

ABOUT NIRWAN UNIVERSITY JAIPUR

Nirwan University, Jaipur was established by the Govt. of Rajasthan vide ACT No. 2 of 2017 and recognized U/s 2 (f) of UGC ACT 1956. The University has been empowered to award degrees under section 22 of UGC Act. NUJ has thirteen different faculties with seventeen schools. The University provides guidance and knowledge to the students in more than seventy programs ensuring high quality traditional and modern education. The University is situated in Jaipur, the capital of Rajasthan. NUJ is a successful venture of "NIRWAN CHARITABLE TRUST" and is one of the prominent choices for higher education among the students.

ABOUT THE BOOK

It is more than simply a book when you read "The Indian Mushroom: Its Cultivation, Nutritional Value, and Medicinal Effects." It takes you inside one of nature's most fascinating creations, the mushroom. This thorough handbook, which is firmly rooted in the fields of mycology, nutrition, and traditional medicine, is an invaluable resource for anybody interested in learning more about the health benefits of Indian mushrooms. Mushrooms have long been valued in traditional medicine and cooking, being ingrained in a variety of societal customs and culinary traditions. As we read through its pages, we discover the complex craft of growing these mushrooms, solving the enigmas surrounding their growth patterns, and comprehending the circumstances that promote their thriving. However, the Indian mushroom provides a wealth of nutrients that enhance our diets by providing vital vitamins, minerals, and antioxidants. It is more than just a food source. This book's examination of the health advantages of Indian mushrooms is its most compelling feature. The medical benefits of these fungi are endless, ranging from boosting the immune system to reducing inflammation, from promoting cardiovascular health to improving cognitive function.

ABOUT THE AUTHOR



Ms. Ruchi Kumari has completed her master's from one of the prestigious Universities, Sam Higginbottom University of Agriculture, Technology and Sciences. Her area of research work was mushroom. She has worked on the topic titled- Effect of wheat bran and gram flour on growth and yield of White Oyster Mushroom [*Pleurotus florida* (Mont.) Singer]. She has published three research papers, six book chapters, and eight articles. Apart from this, she has attended various national and international conferences and has received the best article award.



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