

MUSHROOMS

COMMON NAMES

mushrooms, magic mushrooms, mushies, shrooms, boomers, psilocybes, cubes (P. cubensis), liberty cap, sacred mushrooms

EFFECTS CLASSIFICATION

Psychedelic

BOTANICAL CLASSIFICATION

Family : Strophariaceae

Genus : Psilocybe

Species : cubensis;
cyanescens;
semilanceata

Genus : Panaeolus

Species : campanulatus;
subbalteatus

DESCRIPTION

There are more than 180 species of mushrooms which contain the psychedelics psilocybin or psilocin. They have a long history of use in Mexico and are currently one of the most popular and commonly available natural psychedelics.

EFFECTS

Onset

Depending on how much and how recently one has eaten, Mushrooms generally takes 30-60 minutes (though sometimes as long as 2 hrs) to take effect.

DESCRIPTION

There are dozens of species of psilocybin or 'magic mushrooms' belonging primarily to the genres psilocybe, panaeolus, and copelandia (unrelated to [psychoactive amanita](#) species). The effects of their ingestion resemble a shorter acting LSD trip, producing significant physical, visual, and perceptual changes.

Nearly all of the mushrooms containing psilocybin are small brown or tan and are easily mistakable for any number of non-psychoactive, inedible, or poisonous mushrooms in the wild. This makes them somewhat difficult, and potentially hazardous, to identify. The primary distinguishable feature of most psilocybin containing mushrooms is that they bruise blue when handled.

HISTORY

Psilocybe mushrooms have been used for thousands of years by Native Americans in Central and South America. The first european record of their use showed up in the 16th century writings of a Spanish priest who wrote about the Aztec's use of both mushrooms and peyote. In 1957, Wasson became the first in modern times to document and publish a description of his own experience (Life Magazine). The active ingredient of the mushrooms, psilocybin, was soon isolated and by the mid 60's mushrooms were being both studied and used recreationally. In 1968 possession of psilocybin mushrooms was made illegal in the United States.

LAW

Psilocybin mushrooms are illegal in Australia because they contain psilocybin and psilocin which are specifically listed as illegal.

MUSHROOMS

Duration

When taken orally, the primary effects of magic mushrooms last for 4-6 hours. For many people there is an additional period of time (2-6 hrs) where it is difficult to go to sleep and there is definitely a noticeable difference from everyday reality, but which is not strong enough to be considered 'tripping'.

The Experience

In the beginning stages of onset, Mushrooms are likely to cause a sort of undefineable feeling similar to anticipation or anxiety. There may be a feeling of energy in the body, and the sense that things are different than usual. As the effects intensify, a wide variety of perceptual changes may occur; pupil dilation, visuals, mental stimulation, new perspectives, feelings of insight, quickly changing emotions (lots of laughter), possible paranoia and confusion. More advanced users may seek spiritual awareness or a sense of universal understanding through their use of mushrooms. Closed-eye visuals are extremely common with psilocybin mushrooms. Open-eye visuals are common for some people and are more likely at higher doses.

ACTIVE INGREDIENTS

The primary effects of mushrooms come from several active alkaloids they contain; the most common are psilocybin, psilocin, and baeocystin. Psilocybin is a more stable compound than psilocin, but is broken down into psilocin after ingestion.

PRODUCTION

Psilocybin containing mushrooms grow wild in many countries around the world. There are also several species which are easily cultivated with a fairly simple and inexpensive setup. Most recreationally used mushrooms are cultivated rather than picked wild.

DOSE

Recreational doses range from 1-5 grams of dry mushrooms depending on the species and individual strength of the specimens. Dosages for wet mushrooms will be approximately 10 times higher (10-50 grams). Because different species vary in size, the number of mushrooms per gram will also vary.

PROBLEMS

Many people experience nausea and/or vomiting during mushroom experiences, especially with higher doses. Other possible negative effects include anxiety and unwanted or frightening thoughts and visions. Mushrooms, though perhaps to a lesser degree than LSD, can precipitate strong, temporary changes in an individual's experience of life and reality. It can be a powerful psychoactive experience, especially at higher doses, which is significantly affected by experiences, set and setting. Recent experiences, especially strong ones, can have a substantial effect on a trip. Physically or psychologically unsettling events in the days before a Mushroom trip can blossom into more serious distress and trauma while tripping. It is important to be prepared for the possibility of encountering difficult or frightening mental states.

MUSHROOMS

DEPENDENCE POTENTIAL

Mushrooms are neither physically nor likely to cause psychological dependence. