

CHAPTER ONE

INTRODUCTION

1.1 Background of the study:

Food is an important factor, which plays vital role in the production of healthy and productive manpower. Food is essential for human existence just like the air and water without qualitative food; we can't do any work effectively, so food must be on the basis of our daily work. It means that there must be necessary amount of calories in the food which we use in our daily life. If the food has not good quality, it will have a negative effect on our health. We will be physically, mentally and intellectually interrupted if we are unable to take qualitative food and balanced diet.

But now days the food, which we are using is mixed with several things that are harmful for our health. There are two approaches on health defined by the specialist wellness and sickness industry. The high rank food is necessary for people in 21st century taking place in the market of wellness revolution. Ganoderma lucidum is the highest rank, natural, organic and certified product of wellness industry produced by the DXN. Ganoderma Lucidum is commonly known as the king of traditional medicine, this mushroom was found in China 3,000 years ago is one those miraculous herbs which the east (especially China) has gifted to the world. Ganoderma, is red colored mushroom, is a kind of herb that has exceptional qualities, which makes it the miraculous king of herbs "It is mostly found in China, Japan and Korea where it grows on dead tree trunks and logs."

A fungus known by its many names, known Linchi in China, Reishi in Japan and scientifically known as Ganoderma Lucidum, red mushroom in English, the mushroom is naturally available in the forests. Now days, tissue culture is used to cultivate it too. Ganoderma Lucidum for hundreds of even thousands of years is recognized as powerful medicinal fungi because it has properties often associated with health and healthy long life (Ganotherapy ko Rahashya 2060).

The role of Red Reishi in maintain healthy life style can best be explained through the TCM point of view because none of the known active components taken alone is as more effective than the consumption of Reishi itself whereas western medicine focuses on the "curve" after the disease has already occurred, TCM, established through over 2,000 year of human observation focused on disease

prevention by sustaining the right balance within the body through proper nutrition, exercise and meditation, Reishi is an important adaptogenic herb in TCM in helping the body maintain this balance when one is sick. There are approximately 38000 species of mushrooms, out of which approximately 2000 species are edible, 200 species of these edible mushrooms have medicinal as well as nutritional value for human body. *Ganoderma lucidum* has six species in the category of medicinal mushrooms. These various species of *Ganoderma lucidum* is estimated to contain more than 200 active elements having specific medicinal properties. (TCM)

Red Reishi Traditionally, *Ganoderma* has been recognized as the miraculous king of herbs on the basis of use and effect. Recently the scientific finding has proven the following efficacy of *Ganoderma*

1. Improves immunity
2. Detoxifies
3. Balances the system

The reasons why DXN *Ganoderma* are more effective than other general *Ganoderma* are given below;

1. Polysaccharide : cleanser.
2. Organic Germanium : balancer
3. Adenosine : regulator
4. Triterpenoids : builder
5. Ganoderic Essence : regenerator

Source: DXN, Nepal 2007

In 19th century, Shinnom Hononkyo classification and experiment, found 365 types of high rank herbs 'Ganoderma' superior herb or God's herb and men use for long life. In 1970 successfully cultivated spore separation method by Yokio Naoi in 1975 Japan professional manufactured, in 1980 Commercial production in Taiwan 1983, Commercial production in Malaysia. Currently spore separation method under controlled condition is being used in most of the production houses worldwide. This ensures of consistent production of high quality in *Ganoderma*.

In the context of Nepal, most of our food product low quality comes to the market straight from the field where they are grown because of lack of manufacturing, storage facilities, proper transaction, refrigeration and pasteurization. These food products get spoilt by the Period consumer find them in the market. Thus, consciousness about the food quality among the consumers is of vital necessity.

On the basis of more than a decade long research and studies, Dr. Lim found that the six kinds of Ganoderma were best in qualities by tissue culture method; he blended the six kinds of Ganoderma in the form of DXN Ganoderma. This Ganoderma more than 250 active therapeutic elements, blend of six highest ranked Ganoderma, 100percent organic and environment friendly, micro powdered from non-heat process less important fiber are separated, cent percent pure and certified by ISO, GMP, Halal, TGA, WHO etc. (Dr. Lim).

Nepalese people had used DXN Ganoderma since some year. Some persons after using Ganoderma they told that they got benefit on their health, and changed health promotion. Ill people also selected it. They told some are beneficial on health. So, the researcher was found the actual Ganoderma knowledge and benefit after using it after Sunsari.

1.2 Statement of the Problem:

It is necessary to know the existing problems present situation. Maximum people are suffering from much kind of diseases like blood pressure, diabetes, cancer etc. Each person has lost immunity system day by day almost all the varieties of food in our country. Nobody has taken pure food. Food adulteration is burning problem of the world which affects the consumer's health directly or indirectly.

Supplement food is required by people in present situation. Wrong food practice behavior influences those types of activities, which behavior is directly related to person's health. In 21st century, maximum people have problem for the successful control of reduction all problem of health, it is vital to know how to root out causes the origin of human health problem. It can be applied the Ganotherapy methods whole body treatment. Ganotherapy aims to improve immunity, detoxify and balance the system. The researcher was successful to find out Ganoderma user. It was be role practice and benefit to find out and also point out the advantages of Ganoderma in Sunsari district.

1.3 Objectives of the study:

1. To identify role of supplement food GanodermaLucidum.
2. To find out the situation of the Ganodermapractice in the study area.
3. To identify the feedback after using Ganoderma (red mushroom) practice.

1.4 Research Question:

- 1) What is the composition of people in the study area?
- 2) What are the major roles of supplement food Ganoderma Lucidum?
- 3) How was the condition of Ganoderma practice in the study area?
- 4) What are the advantages of using Ganoderma practice?

1.5 Significance of the Study:

In the developing country like Nepal have many health problems in community. Health problem in the community are great challenges for all individual, society as well as nation. The study plays role to indicate and solve the health related issues of the community people. After the completion of this study it will help the following sectors.

- (a) The study will get knowledge for community people role of Ganoderma and apply in the practical life.
- (b) The study will applicable for improving the high nutrition Ganoderma and health related curriculum for curriculum experts.
- (c) The studies will aware people to change natural life style.
- (d) The study will be useful to find out superior herbs all the health sector people.

1.6 Delimitation of the study:

The delimitation of the study will study carry out among different communities of people.

- (i) This study was delimited only with Itahari and Dharan including near these places.
- (ii) This study was limited on Ganoderma role, practice and feedback after using it.
- (iii) This study was limited only Ganoderma (red mushroom) users.

1.7 Definitions of the Terms used:

Balanced Diet: - A balance diet means food that contains all the three food groups energy giving food, body building food and protective food.

Community Community is a social group within the same degree of social coherence and living in given area (Devkota, Bhimsen, Community Health Diagnosis)

Detoxification: remove poison or harmful substances from (Dictionary)

Food: - Food means that substance providing nourishment for people or animals, especially in solid as opposed to liquid form.

Halal:- Meat from an animal killed according to Muslim law.

Herb: - Any non-woody seed-bearing plant

Immunity:- Ability of an organism to resist infection by means of antibodies and white blood cells.

Malnutrition: It is a state in which prolonged lack of one or more nutrients retards physical development and causes specific clinical disorder. (Advanced Learner's Dictionary, 1999 edition)

Mushroom:- Edible fungus with a stem and domed cap.(Dictionary)

Polysaccharide: - Any of a group of complex carbohydrates, e.g. starch (Dictionary, Vol.- 2)

Supplement:- Thing or part added to improve.

Toxic: -Poison produced by living organism

CHAPTER TWO

REVIEW OF LITERATURE

The review of literature is an important aspect in the development of any research. The review of literature provides the researcher deeper knowledge about the problem. The following review of literature is related to supplementary food Ganoderma (Red mushroom).

2.1 Review of the Related Literature:

By Yuko Naoi of Kyoto University Food Stuff Scientific Institute (1970) "Is Reishi Ganoderma herb really a universal medicine?" "Let's not talk about diseases prevalent in history but of modern diseases in order to find the answer, we have investigated this herb's functions over again for thirteen years, satisfactory results were obtained." Reishi Ganoderma can change an imbalanced body to a healthy one. There is no difference among human races, ancient or modern people. This herb has the same effects on everyone all over the world.

According to Dr. Komota (1984, Tokyo Medical University, Japan Research on Ganoderma) "Experiment red mushrooms help lower blood sugar within 7 hours, anticancer, decreased allergic reactions."

(Dr. Sunuwar, Mushroom Therapy, 2066)

"Ganoderma Lucidum prevents cancer cells", 14th July, 1993 Prof. Wang submitted his findings on the effectiveness of preventive role played by Ganoderma Lucidum on cancer. He stated that a number of chemical processes are needed to separate the components of polysaccharides. They also needed to test macrophages and T- lymphocyte cells changes in the lymph fluid.

The result showed that only a small amount of polysaccharides is needed to get good result. The infected white blood cells will be reduced while cancer cell's activity will be stopped. The research has been endorsed by the International Council of Medicine which published magazine concerning Tumour Prevention Research.

"Ganoderma Lucidum is the best." (China Periods) "The efficiency of Ganoderma Lucidum is not only confined to anticancer and immunity improvement;

but also for overcoming diseases such as AIDS and HC. The delegates from China even say that it can promote longevity.” However, a prof. from Taiwan of Agriculture University has the opinion that story in Chinese folklore actually means that this herb is so precious that it can only be seen once on a millennium. (Ganoderma Lucidum is the best-China Times-16th August, 1996).

"Dr. Lim has a deep interest in mushrooms and their relationship with human health. To understand this relationship better, Dr. Lim Siow Jin travelled far and wide in search of the king of all herbs- Lingzhi. After more than twenty years of research and scientific analysis, Dr. Lim Siow Jin finally discovered Lingzhi – The King of Herbs that would benefit all mankind" (Dr. Lim, 1997).

Park K. (2000) in his book "The text book Preventive and Social Medicine" 16th, Premnagar, Jabbalpur, India states that socio –economic factors such as poverty, ignorance, insufficient education, lack of knowledge regarding the nutritive value of foods in adequate sanitary environment, large family size etc. bear most directly on the quality of life and are the true determinants of malnutrition in society.

Dr. Shigeru Yogi of Kinki University reported that it is helpful to overcome liver disfunction. In his study he found that 10percent of liver disorders could be cured by taking red mushroom capsules for two months. He also found supervising result in treating dysentery, constipation, gastric, hyperacidity and peptic ulcer. (Kumar P. Mainali, The Kathmandu Post, Westnesday, July 3, 2002 (Ashadh 19, 2059)

"Dr. Andrew Weil at least four species of mushrooms are anticancer, antiviral immune enhancers. (esp. in patients during Chemo and radio +X), regulates blood pressure and blood sugar and decreases cholesterol, among these are Reishi Gano (Alternative medicine, September 04, 2003 Research on Ganoderma)."

"The ultimate supplement of these red mushrooms, scientific researchers and experiments has proved that it contains polysaccharides, adenocine, triterpenoids sterol, organic germanium, protein and fiber etc. There are essential for proper cells division and also helps to regulate body functions. Its prime function is to remove toxin from the body. The factors in red mushroom help to fight cancer tumor, decrease cells damage, decrease harmful cholesterol, increase plasma insulin, increase blood circulation, brain rest and decrease the pain and for other important body functions." (The Himalayan Times, 2003, November 11).

According to Gohel, Yuen J. W. M.D. Jethlopharmacal, 2008, July 23- "Aims of the study Ganoderma Lucidum possesses significant antioxidant and anti cancer properties. The effect of Lingzhi antioxidant on oxidantive DNA damage and oxidative stress were investigated in order to understand.

According to Dr. Soner Dileklen particularly immune system to maintain healthy condition that all the vital activities of the foundation that supports red Reishi mushroom Ganoderma Lucidum, also known as a mushroom commonly used for centuries.

The mysteries of Ganoderma Lucidum have been revealed throughout Taiwan in recent years where many experts worldwide gathered at the republic to present their findings this medicinal herb.

According to Dr. Ranjan, S. M.D. (Cardiology) The beating heart ensured that every cell of the body has an uninterrupted supply of food, oxygen and other essentials so, powerful antioxidant helps to scanenge the free radicals which are injurious to the cells. Consumption of Reishi can help in the prevention of heart diseases, especially heart attack by its powerful antioxidant effects. It has been proved to reduced cholesterol levels. (One Apple a day keeps the doctor away, One Rg./Gl a day keeps the Cardiologist away, DXN Life Volume -17)

According to Lishi-Zhen, the famous physical and pharmacologist in Chinese history, "Long-term consumption of Reishi will promote a strong and healthy body and assure longevity. It has been proved by modern medical research the Reishi has a wide range of beneficial effects." (Healthy Ganoderma).

"Ganoderma Lucidum supplement extract benefit, side effects, dosage, sinense." Mushroom and Tsugae information and research studies.(Ray Sahelian, M.D.)

Raymond Y. Chang, Meridian Medical Group at the institute of East-West medicine and department of medicine, Cornell medical college. "Ganoderma has been used as folk medicine since ancient Periods and it is a popular health food frequently promoted as a cancer cure. It is now well established from in vitro and animal studies that the polysaccharide function of Ganoderma is largely responsible for its anti-tumor efficacy. Although there is yet no controlled clinical trials in humans for Ganoderma against cancer to date the indications for its supplemental use can be

indirectly supported with clinical trial data from comparable fungal polysaccharides because of a common final pathway of action mediated via beta-glucan receptor. Based on such indirect data, indications for Ganoderma used in cancer include supplementation (to reduce side effects during chemotherapy or radio therapy)

"Ganoderma works directly on the body starting from its cell (not on the disease). Thus making it possible for the body to treat the root cause of any disease including those believed to be incurable, chronic or recurrent. Ganoderma is not a drug; it is classified under food category by the food and Drug Regulating Authorities." (Medical Research on Linchi)

Dr. Tara Kiyobara, Hospital of plastic & Reconstructive Surgery," Ganoderma is also effective in treating Gynecological problems such as menstrual cramps, Vertigo menopause disturbances."

Dr. Taro Tamura, Kinki University," Taking Ganoderma together with chemotherapy may have significant result for patients who have has surgery for breast colon and gastric cancer."

Professor Wang from Taipei Yougchong Medical Research Center said that," Ganoderma polysaccharides are anti-allergy, anti-tumor and can promote secretion of immunity cells."

A professor of Education University in Shanghai who had done research on those who suffered from fatigue, insomnia poor memory revealed that this herb can improve body weakness, protect liver and anti-ageing.

Believed by the Chinese as the "Miraculous King of the Herbs" Ganoderma Lucidum is highly regarded for its medicinal properties that help to improve human body's healing ability while helping its user to maintain good physical shape aside from promoting longevity. A fungus known by its name like 'Reishi', 'Ling Chi' and 'Mannen Take' among others, Ganoderma Lucidum, for hundreds or even thousands of years, is recognized as powerful medicinal fungi because it has properties often associated with health and healing, long life, knowledge and happiness. In fact during the ancient Period, it is believed that the Ganoderma Lucidum in medicine was considered so promising that its medicinal value has been attested in a 2,000 years old Chinese Medical text-known as an authentic text book of Oriental Medical Science.(Terry Dunn).

Literatures reviewed above were similar to the context and methodology of present study, which are considered to provide basic guidelines. Most of the above studies are related to high supplement food Ganoderma role, practices and benefit. This study review will show red mushroom benefit. This study review will show red mushroom benefit our whole body. This study will find best of red mushroom practices, it's beneficial in Sunsari district.

CHAPTER THREE

METHODOLOGY

Methodology is very important to carry out the researcher study. In this research, basic data obtained from the field survey as well as available information which find relevant will be analyzed and interpreted accordingly.

3.1 Research Design:

The researcher used descriptive method for this study. In this chapter study area sampling procedure tools and instrument, data collection procedure and treatment of data will be described.

3.2 Study Area/ Population:

The study was based on Sunsari district, a rural area of Nepal, this district is taken for study where people of different ethnic background. This study was selected only Ganoderma users who had got benefit this mushroom practice. Almost 300 persons of Ganoderma users were found in Sunsari. The researcher had selected 75 persons of area of Itahari and Dharan and near those places.

3.3 Sources of Data:

The researcher made questionnaire himself/herself to obtain data from respondents' interview schedule and observation were used. Interview schedule is divided in two parts, first part is related to socio-demographic status as well as close type questionnaire and second part is related to open type questionnaire. The secondary data was collected by different authentic reports like national report, newspaper and other related article. Basically, primary data were used in this study.

3.4 Sampling Procedure:

The researcher found out the users on health program who got benefits of Ganoderma. The researcher selected total 75 persons as respondents for the study, using convenience sampling method for this each person consulted for personal interview to fill up the Questionnaire.

3.5 Tools of the Research:

The main purpose of this study was role, practice; benefits of the Ganoderma (red mushroom). The study instruments were questionnaire and interview which was close and open type. The study focused mainly high supplement food Ganoderma (red mushroom) and consumer's knowledge and practice about red mushroom.

3.6 Validation of the Research Tools:

After preparing the questionnaire, the questionnaire was tested on ten people selected from Baliya of Morang district and discussed with advisor and modified as suggested by advisor. Finally the questionnaire was corrected before visiting the respondents.

3.7 Data Collection Procedure:

For the collection of data, the researcher himself/herself visited all respondents during the data collection. Researcher took a local facilitator because he/she needed support to collect data. When the researcher did not meet the target persons at the situation he/she collected data from nearer place and after finishing the task, these were taken back and with the help of interview further information collected from the head of the family as soon as possible.

3.8 Data Analysis and Interpretation:

Collected data was carefully checked to minimize the errors showing in data processing. Raw data was copied in master chart by editing and tabulation. This data was presented in simple descriptive method, table, figures, pie chart and bar diagram as per as convenience and necessity.

CHAPTER FOUR
ANALYSIS AND INTERPREATION OF DATA

4.1 Study Population

This study presented role and practiced of supplement food Ganoderma in Sunsari district. The analysis and interpretation were mainly represented by descriptive method. The data was tabulated and kept in sequential order according to the need of study. Then the study was analyzed on the basis of percentage and ratios, tables and figures have been used to make the presentation clear and meaningful. The existing situation of the study area can be analyzed on the basis of the following areas.

Table- 1: Study Population

Age In Year	Male		Female		Total	
	No.	percent	No.	percent	No.	percent
10-14	2	5.71	2	5	4	5.33
15-19	2	5.71	3	7.5	5	6.66
20-24	4	11.42	3	7.5	7	9.33
25-29	5	14.28	6	15	11	14.66
30-34	4	11.42	5	12.5	9	12
35-39	3	8.57	4	10	7	9.33
40-44	5	14.28	5	12.5	10	13.33
45-49	2	5.71	4	10	6	8
50-54	2	5.71	2	5	4	5.33
55-59	3	8.57	2	5	5	6.66

60+	3	8.57	4	10	7	9.33
Total	35	46.66	40	53.33	75	100

Table -. 2 National Age and Sex composition

Age Group	Male percent	Female percent
10-14	12.9	12.6
15-19	10.4	10.6
20-24	8.3	9.4
25-29	7.2	7.9
30-34	6.4	6.7
35-39	5.7	5.8
40-44	4.8	4.8
45-49	4.1	4
50-54	3.5	3.3
55-59	2.8	2.5
60-64	2.3	2.3
65+	4.2	4.2
Total	11359378	11377556

Source: CBS/Population Census 2001, National report.

Table -1 shows that the information about age and sex composition along with comparison between national data and study population. It consists 75 people among them 40 (53.33 percent) are females and 35 (46.66 percent) are males where as table

no.2 shows the number of national population 11359378 are male and 11377556 are female. Female populations are higher than male population.

Number of population ranging from 10-14 years age is 4 (5.33 percent) which is lower than national data. By this table the male population in the age group 10-14 years 2 (5.71 percent) are male and 2(5 percent) are female. Same of the percentage are similar as group of Nepal is lower than the national data. The number of population ranging from 15-19 years age group is total number are 5 (6.66 percent), male are 2 (5.71 percent) and female are 3 (7.5 percent) which is lower than national data. The number of population ranging from 20-24 years of age is 7 (9.33 percent), 4(11.42 percent) are male and 3 (7.5 percent) are female which is higher than male population (10.4 percent) in National data, lower than female population (9.4 percent) in National data. Similarly 25-29 years age group, the total population are 11 (14.66percent), male population are 5 (14.28 percent) and female population are 6 (15 percent) which is higher than national male and female population. Those 9 (12 percent) of 30-34 years age group population where 4 (11.42 percent) are male and 5 (12.5 percent) are female. The same age group of national data 6.4 percent male and 6.7 percent are female which is lower than study population. The number of population ranging from 35-39 years age are 7 (9.33 percent) male are 3 (8.57 percent) female are 4 (10 percent) which is higher than national data.

Similarly 40-44 years ago are 10(13.33) population, 5(14.28percent) are male and 5(12.5percent) are female. The same age groups of National population are 4.8 percent are male and 4.8 percent are female which is lower than study population. The number of population ranging from 45-49 years age is 6(8.00percent) which male are 2(5.7percent) and female are 2(5 percent). The same age group of National data male and female population is 2.8percent, 2.5percent which is lower than the study population. The number of children ranging from 55-59 years of age is 5(6.66percent) and male are 3 (8.57percent) and female are 2 (5percent) which is higher than National data. The total number of population ranging from 60 above 7 (9.33 percent), male are 3 (8.57 percent) and female are 4 (10 percent). The percentage of similarly age group of Nepal is slightly lower than National data. This is due to the reason that the number of study population slightly different with national data. All of them ranging from 10-14 to 16 + age group was using DXN Ganoderma. The researcher was found different age group users who had got benefit in study area. The study also

found out knowledge of Ganoderma with all age group. The researcher asked questions to all the age group.

4.2 Knowledge on Role of Supplement Food Ganoderma:

Ganoderma Lucidum is the most Alkaline food in the world. It is only a dietary supplement. The role of Ganoderma is highly regarded for its medicinal properties that help to improve human body's healing ability while helping its user to maintain good physical shape. Ganoderma promotes general good health and vitality. It also has a harmonizing effect on the body and helps maintain body balance. All the organs in the body operate without problems Ganotherapy takes a holistic approach to alternative complementary medicine. The underlying belief in Ganotherapy is that our body is the best doctor and prevention is better than cure. Ganoderma Lucidum herb complies with many of the TCM healing principle below are the four most important healing principle covered by this herb. (TCM Principle)

1. Stengthen Immune System

Ganoderma Lucidum herb contains high concentration of organic Germanium/ polysaccharides and Triterpenes. These active components are proven to strengthen out immunity cells and improve our immunity system.

2. Remove Circulatory Blockage

Circulatory blockage may be caused by the accumulation of cholesterol, fats, blood and other foreign substances in blood vessels or lymph vessels. Ganoderma herbs are very potent in improving blood circulation and remove circulatory blockage with its triterpenes and adenosine.

3. Enhance body energy

Ganoderma Lucidum herb also effectively improves our energy and enhances our organ function specially the heart, lung other than this.

4. Neutralize and remove the toxin

Ganoderma Lucidum plays an important role and neutralizing and removing body toxins, without neutralizing and removing body toxics most diseases are hard to cure. Following figure shows the respondents by knowledge on role of supplement food Ganoderma. (Source: Ganoderma, 2011)

Figure - 1 Respondent by knowledge of Supplement Food Ganoderma

From the figure above it was found that in 47(62.66percent) respondent told knowledge about role of supplement food Ganoderma and in 28(37.33percent) couldn't tell knowledge about role of Ganoderma.

It is concluded that all respondent use Ganoderma and ready to got knowledge role of supplement food Ganoderma. This is due to the reason that the all respondent are not curiousand serious about role of supplement food Ganoderma.

