

Medical Contraindications with Ayahuasca

Our priority is your safety and wellbeing, and to guide you to personal healing and growth.

By registering for a program, you are declaring that you are in physical and mental condition appropriate to the activities described, that you agree to participate at your own risk, and that we cannot accept liability for any accident or injury. We will provide the most secure environment to work with ayahuasca as possible and ensure your welfare to the best of our abilities, at all times. In return, we ask that you follow these guidelines so as not to endanger yourself or others.

General Medical Precautions

Working with ayahuasca is generally safe, but can pose health risks for some; it is important that you share any known heart, liver, kidney, pancreatic, or other serious medical conditions, and/or use of any medication at the time of registration via the required Traveler Information Form. Please be as thorough and forthcoming as possible when answering the questions. If any potential medical contraindications are present, we will follow up with you privately.

It is generally advised that anyone with diabetes, hepatitis, chronic liver disease, chronic high blood pressure, heart conditions, a history of epilepsy or seizures, or tuberculosis should not take ayahuasca. It is also not considered safe to drink ayahuasca while pregnant. Please contact us if you have any concerns about any of the above.

Ayahuasca can also be dangerous to those with a history of psychological conditions.

Please let us know of any history of mental health issues. It is important and generally recommended to suspend any kind of psycho-pharmaceutical and depression treatments a minimum of 4-6 weeks prior to the trip, but you should only do so in consultation with your physician. It is your responsibility to consult with your medical practitioner if you are taking certain medications, particularly several types of anti-depressants (see Contraindications: Drugs and Medications section below). Be sure to specifically tell your doctor you will be taking a reversible MAOI.

Contraindications

From an Amazonian plant healer's perspective, when a patient or apprentice is working with a medicinal plant, it is preferable to not take any other substances or medicines, as it may interfere with the plant's energy and provoke unwanted reactions.

Certain drugs and medications, including some over-the-counter and non-prescription drugs and medication, have been found to not be compatible with ayahuasca. It is essential to stop taking the substances listed in this document and give your

system sufficient time to remove them from the body before you begin a program. (Please consult your doctor if you are in any doubt. You should not stop taking prescribed medications without consulting your doctor.)

Contraindications: Herbal Medicine and Supplements

The following herbal medicines should not be combined with ayahuasca and should be stopped at least two weeks prior to working with ayahuasca:

- St. Johns Wort
- Kava
- Kratom
- Ephedra
- Ginseng
- Yerba Mate
- Yohimbe
- Sinicuichi
- Rhodiola Rosea
- Kanna
- Boswellia
- Licorice Root
- Nutmeg
- Scotch Broom
- Licorice Root
- Turmeric
- Cannabis

Note about interaction with cannabis:

Smoking marijuana before the ayahuasca session may stupefy and darken the overall experience, acting as a blockage for the visionary plant to manifest in the fullest way. Given the general amplified sensitivity of all participants of ayahuasca session, marijuana negatively affects not just the person who used it, but potentially other participants' experiences as well as the overall energy of the medicine circle. It is important that it is clear from your system before joining the trip.

Contraindications: Drugs and Medications

Any medication that contains MAO inhibitors (MAO-Is) are known to cause dangerous side effects when taken in conjunction with ayahuasca and should be suspended.

Any medication that has an effect on the serotonin system, including Selective Serotonin Reuptake Inhibitors (SSRIs), can induce serotonin syndrome, with potentially fatal results when combined with ayahuasca. We advise that SSRI medications be suspended six weeks prior to a workshop to allow the system to clear in time.

Many over the counter medications, such as antihistamines, require only 48 hours of non-use prior to Ayahuasca, although we still recommend ceasing them 2 weeks in advance. All prescription medications, certain supplements, and illegal drugs should be ceased at least 2-8 weeks prior to and one week after drinking Ayahuasca.

Some of these drugs may cause side effects when you stop taking them so you should allow plenty of time for these to subside and always consult your physician before changing your medical schedule.

Contraindicated Drugs:

- Other MAO-Is
- SSRI's (any selective serotonin reuptake inhibitors)
- Asthma inhalers
- Antihypertensives (high blood pressure medicine)
- Appetite suppressants (diet pills)
- Medications for asthma, bronchitis, or other breathing problems
- Antihistamines, medicines for colds, sinus problems, hay fever, or allergies (any cold, cough, or flu preparations, and any drug with DM, DX or -tuss in its name.)
- CNS (central nervous system) depressants
- Antipsychotics
- Barbiturates
- Tranquilizers
- Sympathomimetic amines (including pseudo ephedrine and ephedrine)
- Alcohol
- Amphetamines
- Opiates
- Mescaline (any phenethylamine)
- Barbiturates

Specific Contraindicated Drugs:

