

## THE ACTIVE PRINCIPLES OF PSYCHOTROPIC PLANTS

Ștefania Gâdea<sup>1</sup>, Anamaria Vâtcă<sup>2</sup>, Ileana Bogdan<sup>1</sup>, Sorin Vâtcă<sup>1\*</sup>

<sup>1</sup>Faculty of Agriculture, <sup>2</sup>Faculty of Animal Science and Biotechnologies,  
University of Agricultural Sciences and Veterinary Medicine Cluj Napoca, Romania

\*Corresponding author: [sorin.vatca@usamvcluj.ro](mailto:sorin.vatca@usamvcluj.ro)

**Abstract.** In the treatment of many diseases and health problems miraculous effect of plants occur. These can help the individual to become aware of their mental states, both through direct action due their biochemical composition and indirect effect. This effect starts from the idea that the active principles of the plant produce an emotional effect triggered organoleptically on the individual by taste, olfactory and tactile sensations exerted on the mouth, tongue and even pharynx. The disease should be perceived by us as a warning. It is not a punishment or a consequence of our actions and attitudes. Most of the time, the disease puts us face to face with ourselves. It urges us to become aware of our health problems. The attitude of rejecting the disease is counterproductive. The effort to deny it only results in the masking of symptoms, not the actual healing. It is important for every person to know the psycho-emotional causes of the diseases and the recommendations for their healing by plants. The therapeutic use of plants is based on the understanding of the psycho-emotional causes of the diseases. The psycho-emotional effects of plants are correlate with their pharmacodynamic actions and the pharmacological active substances they contain.

**Keywords:** psychotropic plants, psycho-emotional causes, natural therapies

### INTRODUCTION

Lately, traditional medicine has begun to lose ground in the face of naturally therapies which if have been administered correctly and with recommendation, have no adverse effects. More and more research is being done in complementary medicine, given the spectacular effects in diseases where science seems to be not yet resolved. One of the people passionate about the healing alternatives offered by nature is Primary Physician Dorin Dragoș, who has Phd in medical sciences and inventor of psycho-causal medicine that means healing by understanding the psychic causes of diseases using plants, crystals and homeopathy. According to his theory, the sick person has to use his own pain to understand and discover himself, the result being a individual who knows his resources and teaches to use them to the maximum.

The negative emotions, which until then fed their suffering state, must be diverted to a noble goal, being constructively exploited. Without a such substrate, functional and physical sufferings improve and disappear. Therefore, the psycho-emotional substrates of various diseases (respiratory, cardiovascular, digestive etc.) must be known.

It is preferable to make a mixture of plants intended to treat a particular patient by respecting a certain logic and guiding principles. To this is added, each time, the knowledge, experience and intuition of the phytotherapist. The choice of plants must also take into account their classification according to the taste, energy and therapeutic effect they have on the body. In relation to the therapeutic effect, as an additional criterion interfere the number of sets or systems on which that plant acts. Thus, there are plants with limited effects, which act on a small number of system (digestive, urinary, respiratory, cardiac etc.) and plants with large effects, which act on several or even most apparatus and systems in the body.

## PHYSIOLOGICAL AND PSYCHOMETRICAL TRANSFORMATIONS PROVIDED BY TASTE

There is in general a close link between the active principles that plants contain and their psycho-emotional effect. It is unquestionable that active principles in plants produce an emotionally effect triggered organoleptic through taste, olfactory and tactile sensations exerted on the mouth, tongue and pharynx. There is a correspondence between tastes, smells, tactile sensations, on the one hand, and emotions on the other. The substrate of these correspondents is not yet known. It may be something that belongs to the collective subconscious or an unconditional or conditioned reflex. In addition, the common sense spontaneously tends to associate certain tastes with certain tactile sensations as: sweet with soft, astringent with harsh, spicy with sharp, sour with snout, salted with hard and bitter with light. Taste, aroma and tactile feelings triggered by the plants serve as support for assimilating certain attitudes and approaches, managing psycho-emotional crisis, overcoming emotional trauma, or finding solutions in critical situations.

