



HOT Sheet

Kratom (Kratum) (*Mitragynaspeciosa*)

We have reports of this substance being abused here in Blair County.

- It is a tropical tree native to Southeast Asia and is used there for its medicinal properties.
- Remains legal and unregulated in the United States. It has no scientifically established medical uses. Kratom is illegal in a number of countries in Europe and Asia-most notably in Thailand, where much of it is produced.
- Kratom is being sold at smoke shops, “head shops”, convenience stores and gas stations locally
- Kratom is in a newly-defined class of drugs called New Psychoactive Substances.
- Can be addictive, and regular use can lead to physical and psychological dependence in users
- Side effects include weight loss, dry mouth, chills, nausea, vomiting, changes in urine and constipation, liver damage, muscle pain, hallucinations, delusion, confusion, depression, breathing suppression, seizures, coma, and death.
- Mostly abused by oral ingestion in the form of raw leaf, powder, gum, dried in capsules, tablets, tea and as a concentrated extract.
- It produces feelings of improved mood, being strong, active, optimistic and being pain free.
- The effects of Kratom typically begin in 5-10 minutes and can last between 5-7 hours.
- In small doses, it is a stimulant, making a person talkative, sociable and energetic. In large doses, it creates lethargy, euphoria and sedating effect.
- Kratom is promoted as a legal, undetectable, safe drug that can be used to come off stronger drugs.
- It is not detected by typical drug screening tests, but its metabolites can be detected by more specialized testing.
- Withdrawal effects of kratom are similar to opiate withdrawal like heroin and pain killers. They include: diarrhea, muscle pain, restlessness, severe depression, irritability, mood swings, and sleeplessness.
- Use during pregnancy can adversely affect infant development and result in the baby experiencing withdrawal symptoms requiring treatment at birth.

If you have questions, please contact Briana Cunningham, Prevention Supervisor at Blair Drug & Alcohol Partnerships by calling (814) 381-0921 or by emailing bcunningham@blairdap.org.