

- **Salvia**
 - Throughout history Salvia, specifically *salvia divinorum*, has been used as a healing and divine hallucination tool. This plant, native to northeast Mexico, naturally grows in the mountainous region of Mexico but has been cultivated throughout the United States and abused for its hallucinogenic effects. The compound in this specific strain of plant is called Salvinorin A and is known to be the most potent naturally occurring hallucinogen. Although Salvia is in the same family of plant as common sage, the *salvia divinorum* is the only plant that contains Salvinorin A. Although it has hallucinogenic properties, the plant is not currently on the FDA banned controlled substance list in the United States. (cesar)
 - **Street Names:** Magic Mint, Maria Pastora, Sally-D, Shepherdess's Herb, Diviner's Sage (drugabuse)
 - **Uses:** There are several ways that Salvia has been used throughout the years. The most common way that Salvia is introduced to the body is through smoking. When the leaves are dried out and ignited, users inhale the smoke to experience the hallucinations. These hallucinations are usually intense and last a relatively short amount of time. The dried leaves can also be inhaled as a vapor, utilizing a glass pipe to get the same effects as smoking. The herb can also be made into a drink and ingested, producing hallucinogenic effects once it enters the bloodstream through the gastrointestinal tract. The most potent way to introduce salvia into the body is through chewing the dried leaves like common chewing tobacco. This method increases in intensity relative to how long the quid is in a user's mouth. Salvia takes its effect on the kappa opiate receptor (KOR) site in the brain, the main center where perception is processed in the brain. (cesar)
 - **Physical Effects:** Although there have been no correlation with health problems or hospitalizations with the use of salvia, dosage and method of ingestion have been linked to severity of the physical and psychological effects on the body. Physical effects correlated with the use of salvia include dizziness, nausea, lack of coordination, slurred speech and awkward sentence patterns, decreased hearts rate, sweating, and chills. (cesar)
 - **Psychological Effects:** The main effects of this drug are on the human mind. When the user ingested this plant, the active ingredient, Salvinorin A, acts on the center related with human perception in the brain. This interaction with the KOR site produces intense hallucinations. The bodily sensations felt when ingesting salvia include a sensation of traveling through space and time, floating or flying, twisting and spinning, heaviness or lightness of the body, or overall soreness. The visual hallucinations felt in the body occur mainly when the eyes are closed and include hallucinations of various shapes or patterns. These visual hallucinations are usually interrupted by intense noise or light. (cesar)
 - **Long-Term Effects:** Although salvia has been used for centuries, there has not been enough scientific evidence to provide any concrete long-term effects. (drugabuse)
 - **Withdrawal:** Although salvia has been used for centuries, there has not been enough scientific evidence to provide any concrete withdrawal effects. (drugabuse)

Sources:

Center for Substance Abuse Research [<http://www.cesar.umd.edu>]

Drugabuse [<http://www.drugabuse.gov/publications/drugfacts>]