

Chenggum



Common Name

English :Mushroom

Hindi :Khumbi

Manipuri :Chenggum

Scientific Name

Group :Fungi

Family :Agaricaceae

Genus :Agaricus

Species :campestris Linn. ex Fries

Habit :Saprophyte with delicate fruiting bodies.

Parts Used :Whole plant

Mode of Preparation :Fruiting body is cooked and eaten. Plant body crushed for decoction (can be with water or with milk and sugar).

Mode of use :Decoction

Ingredients :The plant body is rich source of vitamins (B complex, K, C & D). Rich in minerals, proteins, carbohydrate, fat, etc.

Ailment Treated:Cooked or plant decoction is tonic, laxative, used in paralysis, seminal weakness and general debility. Decoction/ cooked, mushroom is given to combat weakness and ricket, given as diet for T.B patients. Fried mushroom increases sexual vitality (improves sexual strength).

Source:Wild and Cultivated .