a variety of plants have traditionally been used in human medicine, mushrooms ([Agaricus blazei Murill](#)) and brown seaweeds ([Mozuku Fucoidan](#), [Mekabu Fucoidan](#) and [Fucus Fucoidan](#)) also have a long history as important components of traditional medicine and have been widely used in the form of aqueous extracts in many African, Middle Eastern, European, Asian, and native Australian cultures for the treatment of different diseases as well as a preventive medicine.

Mushrooms (*Agaricus blazei* Murill) are a very large and diversified group of macrofungi belonging to Basidiomycetes. The fungal spores for these two groups are in a special structure called the basidium (for Basidiomycetes) and can grow either above the earth, giving mainly umbrella like structures which include basidiospores, or at depths of 10–20 cm below the soil surface.



Mushrooms like *Agaricus blazei* Murill have considerable nutritional value, since they are rich sources of carbohydrates, proteins, free amino acids, and vitamins, as well as different essential minerals. They are also rich in many bioactive ingredients of high medicinal value such as β -glucans. Mushrooms have therefore been used medicinally in immunomodulator, antitumor/anticancer, antibacterial and antiviral, antioxidant, and antihypoglycaemic applications and as active medicines in the prevention of cardiovascular diseases through their action as antiatherosclerotic agents and in the prevention of cancer as immunomodulators. It has been reported, for example, that mushrooms such as *Agaricus blazei* Murill showed significant decreases in the activities of inflammatory mediators such as nitric oxide (NO), cytokines, and prostaglandins, thus inhibiting some macrophage functions and reducing cell inflammations.

Seaweeds, especially brown seaweeds (Mozuku [Fucoïdan](#), Mekabu Fucoïdan and Fucus Fucoïdan), are a common food ingredient in Eastern Asian countries such as Korea and are a rich source of proteins, vitamins, essential minerals, fiber, polyunsaturated fatty acids, and various bioactive components like Fucoïdan. Due to their potential beneficial activities such as anti-inflammatory and anti-diabetic effects, brown seaweeds (Mozuku Fucoïdan, Mekabu Fucoïdan and Fucus Fucoïdan) have been intensively been used in dietary supplements that include mushroom extracts like *Agaricus blazei* Murill to create a potent synergy.

The health benefits of these compounds (*Agaricus blazei* Murill and Fucoïdan) offer different types of anti-inflammatory properties. In addition to the high potential application of anti-inflammatory metabolites from mushrooms in medical applications, they can also be used in cosmeceutical products as safe and natural active ingredients without undesired side effects. Overall, therefore, Fucoïdan and *Agaricus blazei* Murill properties are great options to produce natural anti-inflammatory drugs.



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