Ayahuasca Safety Profile

Studies in both clinical and healthy human trials have shown that ayahuasca is a physically and psychologically safe substance when its composition is known, and when it is administered in controlled doses in a suitable setting with the necessary support.

**About**

Ayahuasca is a hallucinogenic drink made from two plants: Banisteriopsis caapi and Psychotria viridis. The drink is typically used in traditional religious contexts in the Amazon region of South America. It is often used in ceremonial rituals to facilitate visions and spiritual insights.

**Physical risks related to ayahuasca pharmacology**

Ayahuasca contains a complex mixture of psychoactive compounds, including N,N-dimethyltryptamine (DMT) and harmaline. These compounds can lead to physical side effects such as:

- **Nausea and vomiting**
- **Diarrhea**
- **Headache**
- **Teeth clenching**
- **Muscle spasms**

**Psychological risks related to the nature of the experience**

Ayahuasca use can lead to a variety of psychological side effects, including:

- **Hallucinations**
- **Flashbacks**
- **Increased paranoia**
- **Changes in mood**
- **Confusion**

**Commissions adverse effects (or desired effects)?**

Ayahuasca use can result in both physical and psychological changes. These effects are often described as both positive and negative, depending on the individual's perspective. Physical side effects can be uncomfortable, but psychological effects are generally seen as beneficial for personal and spiritual growth.

**Avoidance reactions**

Intravenous use is not typical of ayahuasca as it is usually ingested orally. However, intravenous use of ayahuasca is not recommended due to the complex nature of the drink and the potential for adverse reactions.

**What is the composition?**

The composition of ayahuasca is varied, depending on the plant species used and the recipe. It typically includes Banisteriopsis caapi, Psychotria viridis, and sometimes other plants. The main psychoactive compounds are DMT and harmaline.

**What is the ayahuasca mixture used for?**

Ayahuasca is primarily used in traditional religious ceremonies for spiritual and therapeutic purposes. It is also used for personal growth, healing, and as a tool for spiritual awakening.

**What are the ayahuasca adverse effects?**

Adverse effects are sometimes experienced after consuming ayahuasca. These can include:

- **Nausea and vomiting**
- **Diarrhea**
- **Headache**
- **Teeth clenching**
- **Muscle spasms**

**What about acute psychological adverse reactions?**

When its composition is known, and when it is administered in controlled doses in appropriate environments with the necessary support.

**References**

2. Fábregas et al., 2010; Doering-Silveira et al., 2005a.
4. Mello et al., 2019
5. Durante et al., 2020