

Supplementary Table S 3. Representative mushroom species and their traditional uses in Nepal

S.N	Scientific Name	Local Name(s)	Use Categories	Preparation/Use Notes	Source(s)
1	<i>Amanita caesarea</i>	Suntale/Salle chyau, Dhar shyamo, Phul chyau, Salla chyau	Food, economic	sold locally	[3,4]
2	<i>Auricularia auricula-judae</i>	Kane/Todke/Thalathele chyau, Navyang/Dudha musa, Narvyang shyamo, Mushkane chyau	Food, medicinal	-	[3,5,6]
3	<i>Cantharellus cibarius</i>	Besare/Pahelo/Ura shyamo, Kukhure Ko phul chyau, Chapi musa, Sher shyamo,	Food, economic	sold locally	[1,3,5]
4	<i>Coprinus comatus</i>	Gobre/Kopre chyau, Koper/Chywpu shyamo, Malko timur	Food, medicinal	Induces sleep in children; treats skin disease. Must be cooked fresh before ink forms.	[1,3,7]
5	<i>Daldinia concentrica</i>	Dalley/Kale/Dalle chyau, Kanney chyau, Yamu musa, Phusphuse chyau	Medicinal	Stops bleeding; treats burns, pneumonia, itchiness, constipation.	[3,8,9]
6	<i>Fomes fomentarius</i>		Medicinal	Believed to inhibit tumor.	[10]
7	<i>Ganoderma lucidum</i>	Dadhu/Dhadu Chyau, Dhi shymu, Dhishymu, Kathey chyau	Medicinal, Decorative, Religious	Hung or placed in homes as a protective talisman against evil spirits; also used as an ornamental showpiece in homes and hotels.	[3,5,11]
8	<i>Grifola frondosa</i>	Baajh/Berkap/Nangrey/Chiple/Chid hha/Kande chyau, Sulshing/Narvyang/Nagrooma shyamo, Nagroom	Food, Medicinal	Relieves muscle pain, backache; boosts immunity; treats fever and dysentery. Local market value.	[3,7,9]
9	<i>Hericium erinaceus</i>	Thakre/Thankar/Chamarey chyau, Thakrey shyamo	Food	Edible at young stage. Local market value.	[12,13,14]
10	<i>Laccaria laccata</i>	Budhi/Jhari/Bagaley/Thari/Chinduk shyamo, Ma/Tala timi, Bhuinbapale chyau,	Food	Considered more delicious raw than cooked.	[1,3,15]

11	<i>Laetiporus sulphureus</i>	Rato/Bhalu/Kath-phule chyau, Phenji thanga/Bala/Sulsingwala shyamo, Bhat/Sing jema	Food, Medicinal, Economic	Believed to cure cancer; treats diarrhea, stomachache, weakness, high blood sugar/pressure. Must be cooked thoroughly; only young specimens consumed	[3,8,16]
12	<i>Lentinula edodes</i>	Mrige chyau, Tangi shyamo	Food	In cultivation also	[4,6,17]
13	<i>Morchella esculenta</i>	Guchi/Khoya/Mathheura/Chohara chyau, Muguding syamu	Food, Medicinal, Economic	Treats burns; general tonic for heart patients and pain relief.	[3,5, 17]
14	<i>Ophiocordyceps sinensis</i>	Yarshagumba, Yartsagunbu, Yarsagumba	Medicinal, Economic	Energy booster, aphrodisiac, general tonic, immunity booster.	[18,19]
15	<i>Pleurotus ostreatus</i>	Marmo/Kanne shyamo, Seto chyau	Food, Economic	Local market	[1,5,12]
16	<i>Ramaria botrytis</i>	Thokre/Thaker/Kawali/Kauli/Nangr euauu chyau, Thaker shyamo, Syou syau	Food, Medicinal, Economic	Relieves muscle pain and backache.	[1,5, 20]
17	<i>Schizophyllum commune</i>	Mizu/Pankha/Mujurey/Bagale chyau, Miju Syamu, Mizu shyamo	Food, Ritual, Medicinal, Economic	Implied value in marriage ceremonies; integral to cultural economy.	[1,5, 20]
18	<i>Termitomyces clypeatus</i>	Dhamire/Dewale/Nundhukuli chyau, Vemti, Gobrey chyau	Food, Medicinal	Soup used for treatment of fever and measles.	[2,21]
19	<i>Termitomyces eurhizus</i>	Dhamire/Sadaka/Kalunge/Bagale chyau, Kadum/Madkine musa, Puchina, Jhyarno,	Food, Medicinal, Economic	used to prepare lotion for skin diseases with <i>Cynodon dactylon</i>	[2,21]
20	<i>Trametes versicolor</i>	Teko shyamo, Dharkey/Kathe chyau, Chaimu musa Parale chyau	Medicinal, Material	Heals cuts and wounds; used for skin diseases and cancer.	[3,7]

