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For Immediate Release

## **Ibogaine Helps Establish Healthy Living Habits**

New research evaluates subjective effects of substance known for effectiveness in treating addictions

Barcelona – According to a recent study conducted by researchers at the International Center for Ethnobotanical Education, Research and Service (ICEERS), understanding the subjective effects of ibogaine could help to reinforce its application in therapeutic and personal growth processes, helping individuals overcome addictions and reintegrate themselves into their community.

Study authors conclude that ibogaine shows potential for supporting personal growth, pro-social behaviour, psychotherapy, and anti-dependency treatments, indicating that the greatest long-term success is seen when the individual is highly motivated for change and is in a supportive environment, practicing aftercare or psychotherapy.

“Ibogaine is the most abundant alkaloid found in the African shrub *Tabernanthe iboga*. The root bark has been sacramentally used for centuries in the Bwiti religion as a spiritual and social ‘binding’ tool,” said Maja Kohek, the study’s first author. “In the west, it is mostly known for its anti-addictive qualities and has been used for the treatment of problematic substance use.”

The research, [published](#) in the journal *Anthropology of Consciousness*, focused on the acute subjective effects experienced by subjects who had taken ibogaine. The objective was to identify categories to evaluate the experience and acquire a better understanding of the physical and psychological effects in order to better assess these experiences.

Researchers interviewed eleven subjects who had recently taken ibogaine and eleven others who, in addition to having had the ibogaine experience, were undergoing treatments with ibogaine. Thirteen of the subjects identified substance abuse and addictive behaviours as reasons for taking ibogaine. Researchers identified eight categories for acute subjective effects of ibogaine: physical effects, sensory effects, visual effects, cognitive effects, auditory effects, adverse effects, anti-dependence effects, and after-effects.

“We found that Individuals turned to ibogaine as a tool to integrate personal issues and become aware of them, or to acquire wisdom and knowledge about the world and themselves,” said Maja Kohek.

### **An intense and lasting experience**

Researchers found that the effects of ibogaine seem to last longer than what is known from other classic serotonergic hallucinogens such as psilocybin or LSD and are generally experienced in stages. These findings echo how the traditional communities who use iboga describe the experience; in Bwiti, both the initiation ritual and the iboga experience itself are perceived in stages that resemble the process described in the study.

The ibogaine experience lasts between 24 and 96 hours, although participants reported experiencing positive impacts over weeks or even months. Most people described the experience as an accelerated psychoanalytic treatment, and many experienced a symbolic process of death and rebirth.

Similar to other serotonergic psychedelics, ibogaine also enables a state of deep introspection or self-analysis, and an analysis of others without judgment. In this sense, it has been argued as having a quality of a psychoanalytical treatment, where the individual can rediscover and gain psychological strength and physical energy that gives motivation and direction for change.

"Ibogaine reconnected me with my life purpose. And I discovered the fact that whenever I didn't have a life purpose, I felt like I just wanted to die. Although my life purpose is not clear, it is present. I want to live and I want to love, and I want to connect and I want people to connect and love and create a better world," said one research participant.

Since the 1960s, numerous studies have documented the effectiveness of ibogaine in treating addictions, freeing individuals from destructive habits and giving them the opportunity to change, as well as suppressing withdrawal symptoms.

**For more information:**

Dr. José-Carlos Bouso  
Scientific Director, ICEERS  
[jcbouso@iceers.org](mailto:jcbouso@iceers.org)