Plants can help the individual to become aware of their mental states through both direct action and their pharmacodynamic action, having as support their biochemical composition and indirect effect, organoleptically sustaining a certain psychic process that the patient goes through, which aims to sublimate thoughts and negative emotions, destructive. From the ancient times, wise men have sought to observe and understand the depth and mystery of feeding, preferences for some foods, or for their taste. In this way, they follow to understand what is going on with the human being when he consumes a food or a plant that has a certain predominant taste. They have thus noticed that the use of a certain taste brings changes not only at physiological level but also at psycho-mental level. Therefore, the use of natural tastes can bring major benefits to the human being in the process of its transformation. Following careful observations, several main tastes have been identified: sweet, salty, spicy, sour, bitter and astringent. People are based on three categories of sensations: taste, olfactory and mechanical, of which the most important are the gustatory:

**The sweet taste** - *for the balance given to the mind* - is most often sought for its nutritional value, being attracted by it the people who feel weakened. In times of difficulty, some people need a little help, which they find eating something sweet. So, they will soon be more relaxed and more satisfied with themselves. But excess in this taste can lead to complacency, convenience and laziness. Sweet taste (simple and complex carbohydrates) induces a tolerant, compassionate, agreeable and affectionate attitude, but also a sense of feeding, comfort, calming, protection and love. It is useful to those as intransigent and traumatized, injured, vulnerable and devoted. In a negative sense, it is associated with compulsion, convenience and laziness. As a rule, sweet taste is found in sweet fruits, cereals and honey.

**The salty taste** - *for energy input* - is the one that helps people when they are sad and depressed, to benefit quickly from an input of internal energy and energy in order to participate in their complex and varied activities. Salty taste is linked to the presence of mineral salts and occurs primarily in salty and seaweed plants, facilitating a sense of satisfaction and fulfillment. Those who eat unsalted food feel that they are not satiated or that the hungry not goes. In a negative sense, this taste is associated with attachment. This taste can be assimilated from moderately salty and well-prepared foods, as well as from goat's milk, olives, tomatoes and stone lichens.

**Sour taste** - *for discipline and mental clarity* - is recommended when people are caught up in their daily problems and finds that their mind is dominated by the things they have to deal with. This taste provide them a state of mental clarity that will help them to focus more easily on important things. They will be able to distinguish the useful of the superficial, an essential aspect for making decisions. Also, the sour taste is energizing and refreshing. This taste is found in lemons, raspberries, cherries etc. The excess of sour taste, however, can lead to envy, jealousy and exaggerated critic sense.

**Spicy taste** - *for enhanced dynamism* - is the one that helps people when they need more dynamism. It also has a powerful effect on both the mind and the soul. Used wisely, he awakens the courage and initiative. It can be used as a digestive stimulant and natural antibiotic. In excess, it induces the state of jealousy and envy. This taste is found on: onion, garlic, ginger, pepper, horseradish etc.

**The bitter taste** - *in order to acquire the feeling of detachment* - is recommended when people want to get away from common issues and when they want to get out of the daily rhythm in order to be able to look objectively the situations they are faced. This will help them reactivate their power of understanding through the detachment action. The excess of bitter taste, however, leads people to suffering and inner pain. Bitter taste is a good detoxifier and is found in artichokes, dandelion and burdock leaves.

**The astringent taste** - *for interiorization and retreat itself* - is recommended for people who want to crystallize their thoughts and feelings in order to extract the essentials. Provide a firm mind, helping people to focus their attention on the depth of their being. It's a good anti-inflammatory and hemostatic. In excess induces fear, shyness and distrust. It is found in nettle, raspberry leaves, birch leaves etc.

**The aromatic taste** is found in volatile oils in plants that breathe a sense of clarity and lucidity, being useful to those whose thoughts and feelings are troubled or confused. In the sphere of volatile oils there is an endless variety of tastes, each inspiring a different shade of soul.

**The particular tastes** are difficult to fit into one category or another. Those are refer to salicylate compounds, which induce a sensation of protection, defense, and removal of suffering sensation as well. At coumarins induced feeling are fluidity, flow and adaptability sensations.

**The olfactory sensations.** With regard to olfactory sensations, no clear separation can be made between them and the taste. This type of sensation is induced in generally by plants with volatile oils, but also with salicylates, coumarins etc. Being given the impressive diversity of psycho-emotional effects induced by volatile compounds, plants that have that active principles are the most useful for phyto-psycho-therapy purposes.

**Touching sensations** are also useful along with olfactory and gustatory sensations. They are of several kinds: soft, harsh and irritating. The soft (mucilages) induce a feeling of blur, flattening, protection and caress. In the negative sense, the soft feeling corresponds to a state of complacency and convenience that somewhat resembles the sweet taste effect. Harsh sensations (tannins) generate a state of sobriety, prudence and temperance, thus recalling of astringent taste. In the negative sense, however, this sensation corresponds to skepticism condition. In terms of irritating state (plants that contain many saponins), it induces a state of awakening and incitement to humans.

