

**ROLE AND PRACTICE OF SUPPLEMENT FOOD GANODERMA LUCIDUM  
(RED MUSHROOM) IN SUNSARI DISTRICT**

By:

USA KUMARI SAPKOTA

Exam Roll No.: 2140297

T.U Regd. No.:

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INDRAPUR , MORANG

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### **ABSTRACT**

This study is entitled as “ROLE AND PRACTICE OF SUPPLEMENT FOOD GANODERMA LUCIDUM (Red Mushroom)” in Sunsari District. The main objective to identify the role, practice and benefit of supplement food among the Ganoderma user Itahari and Dharan near area of those places in Sunsari. To meet the objective descriptive type of quantitative and qualitative research design is selected. The finding of this study will be not only beneficial to those who are interested in supplement food Ganoderma but also to implement effective programmes for consumers awareness by the concerned authority.

Food is the basic requirement for living being. Hygienic food is required for healthy life. The main statement of problem finds out different kind of community people beneficial or not Ganoderma practice. This study was focused to evaluate the consumer's knowledge and benefiting health about supplement food. Consumer's knowledge was evaluated with the help of questionnaire and interview which was conducted in Sunsari. The snowballing sampling technique was applied in order to select the respondent questionnaire and interview was taken with the members of each Ganoderma user.

The study shows that the most respondents are the permanent residents of the village and town and some are farmers. Most of the involved in business and service. Although most of the respondents have known about supplement food Ganoderma but were innocent over the food acts and regulation. So more public awareness is required in the study area.

Conclusion of the study is that food supplement can use mainly in two ways knowingly and unknowingly. However both known and unknown Ganoderma user are benefit to health therefore program of consumer awareness should be provided to

minimize the unknown user. Nutrition education program related should be launched by mobilizing governmental and non-governmental institution.

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## ACRONYMS

AIDS -	Acquired Immune Deficiency Syndrome
DNA-	Deoxyribose Nucleic Acid
DXN -	DAXEN
GI-	Ganocelium
GMP -	Good Manufacturing Practice
H. C. -	Hepatitis – C
HIV -	Human Immune Deficiency Virus
ISO -	International Organization for standardization
M.D.-	Doctor of Medicine
Rg-	Reishi Gano
RPG-	Rapid Population Growth
TCM -	Traditional Culture Medicine



TGA - Therapeutic Goods Administration

WHO - World Health Organization