## References

- [1] Christensen M, Devkota S, Bhattarai, S. 2008. Use of wild edible mushrooms in the Annapurna Conservation Area, Nepal. *Journal of Mycology and Phytopathology Society Nepal* 1:1–6
- [2] Aryal HP, Budathoki U. 2016. Ethnomycology of *Termitomyces* R. Heim in Nepal. *Journal of Yeast and Fungal Research* 7:28–38 <https://doi.org/10.5897/JYFR2015.0154>
- [3] Pandey N. 2008. *Mushroom diversity in central Nepal: an ethnomycological approach*. Thesis. Tribhuvan University, Nepal. 259 pp.
- [4] Aryal HP, Budathoki U. 2013. Ethnomycological studies on some macro-fungi in Rupandehi District, Nepal. *Banko Janakari* 23:51–56
- [5] Christensen M, Bhattarai S, Devkota S, Larsen HO. 2008. Collection and use of wild edible fungi in Nepal. *Economic Botany* 62:12–23
- [6] Shah P, Aryal HP, Darji TB. 2020. Species richness of macrofungi and ethnomycological studies in Chitlang, Makwanpur, Central Nepal. *Kavaka* 55:101–107 <https://doi.org/10.36460/kavaka/55/2020/101-107>
- [7] Jha SK. 2013. *Studies on macrofungal diversity of Kathmandu valley, Nepal and nutritive value of some dominant edible ones*. Thesis. D.D.U. Gorakhpur University, India
- [8] Sigdel SR, Rokaya MB, Timsina B. 2013. Plant inventory and ethnobotanical study of Khimti Hydropower Project, Central Nepal. *Scientific World* 11:105–112 <https://doi.org/10.3126/sw.v11i11.8563>
- [9] Rijal A. 2011. Surviving on knowledge: ethnobotany of Chepang community from mid- hills of Nepal. *Ethnobotany Research and Applications* 9:181–215
- [10] Bhattarai AP. 2013. *Study of Macro-fungi in Sukhaura Hariyali community forest, Makrahar VDC, Rupandehi, Nepal*. Thesis. Tribhuvan University, Nepal. 41 pp.
- [11] Adhikari HS. 2025. Ecology and diversity of bracket fungi in oak dominated forests of Nepal, Central Himalaya. *Journal of Resources and Ecology* 16:124–131 <https://doi.org/10.5814/j.issn.1674-764x.2025.01.012>
- [12] Bhattarai AP, Adhikari HS, Aryal HP, Budathoki U. 2024. Ecology and ethnomycological study of some wild mushrooms in tropical riverine forest, Lumbini province, west Nepal. *Amrit Research Journal* 5:1–9
- [13] Khadka B, Aryal HP. 2020. Traditional knowledge and use of wild mushrooms in Simbhanjyang, Makwanpur District, Central Nepal. *Studies in Fungi* 5:406–419 <https://doi.org/10.5943/sif/5/1/22>
- [14] Jha SK, Thapa S. 2024. Diversity of wild mushrooms in Chaukot, Panauti. *Perspectives on Higher Education* 15:1–18 <https://doi.org/10.3126/phe.v15i01.80860>
- [15] Giri A, Rana R. 2009. Ethnomycological knowledge and nutritional analysis of some wild edible mushrooms of Sagarmatha national park (SNP), Nepal. *Journal of Natural History Museum* 23:65–77
- [16] Adhikari HS, Magar GT, Balami S. 2024. *Laetiporus sulphureus* in the mid-hills of Central Nepal: ecology, ethnomycology and present status. *Our Nature* 22:10–18 <https://doi.org/10.3126/on.v22i1.67347>
- [17] Devkota S. 2008. Distribution and status of highland mushrooms: a study from Dolpa, Nepal. *Journal of Natural History Museum* 23:51–59 <https://doi.org/10.3126/jnhm.v23i0.1839>
- [18] Gaire D. 2019. Resource assessment and marketing of caterpillar fungus (*Ophiocordyceps sinensis*) in the buffer zone of Makalu Barun National Park, Nepal. *Journal of Natural & Ayurvedic Medicine* 3:1–8
- [19] Paudel S. 2020. *Examining caterpillar fungus (Ophiocordyceps sinensis) harvesting and management practice at Pupal pasture of Dhorpatan hunting reserve, Nepal (Issue 00710)*. Thesis. The University of Western Australia, Australia. 81 pp.
- [20] Pandey N, Devkota S, Christensen M, Budathoki U. 2006. Use of wild mushrooms among the Tamangs of Nepal. *Nepal Journal of Science and Technology* 7:97–104 <https://doi.org/10.3126/njst.v7i0.579>
- [21] Aryal HP, Budathoki U. 2013. Ethno-mycological study on wild mushrooms of Vulkepani community forest, Rupandehi District, Nepal. *Nepalese Journal of Biosciences* 3:49–53 <https://doi.org/10.3126/njbs.v3i1.41444>