4.3 Knowledge of the Supplement food

Food and nutrition are the important and basic biological needs to human beings. They are needed for good health and also essential for growth, development and maintenance of body, repairing of tissues and regulation of mechanism and production of energy. The development of a child depends on the nutritional status. Our body requires clean and nutritious food for physical and mental development. A dietary supplement also known as food supplement or nutritional supplement, is a preparation intended to supplement the diet and provide nutrients, such as vitamins, minerals, fiber, fatty acids or amino acids, that may be missing or be consumed in sufficient quantities in a person's diet.

Material consisting essentially of protein, carbohydrate and fat used in the body of an organism to sustain growth, repair and vital processes and to furnish energy, also such food together with supplementary substances (as minerals, vitamins and condiments). –Webster Dictionary

Following table- 3 shows that respondents by knowledge of the supplement food.

Table -. 3: Respondents by Knowledge of the Supplement food

S.N.	Description	Respondents
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		Numbers	Percent (%)
1	Yes	35	46.66
2	No	40	53.33
	Total	75	100

46.66 percent of the respondents have been known about supplements food and 53.33percent respondents have not been known about Ganoderma. Most of the supplement respondents are less aware about supplement food. Heppocrat is the father of modern medicine says “Let food be your medicine and medicine be your food.” From this statement it is clear that nutrition is very essential to promote and maintain the health status of the infants, children as well as adult. Therefore, every person should have some knowledge about nutrition (J.E. Park, 1967)

During the field visit, it was observed that, “It was not good knowledge of supplement food. Some are interested to know knowledge of supplement. The entire community mother is busy in their work inside the house they cannot give proper care and diet to their children as well as other member. This is due to lack of supplement food knowledge which increases the health problem day by day. Not only mother but also others family should be serious the supplement food.

4.4 Knowledge of the Supplement Ganoderma

Ganoderma is an adoptogen that works directly on every cell of the human body. Toxins should be removed from entering into our body because they harm out health. They mix with our bloods and the harmful toxins which enter into our body. It provides oxygen nutrients and elements that corrects cell imbalance. Thus, strengthening the cell membranes, so, the cells will not take in new toxins. Ganoderma improves the quality of human life from the womb to tomb. The subject of Ganoderma is not yet added as a study in any course. Ganoderma does not cure any disease directly. It makes the body and mind all right, then the body cures itself. Remember the human body is the best correcting mechanism in the world.

Among the health products how available to increase your body’s natural healing abilities are the humble red mushrooms. Knowledge of Ganoderma acquired in community. Given figure – 2 shows the respondent by knowledge of the supplement Ganoderma.

Figure – 2: Respondent by Knowledge of the Supplement Ganoderma

The figure shows that among the total 75 respondents 7 (9.33 percent) have very good knowledge and 10 (13.33 percent) have good knowledge. Similarly, 33 (44 percent) have normal knowledge and 25 (33.33 percent) didn't tell about the knowledge of Ganoderma.

This result shows that all of respondent should get knowledge. They are not fully conscious about supplement Ganoderma. It is found that knowledge of the supplement Ganoderma is no satisfactory result. Many community people have been taken supplement Ganoderma without being aware of its importance. The health status of respondents can be improved by the level knowledge regarding supplement food Ganoderma Lucidum.

4.5 Health Problem

Nepal is one of the poorest countries in the world in every sector like economic, social, political as well as health status. RPG due low socio economic status and illiteracy, lack of health facilities, un-education about mother, child health carry and unsystematic programs. Nowadays Nepal is suffering from multi fractured problem. Among various types of problems health problems are the major problems scattered in every place either in urban or rural areas of the country.

Health in Nepal is poor, but some improvements are being made. Disease prevalence is higher than in other South Asian countries. Health-Care facilities, hygiene, nutrition and sanitation generally are poor. Thus, health clinics and hospitality generally are used only for persistent and serious illness.

Causes of the health problems

Ganotherapy believes that there are two reason for health problems or illness. They are :

1. Accumulation of toxin in our body
2. Unbalance body function that is lack of co-ordination between function taking place in the body.

The following table -4 shows the respondents' health problem.

Table -. 4 Respondent's Health Problem

S.N.	Description	Respondent	
		Number	Percentage
1	Yes	60	80
2	No	15	20
	Total	75	100

The result show that among the total 75 respondent 80percent have health problem and 20percent respondent have no any problem. It is seem that all are unhealthy, lost immune system.

It is found that it should be increased health status of respondents. It is needed to conscious on health promotion mostly young as well as educated persons.

4.6 Suffer disease before using Ganoderma:

Health status is poor in Nepal by international standards, specially in rural areas but some improvements are being made. Disease prevalence is higher than in other south Asian countries. Leading diseases and illnesses include diarrrohea, gastro-intestinal disorders, goiters, intestinal parasite, leprosy and tuberculosis. Nepal also has rate of child malnutrition (72 percent in 2001) and under five modality (91.2 per thousand live birth 2001) according to United Nations data for 2003 approximately) 60,000 persons aged 15-49 had women Immune Deficiency Virus (HIV) and the HIV prevalence rate was 0.5 percent.

The figure given below shows that respondent by suffer disease before using Ganoderma.

Figure – 3 Respondents Suffer disease before using Ganoderma

Figure No. 2 shows that the highest number of both diseases suffers 37.33percent, Non-Communicable 36percent, none of them 20percent and 6.66percent respondent are weak and unhealthy due to communicable disease. As a result, it has been identified as one of the major health problems.

More respondents have been suffering different disease. During study it was found that the more male and female adolescence girls and children are suffering from malnutritional disease. Care of personal health is very poor among these people because they are not fully conscious about the prevention of communicable and non-communicable disease.

4.7 Use of Ganoderma

Ganoderma is considered as alkaline food. The best choice when looking for a general health tonic to improve over all health and there are very few people who know the fact that respondents have been using Ganoderma. Views of respondents using result are as following:

Table – 5 Respondents by Ganoderma used

S.N.	Description of Health Status	Respondents	
		Number	Percentage(percent)
1	Healthy	10	13.33

2	Unhealthy	40	53.33
3	Both of them	25	33.33
	Total	75	100

From the above data, it is obvious that 53.33percent are unhealthy user, 13.33percent Health user, 33.33percent both of them. According respondent views, maximum unhealthy people are still using Ganoderma.

