

The Exploration of Naturalistically used Ayahuasca and 5-MeO-DMT

Citation for published version (APA):

Uthaug, M. V. (2020). *The Exploration of Naturalistically used Ayahuasca and 5-MeO-DMT: An assessment of their respective Sub-acute and Long-Term effects on Mental Health Related Variables*. Boekenplan. <https://doi.org/10.26481/dis.20200624mu>

Document status and date:

Published: 01/01/2020

DOI:

[10.26481/dis.20200624mu](https://doi.org/10.26481/dis.20200624mu)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.

Propositions accompanying this dissertation

**The Exploration of Naturalistically
used Ayahuasca and 5-MeO-DMT;**

An assessment of their respective Sub-acute and
Long-Term effects on Mental Health Related Variables

by Malin Vedøy Uthaug

1. Ayahuasca and 5-MeO-DMT use in a naturalistic setting is associated with persisting betterment in mental health related variables (Chapter 2 and Chapter 4).
2. Subjective improvements in affect (depression, anxiety and stress) of participants of naturalistic ayahuasca ceremonies can be driven by non-pharmacological factors such as expectations and intentions (mind-set) (Chapter 3).
3. Intramuscular injection of 5-MeO-DMT is a better alternative to vaporization, because it is associated with lower and less doses, lower frequencies of reporting reactivation, a higher frequency of physical tension release, and a milder, but longer lasting progression of acute effects (Chapter 6).
4. Use of 5-MeO-DMT is associated with downregulation of cytokine IL-6 which points to its immunomodulatory potential (Chapter 5)
5. Given equal therapeutic efficacy, a preference of synthetic 5-MeO-DMT over toad secretion will protect the *Incilius Alvarius* (*Bufo Alvarius* toad) from endangering.
6. 5-MeO-DMT might be a viable alternative to longer-acting psychedelics like psilocybin because it can bypass some of the logistical and cost constraints (such as the length of session (4-6 hours) that a trained psychotherapist acting as guide is meant to supervise - and the client pay for), with potentially comparable therapeutic effects.

7. An effective treatment of mental health places focus on the individual rather than on finding an external solution to the problem.
8. The true relevance of the psychedelic experience is only presented in retrospect, when integration reveals insights.
9. A multidisciplinary open science effort is warranted to further develop the translational value of psychedelics as part of a treatment for mood-related disorders as there are more processes (i.e. the body as a whole) besides the mind to target.