- Actifed
- Adderall
- Alaproclate
- Albuterol (Proventil, Ventolin)
- Amantadine hydrochloride (Symmetrel)
- Amineptine
- Amitriptyline
- Amoxapine (Asendin)
- Asarone/Calamus
- Atomoxetine
- Befloxedone
- Benadryl
- Benylin
- Benzedrine

- Benzphetamine (Didrex)
- Bicyclanil
- Brasofensine
- Brofaromine
- Bromarest-DM or -DX
- Bupropion (Wellbutrin)
- Buspirone (BuSpar)
- Butriptyline
- Carbamazepine (Tegretol, Eptol)
- Chlorpheniramine
- Chlor Trimeton
- Cimoxetone
- Citalopram
- Clomipramine (Anafranil)
- Cocaine
- Codeine
- Compoz
- Cyclobenzaprine (Flexeril)
- Cyclizine (Marezine)
- Dapoxetine
- Desipramine (Pertofrane, Norpramin)
- Desvenlafaxine
- Dextroamphetamine (Dexedrine)
- Dextromethorphan (DXM)
- Dibenzeperin
- Dienolide kavapyrone desmethoxyyangonin
- Diethylpropion
- Dimetane-DX
- Disopyramide (Norpace)
- Disulfiram (Antabuse)
- Dopamine (Intropin)
- Dosulepin
- Doxepin (Sinequan)
- Dristan Cold & Flu
- Duloxetine
- Emsam
- Ephedrine
- Epinephrine (Adrenalin)
- Escitalopram
- Femoxetine
- Fenfluramine (Pondimin)
- Flavoxate Hydrochloride (Urispas)
- Fluoxetine (Prozac)
- Fluvoxamine
- Furazolidone (Furoxone)
- Guanethedine

- Guanadrel (Hylorel)
- Guanethidine (Ismelin)
- Hydralazine (Apresoline)
- 5 Hydroxytryptophan
- Imipramine (Tofranil)
- Iprindole
- Iproniazid (Marsilid, Iprozid, Ipronid, Rivivol, Propilniazida)
- Iproclozide
- Isocarboxazid (Marplan)
- Isoniazid (Laniazid, Nydrazid)
- Isoniazid rifampin (Rifamate, Rimactane)
- Isoproterenol (Isuprel)
- L dopa (Sinemet)
- Levodopa (Dopar, Larodopa)
- Linezolid (Zyvox, Zyvoxid)
- Lithium (Eskalith)
- Lofepamine
- Loratadine (Claritin)
- Macromerine
- Maprotiline (Ludiomil)
- MDA
- MDEA
- MDMA (Ecstasy)
- Medifoxamine
- Melitracen
- Meperidine (Demerol)
- Metaproterenol (Alupent, Metaprel)
- Metaraminol (Aramine)
- Methamphetamine (Desoxyn)
- Methyldopa (Aidomet)
- Methylphenidate (Ritalin)
- Mianserin
- Milnacipran
- Minaprine
- Mirtazapine (Remeron)
- Moclobemide
- Montelukast (Singulair)
- Nefazodone
- Nialamide
- Nisoxetine
- Nomifensine
- Norepinephrine (Levophed)
- Nortriptyline (Aventyl)
- Oxybutynin chloride (Ditropan)
- Oxymetazoline (Afrin)
- Orphenadrine (Norflex)

- Pargyline (Eutonyl)
- Parnate
- Paroxetine (Paxil)
- Pemoline (Cylert)
- Percocet
- Pethedine (Demerol)
- Phendimetrazine (Plegiline)
- Phenelamine
- Phenergen
- Phenmetrazine
- Phentermine
- Phenylephrine (Dimetane, Dristan decongestant, Neo Synephrine)
- Phenylpropanolamine (in many cold medicines)
- Phenelzine (Nardil)
- PMA
- Procarbazine (Matulane)
- Procainamide (Pronestyl)
- Protriptyline (Vivactil)
- Pseudoephedrine
- Oxymetazoline (Afrin)
- Quinidine (Quinidex)
- Rasagiline (Azilect)
- Reboxetine
- Reserpine (Serpasil)
- Risperidone
- Robitussin
- Salbutamol
- Salmeterol
- Selegiline (Eldepryl)
- Sertraline (Zoloft)
- Sibutramine
- Sumatriptan (Imitrex)
- Terfenadine (Seldane D)
- Tegretol
- Temaril
- Tesofensine
- Theophylline (Theo Dur)
- Tianeptine
- Toloxatone
- Tramadol
- Tranylcypromine (Parnate)
- Trazodone
- Tricyclic antidepressants (Amitriptyline, Elavil)
- Trimipramine (Surmontil)
- Triptans
- Tryptophan

- Tyrosine
- Vanoxerine
- Venlafaxine (Effexor)
- Viloxezine
- Vicks Formula 44-D
- Yohimbine
- Zimelidine
- Ziprasidone (Geodon)

In addition, using cocaine, amphetamines or MDMA (Ecstasy) in conjunction with ayahuasca is considered dangerous and may be potentially fatal.