

# Kratom

*Latin Name: Mitragyna speciosa*

ANALGESIC (relieves discomfort); MOOD Lifting

Native: Southeast ASIA

Tropical Tree in the Coffee Family

Use LEAVES - 3 main types:

- RED vein: Advanced Discomfort and Calming effects

- WHITE vein: Daytime herb; Energy boost; some Discomfort Relief; pleasant Relaxed and Sleepy effect when it wears off

- GREEN vein: Best effects of both Red and White: Discomfort Relief; Calming effects; Energy and Motivation

## HISTORY

1) Used for 1000s of years as Traditional Folk medicine: Thailand; Indonesia; Malaysia; Vietnam...

2) Now - on Federal Watch List as a 'drug of concern'; illegal in Ohio

## REPORTED FOLK-USE

1) Components: Bitter; Alkaloids – some with mild opiate-like effects

2) Opiate Addiction; Opiate Withdrawal; Blocks opiate receptors; Recreational Drug; Mood Lifting; Sense of Wellness; Advanced Discomfort

RESULTS are DOSE DEPENDENT and VARY with each person's sensitivity

LOW DOSE: Stimulant; Mental Alertness; MOTIVATION to get-up-and-go; Physical Energy; Sexual Energy; Talkative; Friendly

NORMAL to HIGH DOSES: Sedative-euphoric; ANALGESIC (Relieves Physical and Emotional Discomfort); Anxiety; Stress relief (within 15-30 minutes); Calms; Relieves MUSCLE Strain; Usually lasts about 6 hours; Some report 'After-glow' the next day

OVER-DOSE results in nausea and vomiting

## CAUTION:

- USE COMMON SENSE: DO NOT USE when driving, working with heavy equipment, or climbing ladders, even when in energy phase, as this can change to sedative effect at any time.

- Contains monoamine alkaloids and SHOULD NOT BE TAKEN WITH MAO inhibitor medications.

- CAN BE HABIT FORMING if used on a daily basis for prolonged periods of time.

Withdrawal is similar to stopping coffee or cola drinks

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## Kratom References

### Herb History and General Information

FDA News Release. US Marshals Seize Botanical Substance Kratom from Southern California Facility, Kratom was marketed with drug claims. Press release from the US Food and Drug Administration. September 25, 2014. See at <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm416318.htm> accessed December 26, 2014

Meyer, Tom, WKYC-TV, Cleveland. New herbal stimulant creates buzz, worry about addiction. USA TODAY. 2-27-14. See at <http://www.usatoday.com/story/news/nation/2014/02/27/kratom-herbal-stimulant-drug/5868923/> accessed December 26, 2014

Kratom Infusion. Kratom information at <http://krotominfusion.com/kratom-effects/> accessed December 26, 2014

Sage Wisdom. The Kratom User's Guide, dated July 31, 2014, at [www.sagewisdom.org/kratomguide.html](http://www.sagewisdom.org/kratomguide.html) accessed December 26, 2014

### Studies

No studies found as of December 26, 2014