The result shows that use of Ganoderma by respondents using system is very poor. When people are unhealthy, they use Ganoderma. Due to the lack of health knowledge and food, they are confused to use supplement food. It is concluded that more respondent using system is not good. In our nation more people are suffering from mal-nutrition, lose immunity system, communicable and non- communicable diseases. Wrong eating practice of food one cause of gastric which may be the one factor of creating other disease. If respondent can take balance that practice or use of Ganoderma it will be beneficial to those person as well as nation to minimize prevalence of health problem.

4.8 Period of Using Ganoderma:

All people of every age can use supplement food Ganoderma. It helps our body to keep it in normal and healthy condition. Ganoderma capsules restore the P^H balance of a body. The fruit of Ganoderma contains over 400 different nutrients. The figure no. 3 given below shows the actual history of users of Ganoderma in the study area.

Figure -. 4 Respondents Period of Using Ganoderma

Above figure 3 shows that the using of Period of Ganoderma. Maximum 56percent respondents who have been using since 1 year/ above, 24percent people using since 2 or 3 month, at least 6.66percent are starting since 1 or 2 month.

This result shows that most of them are less awareness on health but they have good Ganoderma using practice. They do not know about carbohydrate, protein, vitamin, mineral and fibers but they are still using Ganoderma because the king of herb this mushroom is high nutrition value. Some of them told we are facing the problem of different disease. So when we understand about Ganoderma value, we use this mushroom till today.

Most of the unhealthy respondent had chronic non-communicable disease. They used 1 year or above and still using. Some of them told that we are facing the problem of different disease so when we understand about Ganoderma value, we use this mushroom till today.

It is concluded that most of respondent who know about supplement food Ganoderma they still use.

4.9 Period to make Healthy Life after Using:

Ganoderma extract based products are good way to consume. Ganoderma for natural health care and fitness in a natural way is the best option. We have to enjoy our survival. Unhealthy people who use Ganoderma get advantages and health people also can make promotive healthy. Ganoderma takes different Period for healing. The conditions of unhealthy people for whole body healing are analyzed and presented as following:

Table – 6 Respondents Period to make Healthy Life after Using Ganoderma

S.N.	Description	Respondents	
		Number	Perc.(percent)
1	30 day	5	6.66
2	30 week	20	26.66
3	1 year	20	26.66
4	2 or 3 year	30	40.00

Total	75	100
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The above table shows that 6.66percent, told that 30 days for healing body, 26.66 percent told 30 weeks, 26.66percent told that 1 year and 40percent 2 or 3 years.

After using 2 or 3 years, most of the respondent told, 'It has helped the whole body balance, enhance immunity power and relief from problem.'It is the perfect supplement food Ganoderma which are enormous benefit in building up his or her resistance to infection. It is good use right period to making healthy life after practice of Ganoderma Lucidum.

4.10 Benefit after Using Ganoderma:

Ganoderma contains nutrients which can help the human body to maintain its health or improve its level of health if there are problems. Ganoderma is aimed to work on body but not on the disease promoting your natural immune system that helps to keep the body balance and in turn treats itself for a wide range of health problems. Ganoderma promotes general good health and vitality. It also has a harmonizing effect on the body and helps maintain body balance. Ganoderma a cure: Second assumption of Ganotherapy is that Ganoderma is not a cure or treatment for illness or health condition or disease. Ganoderma only helps body to regulate unbalanced body function, detoxifies body and helps body to improve itself defense system by improving its immunity against disease. All the health benefit that people see or reported are achieved by these properties of Ganoderma and actual benefit after using Ganoderma by respondents is given below in figure.

Figure - 5 Respondents Benefit after Using Ganoderma

The result show that majority 97.33percent respondents have benefit health life style, 2.66percent don't have any change. It is seen that all respondent have not known detail knowledge about Ganoderma. Maximum respondent had corrected healthy life style by using Ganoderma.

Most of them are less aware of health but they have good benefit on their health after using Ganoderma. They do not know about categories of nutritional food but it is good benefit on health. When they started to use Ganoderma, it works whole body because this mushroom is healing power as well keeps balance body. No one was suffering from different disease after practice of this mushroom. Some are told that it has growth immune system so we are not facing the communicable and non-communicable disease.

4.11 Advantages of Ganoderma:

Ganoderma can be used to deal with the variety of elements from linked to stress to sleep problems. It is very great being on all around health tonic future conditions. It is very great strengthening the defense mechanisms and battling infections.

The following advantages of Ganoderma to the have gotten by the respondents.

1. Some people are using Ganoderma in accident cases after medical treatment. They started Ganodtherapy. It was beneficial in those cases.
2. Some of the respondents told that when they started Ganotherapy, it showed unexpected benefit in the cases of blood pressure and sinus. The very benefit of Ganoderma is that it has good effect on the entire body.
3. Ganoderma has anti-inflammatory as well and it has helps in elevating the oxygenation of blood. The altitude sickness can be reduced by oxygenation.
4. Pregnant woman can consume Ganoderma from the fifth month of pregnancy. Healthy development of the fetus and normal delivery of a healthy child is promoted.
5. Healthy people consume Ganoderma to retain their health, improve their immunity, remain youthful and postpone their old age.
6. Sick people as already mentioned Ganoderma acting at the cellular level, removes all the toxins, rebuilds whatever is worn out, be it the cell, or the tissue or the harve or the bone or the skin and balances all the systems. Hence, all Ganoderma users remain

healthy, sickness go away. Following figure shows the respondents by advantages of Ganoderma.

7. Some respondents told that Ganotherapy has benefited them in kidney stone problem.

Figure -6 Respondents' Advantages of Ganoderma

Above figure shows that 55 (73.33 percent) of the respondents told advantages of Ganoderma. It looks good advantage of Ganoderma. It is good practice for the health of respondent. 20 (26.66 percent) of the respondent couldn't tell the advantage of Ganoderma.

Most of respondent view there are not more advantages for the people who have quite busy schedule in their life. During observation it was found that Ganoderma given good advantage of woman life style. Most of them told that they used that product whenever they feel problem. They can consume. If any body can fulfill demand of the nutrition value by Ganoderma product it is better to use consumer.

4.12 Knowledge of Respondents on Rg./Gl:

Ganocelium is harvested at 18 days old, the powdered root system of the hybrid Ganoderma is traditionally used to improve well-being, strengthen the immune system and enhance cognitive function. Gl has over 200 nutrients in short, in short here the discussion is all about one of the powerful capsules available on earth.

Ganoderma Gl contains polysaccharides organic germanium, adenosine , protein, essential fatty acids, triterpenes in vegetables capsules. Taking Rg. And Gl together may assist cellular repair and body balance.

Rg (Reishi Gano) is the external of fruit body of DXN Ganoderma. Rg is 100% crushed spores powder and is crushed from the fruit body of the adult Reishi Gano contains more than 400 active elements, which can be divided into 3 categories.

30% water soluble categories

65% organic soluble elements

5% volatile elements

Active ingredients of Rg.

Polysaccharides, organic germanium, titerpenoides, adenosine, ganoderic essence, protein, fibre.

The only difference between Reishi and powder and Rg./Gl capsules is the form in which mushroom is placed. Both Reishi powder and Rg./Gl capsules come out of Ganoderma. Reishi Gano is a 90 days old fully mature mushroom and mycelium/ Gl ganocelium is 18 days old mushroom. Figure given below shows the respondents' knowledge of on Rg/Gl.

Figure -.7 Respondents' Knowledge on Rg./Gl)

The figure shows that 15 (20 percent) of the respondents have good knowledge of Rg./Gl. Maximum 30 (40percent) respondents have normal knowledge of Rg./Gl. Similarly 20 (26.66percent) are low level of knowledge of Rg./Gl and only 10 (13.33percent) no any knowledge of Rg./Gl.

The result shows that knowledge on Rg./Gl of the respondents is normal Rg./Gl. Some of them are using Rg./Gl low level. Each respondent must know knowledge of Rg./Gl and its benefit effort.

In this study it is concluded that some traditional and cultural practices are also useful for the human health although they are careless of their health. It seems that the respondents should have get knowledge of Rg./Gl about its value from the scientific and health of view.

4.13 Future Use of Ganoderma:

The high supplement Ganoderma is a powerful herb. So there are many beneficial effects of Ganoderma. They are essential for proper cell division and help to develop the immunity power and to regulate body functions. Its prime function is to remove toxin from the body.

Table No. 6 shows Future use of Ganoderma among respondents.

Table – 7: Respondents Future Use of Ganoderma

S.N.	Description	Respondents	
		Number	Perc. (percent)
1	Yes	70	93.33
2	No	5	6.66

As shown in the figure, 93.33 percent respondents will be used Ganoderma in future only, 6.66percent respondents will not be used in future. Most of them understand about health. They have good aware about their health but some respondents had not understand about their health. Some of them told, 'We are facing the problem of our health. So we should be aware about our health.' They will use Ganoderma in future.

The study was done among 75 Ganoderma users and asked the role of Ganoderma with open questionnaire. Respondents told their different views. They suggested using Ganoderma forever because it is beneficial for human beings. King of Herbs Reishi Ganoderma has got not only the reputative value but also nutritive value.

CHAPTER FIVE

SUMMARY, FINDINGS, CONCLUSION AND RECOMMENDATION

5.1 Summary:

The study was conducted to fulfill the partial requirement of Master's Degree Education (Health Education) 'Role and practice of Supplement Food Ganoderma Lucidum (Red Mushroom) in Sunsari district' has the objectives to identify the role of Supplement Food Ganoderma Lucidum in the study area and to find out implementation and feedback Ganoderma practice. The study is limited within Itahari and Dharan near other areas of those places. The researcher reviewed literature directly or indirectly related to present study. It was found that role and practice benefit of Ganoderma in world wise situation. To meet the objectives of the study, descriptive type of qualitative and quantitative research design selected. The study was based on both the primary and secondary source of data. The primary data were collected through questionnaire and interview schedule with respondent. Convenience sampling method is applied to collect the respondent. Data were collected by visiting to the respondents one by one by researcher himself. The data are edited carefully. Bar diagram and Pie-chart are used to show the data in the figure. It was analyzed and

interpreted in terms of percentages. On the basis of result, conclusion and recommendation are as follow.

5.2 Finding:

After the study analysis and interpretation of the data the following finding are followings;

- a. Table 1 shows that the information about age and sex composition allow with comparision between national data and study population.
- b. The total population of this study was selected 75, out of them 46.66percent were male and 53.33percent were female.
- c. Table 1 shows the highest population was in the age group of (25-40) 11(14.66 percent), (40-44) 10 (13.33 percent) likewise (15-19) 5 (6.66 percent), 60+ 7 (9.33 percent). The age group of (45-49) 6 (8 percent), (10-14) 4 (5.33 percent).
- d. The study female populations were 6.67percent more than male population.
- e. 53.33 percent respondents had got knowledge supplement food, 46.66 percent had not known supplement food.
- f. More than 60percent respondent had got knowledge about Ganoderma.
- g. More than 80percentrespondent suffered health problem before using Ganoderma.
- h. Only 36 percent respondents were suffering non-communicable disease, 5percent lost immunity power, 37.33percent suffering from both diseases and 20percent none of them.
- i. Most of unhealthy peoplearound 53.33percent were used Ganoderma and 33.335 both of them were selected.
- j. It is found that 6.66percent used Ganoderma since 1 or 2 months, 13.33percent since 2 or 3 months, 24percent since 4 to 1 year and 56percent since 1 year/ above selected.
- k. The majority of respondent people were unhealthy people after using Ganoderma. It was worked in healing Period by Ganoderma. 26.66percent 30 weeks, 26.66percent 1 year, 40percent 2 or years and 6.66percent 3o days for healing.

