

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

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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 reveal 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.