## CHARACTERISTICS OF PSYCHOTROPIC PLANTS

It is known that the use of psychotropic plants causes psychological changes to the people who use them. The characteristics of these plants must be known in order for their use to be beneficial on suffering person. Thus, although many plants have the same effect, they are also totally different. It is the case of calming plants as valerian, St John's wort and lavender. Valerian is a tough plant that makes the mind work much slower and falls asleep very quickly. If the St Johns smoothes the thoughts, letting you continue to judge, canceling all the anxiety for the moment, lavender instead accentuates affective predispositions and pleasurable condition. Therefore, when recommendations are made about a plant, it is necessary to know not only the effect, but also its nuances. A plant changes its properties as the used dose is increased. Nutmeg for example, is a banal condiment when is placed in a dessert, but it becomes sleeping drug and tranquilizing when is taken in large quantities and a very powerful drug when taken in huge quantities, producing effects similar to hashish. The same thing applies to lavender, valerian, but also to other plants. There are not few cases when the same plant has diametrically opposed effects when is used in different doses.

The method of preparation can annihilate the well-being properties of a plant or potentiate it. Well-known tea, or infusion, has nothing to look for in the world of psychotropic plants. The efficiency and refinement of the plant of origin, keeps only the preparations that have not “passed” through the fire. This is a unanimously accepted principle in food but neglected in the preparation of plants, which are infinitely more sensitive than food. Three main ways of preparing plants with psychotropic effects are known: maceration, tincture and fluid extract. Of the psychotropic plants, the most commonly used are: *Arnica montana*, basilicum (*Ocimum basilicum*), capasse (*Petasites officinalis*), lavender (*Lavandula angustifolium*), St John's wort (*Hypericum perforatum*), valerian (*Valeriana officinalis*) and motherwort (*Leonurus cardiaca*). Arnica is known in naturist medicine and homeopathy as a "anti-shock" plant. It absorbs emotional shocks and heals the sequelae of traumas of all kinds, from accidents to those caused by very strong emotions.



Figure 1. *Arnica montana* (Internet image)

The basil is a plant less well known in medicine as psychotropic because it does not have a sedative effect, but on the contrary it is an stimulant. The plant favors good mood feelings, helps in nervous regeneration and is an easy exciting one. Very interesting is that

it intensifies religious experiences, similar to myrrh and incense, which is why it is used in the Orthodox religious ritual. It also increases the power of prayer.



Figure 2. Basil *Ocimum basilicum* (Internet image)

The butterbur is a plant that facilitates the possibility of affective opening and diminishes irritability, nervousness and pride. Among the diseases that heal with butterbur, are mentioned: nervous disorders of hyperthyroidism, nightmares and insomnia in children, emotional problems, pessimism etc.



Figure 3. Butterbur *Petasites officinalis* (Internet image)

Lavender is less well-known in the case as a psychotropic plant, but it proves to be an extremely powerful plant because being unlikely to be toxic, can be used in high and very high doses. Lavender tincture (4-6 tablespoons a day) is a great cure for treating the states of sadness, depression and insomnia.



Figure 4. Lavender *Lavandula angustifolium* (Internet image)

### CONCLUSIONS

The psycho-somatic approach of healing is based on the correlation that psycho-emotional manifestations determine manifestations in the energetic plane, which in turn generates manifestations in the physical plane. Therefore, psycho-emotional problems that are neglected or incorrectly treated will be the germs of future imbalances at the energy level and the causes of various physical conditions. Treating illnesses themselves, effective energy unblocking, and a conscious and assumed incursion into everything that means the mental-emotional universe is the premise of effective and durable healing.

### REFERENCES

1. Dragoș, D., Cauzele psihoemoționale ale bolilor, 2007, Ed. Deceneu, București
2. Dragoș, D., Vindecarea sufletului și a trupului prin plante, 2007, Ed. Deceneu, București
3. Maria Pop, Elisabeta Olos, Remedii din farmacia naturii, 2004, Ed. Fiat Lux
4. Madelena Palade, 2003, Botanica farmaceutică, Ed. Tehnică, București
5. Milică, C. I., 2008, Medicina naturistă în tradițiile poporului român, Iași