


KETAMINE: HERBAL REMEDIES

Herbal remedies may offer supportive care for people who are using ketamine, but they do not treat or counteract ketamine itself. Instead, herbs can be used to:

- ❑ **Support mood, anxiety, or sleep**
- ❑ **Soothe the nervous system**
- ❑ **Aid liver function and kidney function**
- ❑ **Help with bladder inflammation, if ketamine-associated urinary tract issues are present**

Area	Remedy
 <p>Nervous System & Mood Support</p>	<ul style="list-style-type: none"> ❑ Ashwagandha (<i>Withania somnifera</i>) – Adaptogen that helps balance stress hormones, supports mood and sleep. ❑ Lemon balm (<i>Melissa officinalis</i>) – Calming, useful for anxiety, agitation, or post-use “comedowns”. ❑ Passionflower (<i>Passiflora incarnata</i>) – Helps with anxiety and mild insomnia; good before bed. ❑ Skullcap (<i>Scutellaria lateriflora</i>) – Nervine tonic, supports overstimulated nervous systems. ❑ Rhodiola (<i>Rhodiola rosea</i>) – Adaptogen that may help reduce fatigue and support emotional resilience (<i>avoid if very anxious</i>).

Area	Remedy
 <p>Liver & Kidney</p>	<ul style="list-style-type: none"> ❑ Milk Thistle (<i>Silybum marianum</i>) – Protects and regenerates liver cells, supports detoxification. ❑ Dandelion root (<i>Taraxacum officinale</i>) – Stimulates liver and kidney function; mildly diuretic (<i>increases urine production</i>). ❑ Schisandra (<i>Schisandra chinensis</i>) – Liver tonic and adaptogen; supports cognitive clarity.
 <p>Bladder Support</p>	<ul style="list-style-type: none"> ❑ Corn silk (<i>Zea mays</i>) – Anti-inflammatory for the urinary tract. ❑ Marshmallow root (<i>Althaea officinalis</i>) – Soothing to mucous membranes, including the bladder lining. ❑ Uva ursi (<i>Arctostaphylos uva-ursi</i>) – Antiseptic for the urinary tract (<i>short-term use only, under guidance</i>)
 <p>Sleep & Grounding</p>	<ul style="list-style-type: none"> ❑ Chamomile (<i>Matricaria recutita</i>) – Gentle sedative; also calming to the gut. ❑ Valerian root (<i>Valeriana officinalis</i>) – Stronger sleep aid but can make some people feel groggy or edgy. ❑ Reishi mushroom (<i>Ganoderma lucidum</i>) – Supports calm, immunity, and deep rest.

Important Caveats

- ❑ **Not a substitute:** These herbs do not replace professional mental health or medical care.
- ❑ **Drug interactions:** Some herbs (like St. John's Wort) can interfere with medications or cause unwanted effects – **check with your GP** if you are prescribed anything or have underlying health issues.
- ❑ **Dose and quality matter:** Buy from reputable sources and follow dosage guidance.
- ❑ **Avoid combining with ketamine directly**, especially sedatives like valerian or passionflower – **wait until aftereffects have worn off.**