Debunking Medical Myths: Kratom: Natural Healing Or Harmful?

Parker Fitzgerald  
*Wayne State University School of Medicine, ge9170@wayne.edu*

Kiersten Walsworth  
*Wayne State University School of Medicine, hk9040@wayne.edu*

Joseph Wun  
*Wayne State University School of Medicine, hl6209@wayne.edu*

Abbie Bauer  
*Wayne State University School of Medicine, hm5510@wayne.edu*

Peter Martin  
*Wayne State University School of Medicine, hm7958@wayne.edu*

*See next page for additional authors*

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Authors
Parker Fitzgerald, Kiersten Walsworth, Joseph Wun, Abbie Bauer, Peter Martin, and Anna Rowell

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Although some may use kratom because they think it is a safer alternative to opioids, research indicates that adverse effects to kratom abuse likely occur. There have been several cases that link high kratom doses to organ toxicities involving the kidneys, liver, heart, brain, etc. In some severe cases, it may even cause death.

Kratom: Natural Healing or Harmful?

How does it work?
The identified active molecules in kratom are mitragynine and 7-OH-mitragynine (7-HMG), which act primarily on opioid receptors in the brain to produce their reported pain-relieving effects.

But isn’t it natural?

Plant-based does not automatically mean safe.

Kratom does not have robust standards for:
- Dosing
- Quality
- Usage

This lack of clarity informs the significant risks of kratom use.

Bottom line: Forego the leaf

The unregulated commerce of kratom in the United States and the lack of rigorous clinical studies present twinned challenges for patients and physicians. Without public oversight for its quality, and a still-growing body of clinical research outside of case reports, kratom as it exists presently cannot be endorsed as a legitimate medicine.

Please consult a physician if you are in need of treatment for Opioid Use Disorder, as there are accredited therapies available.

References: