

Ganoderma Lucidum Side Effects

There are quite a few Ganoderma lucidum side effects that one should know about before ingesting this beneficial mushroom. Read on to know the various Ganoderma lucidum side effects and beware of them...

When I heard the words Ganoderma lucidum, I dismissed it as some kind of spell that Harry Potter would use. However, the fact is that there is a plant known as Ganoderma lucidum. This is basically Lingzhi or [Reishi mushroom](#), which is a fungus that is woody and has a bitter taste. So then, why would anyone want to eat it? Well, it has a plethora of goodness in it. This mushroom is used for palliative treatment of herpes. It is also said to aid the immune system, lower blood pressure and cholesterol, treat asthma and heart disease, etc. However, as is the case with both commercial drugs and herbal treatments, besides the above given Ganoderma lucidum benefits, there are a few Ganoderma lucidum side effects. Given below are a few side effects of this mushroom.



Side Effects of Ganoderma Lucidum

Although this herb, if used in the right manner and in the right dosage, can lead to various benefits, it is best to be aware of certain [Ganoderma side effects](#). Most of the side effects seen in conjunction with this mushroom are mild and include dizziness and dryness of the mouth, throat and the nose. There may also be mild amount of irritation of the skin, which may manifest as skin redness and rashes. A person may also have headaches. Although in most cases, this mushroom does not lead to internal adverse effects, a person may suffer from stomach pain, discomfort and even nausea, vomiting and diarrhea, especially if a person drinks too much Ganoderma lucidum tea or [Reishi tea](#).

One of the major Ganoderma lucidum side effects is that ingestion of this mushroom may lead to an abnormal amount of bleeding due to its component adenosine. This may inhibit platelet aggregation at the site of the injury. Due to this, there is a blood thinning effect, which may eventually lead to the inability of a wound to close and heal soon. This problem may be very mild, or it may even be serious enough to lead to internal and gastric bleeding. Thus, this [mushroom](#) should not be taken by people that are on blood thinning medication or who have a bleeding tendency, as this may aggravate the problem due to this particular [Lingzhi side effect](#). People may also suffer from repeated nosebleeds. So, if you happen to be using an anticoagulant or are on anticoagulant therapy, you need to ask your doctor if you should take this mushroom.

One of the [Reishi mushroom benefits](#) is that it may be able to lower blood pressure. But then this may also become one of the Ganoderma lucidum side effects, if you happen to be on long term therapy for lowering blood pressure. You will need to ask your doctor if it would be wise to take this mushroom in your diet. If the dosage is not taken into consideration while taking this mushroom, then it may lead to dangerously low blood pressure. This mushroom also tends to lower blood sugar, so if you are on medication that helps to lower blood pressure, it is best to ask your healthcare practitioner about consuming [Ganoderma extract](#).

One of the relatively rare but major Ganoderma lucidum side effects is its potential to cause damage to the liver. Although this is rare, there is a chance that over consumption of Ganoderma lucidum may lead to liver toxicity. Also, there is not enough matter to know whether it is safe to consume Ganoderma lucidum when pregnant or lactating, so it is best to avoid taking this medication if you are pregnant or lactating. So, before you start taking in this mushroom, it is best to know about [Reishi mushroom extract](#) or Ganoderma extract.

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Published: 12/28/2010