- l. 47 (66.66 percent) respondents told that knowledge about role of supplement food Ganoderma and 28 (37.33 percent) could not tell the knowledge of Ganoderma.
- m. It is found that 55 (73.33 percent) of the respondents told the advantage of Ganoderma, 20 (26.66 percent) of respondents could not tell the advantage of Ganoderma.
- n. The study shows that 15 (20 percent) of respondents have the good knowledge of Rg/gl, maximum 30 (40 percent) of respondents have normal knowledge of Rg/gl/ Similarly, 20 (26.66 percent) are low level knowledge of Rg/gl and only 10 (13.33 percent) have no knowledge of Rg/gl.
- o. The result shows that majority 97.33percent respondents benefit health and changed healthy life style, 2.66percent were not changed.
- p. Future use Ganoderma study found that 93.33percent will be used in future only 6.66percent will not be used in future. It was too less aware.
- q. Most of them understood Ganoderma. All of them had good consciousness about health.
- r. During the observation it was found that Ganoderma gave good advantage of human life style. Most of them told that they use the product whenever they feel problem they can consume. If anybody can fulfill demand of the nutrition value by Ganoderma product it is better to use for consumer.
- s. Ganoderma Lucidum is the most alkaline food in the world and is one of the most revered herbs in traditional Chinese and Japanese medicine.
- t. Ganoderma is one of the most highly regarded medical mushroom and probably the best choice when looking for a general health tonic to improve over all health and well being classed age and adaptogen.
- u. A fungus known by many names Reishi, Lingzhi and Mannentake among others.
- v. Ganoderma Lucidum for hundreds or even thousands of years is recognized as powerful medicine.

5.3 Conclusion:

On the basis of finding, following conclusions were drawn;

The study has been done in Sunsari district, Nepal. This district is inhabited by multi castes, religious and cultural beliefs and educational status. Therefore, the typical area represents role and practice of supplement food Ganoderma status in a country like Nepal. Health in Nepal is poor by International Standard especially in rural areas.

The statement of the study of role of Ganoderma and its beneficial practice in Sunsari district. The main objective of the study was to examine role and implementation of supplement food on health. The respondents of the study were mostly from 75 different areas in Sunsari district.

Most of the people have been suffering from various health problems. Some people know 'What is the Supplement nutrition food?' However, they didn't know about how food can be used. They were innocent about the food adulteration by the excessive use of antibiotics, pesticides and chemical fertilizers. Whenever people will be sick, they will go to hospital.

Ganoderma A fungus, this food product is cent percent pure. Most of the respondents select this Ganoderma. Ganoderma is one of the most highly regarded medical mushrooms and probably that respondent the best choice when looking for a general health tonic to improve overall health and well being and classed as an Adaptogen.

Most of respondent told that it is very effective and enhance immune system to fight against illness and protect itself. However illness may seriously strike human body because some where the immune system has been compromised. It would become very clear through modern research that the various natural substances found in Ganoderma Lucidum.

However, the respondents of the study had been used Ganoderma. It shows very good benefit on health. Prevention is better than cure. The cost of health is always less than the cost of incurred. Later on respondent got rid of the disease. Thought further what life worth living without health is.

Finally, it is concluded that people should get knowledge for role of Ganoderma. Most of the people should be aware of health and nutrition supplement food. This considered as the most effective media for public awareness. Though some supplement food Ganoderma Knowledge is needed to the village, city every area of

community. For 21 years, researchers have been seen countless people improved their health with Ganoderma herb. Some are taking it for more than 10 years with a strong and healthy body. Everybody can hope to improve their health with this herb.

Hence, public awareness should be aroused about role and practice of supplement food. It is regulated well in village to city area to control unhealthy, mal-nutrition, non-communicable problem.

5.4 Recommendation

5.4.1 General Recommendations

This research can be useful for the researcher who is interested in the study. Ganoderma on basis of conclusion the researcher recommendation.

- a. People without nutritional education can not make their standard good health. Education also changes the traditional wrong habits and provides the ability to dealwith new ideas so the emphasis should be given to the parents, especially to every mother study can be done on effects of supplement food.
- b. To give better education about health, health education by government program i.e. seminar, training, motion picture, sanitation etc. a study can be conducted to improve status of that community health problem.
- c. Though, Nepal is an agricultural country only 30.25percent of the people are engaged in farming. They should be convinced to manufacture pure supplement food as far as possible.
- d. This type of study assists in implementing effective programs for consumers' awareness by the concerned authority.

5.4.2 Recommendations for Further Researchers

- a) Further research can be done for making program and policies of local government for attention for Ganoderma.
- b) Study area of this research is only based on Sunsari district. So, it is complicated to generalize on all districts. So studies should be added representing other district.
- c) Nutrition Education will be helpful to minimized wrong concept of the community people. So, educational program should be launched.
- d) This type of study should be conducted to find out Ganoderma role, practice different parts or among different communities of the country.
- e) Awareness campaign should be launched about the healthy habits in order to emphasize on the knowledge on the proper nutrition.

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- (a) Yes (b) No
- (v) What kind of people use Ganoderma in Nepal?
- (a) Healthy people (b) Unhealthy people
 © General (d) Rich people
 (e) all the them
- (vi) Since how long time have you been using Ganoderma?
- (a) Since 1 month (b) Since 2 months
 © Since 4 months (d) Since 1 year/ above
- (vii) Could you change your lifestyle after using Ganoderma?
- (a) 30 days (b) 30 weeks (c) 1 year (d) 2 or 3 years
- (viii) Will you use Ganoderma now onward?
- (a) Yes (b) No
- (ix) Which do you select knowledge on Rg/gl?
- (a) Good (b) normal (c) Low-level (d) bad

APPENDIX –II

Open Questionnaire

1. What is the Ganoderma?
2. What is the role of Ganoderma?
3. Why do you use this mushroom only?
4. What kind of disease are the people suffering from?
5. What is the benefit of Ganoderma?
6. What is the Rg/G?
7. What kind of people uses this Ganoderma?

8. What are the advantages of Ganoderma?

APPENDIX-III

Working Schedule

Activities	Period	Budget
1. Library Study	1 week	1,000/-
2. Review of Literature	2 weeks	500/-
3. Construction and Preparation tools	1 week	9,000/-
4. Proposal Writing	1 weeks	2,000/-

5. Proposal Viva	1 day	-
6. Data Collection	2 weeks	4,000/-
7. Data Interpretation	1 week	1,000/-
8. Report Writing	2 weeks	2,000/-
9. Report Viva	1 day	4,500/-
Total		24,000/-