

Salvia Divinorum



- Salvia divinorum is a hallucinogenic herb in the mint family.
- Although salvia divinorum is not a Schedule 1, controlled substance, legal does not mean safe.

Salvia's short-term effects include:

- Intense hallucinations
- Anxiety
- Mood swings
- Loss of coordination
- Feelings of detachment
- Mixed senses

What Is Salvia Divinorum?

Salvia (Salvia divinorum) is an herb in the mint family found in southern Mexico. Salvia belongs to a group of drugs called hallucinogens. The main active ingredient in salvia, salvinorin A, changes the chemistry in the brain, causing hallucinations. The effects usually last less than 30 minutes but may be very intense and frightening. Hallucinogens may alter a person's awareness of his or her surroundings, thoughts, and feelings. They may also cause someone to see or feel things that aren't real.

What Are Common Street Names?

Magic Mint, Sally-D, Ska Pastora, Maria Pastora

How Salvia Is Used.

Usually, people chew fresh S. divinorum leaves or drink their extracted juices. The dried leaves of S. divinorum are smoked in rolled cigarettes, inhaled through water pipes (hookahs), or vaporized and inhaled.

How Does Salvia Affect The Brain?

Researchers are studying salvia to learn exactly how it acts in the brain to produce its effects. What is currently known is that salvinorin A, the main active ingredient in salvia, changes the way the brain works by changing the way nerve cells communicate. Nerve cells, called neurons, send messages to each other by releasing chemicals called neurotransmitters. Salvia affects this signaling process. Salvinorin A attaches to parts of nerve cells called kappa opioid receptors. (Note: These receptors are different from the ones involved with opioid drugs like heroin and morphine.)

How Does Salvia Affect The Body?

Salvia's effects usually appear in less than 1 minute and last less than 30 minutes. Short-term effects can include:

- Intense hallucinations (seeing or feeling things that aren't really there)
- Mixed senses (such as "seeing" sounds or "hearing" colors)
- Feelings of detachment (disconnected from one's environment)
- Mood swings
- Sweating
- Loss of coordination
- Slurred speech
- Anxiety
- Dizziness



Wheeler

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There also are reports of people losing contact with reality—being unable to tell the difference between what’s real and what’s not. Many of these effects raise concern about the dangers of driving under the influence of salvia. The long-term effects of salvia have not been fully studied. However, some hallucinogens may cause lasting consequences, such as psychosis or mental disorders.

Can You Overdose Or Die If You Use Salvia?

It is not clear if there have been any deaths associated with salvia. However, because we do not know all of salvia’s effects, it is a drug that public health experts are watching carefully.

Is Salvia Addictive?

It’s not clear if using salvia leads to addiction. More studies are needed to learn whether it has addictive properties.

What Is Salvia’s Legal Status?

Neither Salvia divinorum nor its active constituent Salvinorin A has an approved medical use in the United States. Salvia is not controlled under the Controlled Substances Act. Salvia divinorum is, however, illegal in 29 states.

What Should I Do If Someone I Know Needs Help?

A person who begins to hallucinate and is detached from reality should get checked by a health care professional right away. Many medical and mental conditions that can cause hallucinations may quickly become emergencies. The person should not be left alone.

Call your health care provider, go to the emergency room, or call your local emergency number (such as 911).

If you, or a friend, are in crisis and need to speak with someone now:

- In Connecticut, call 211 for crisis services.
Call 1-800-563-4086 for access to treatment for substance use disorder in Connecticut.
- In the U.S., call the National Suicide Prevention Lifeline at 1-800-273-TALK (they don't just talk about suicide - they cover a lot of issues and will help put you in touch with someone close by).
- Call 1-800-662-HELP or visit SAMHSA to find treatment for substance use disorder in the U.S.
www.samhsa.gov/find-help/national-helpline

Connecticut Resources

Department of Mental Health
and Addiction Services
www.ct.gov/dmhas
24/7 Access Line
1-800-563-4086

National Resources

Substance Abuse and Mental
Health Services Administration
www.Samhsa.gov
1-800-662-HELP(4357)

NIDA
www.drugabuse.gov



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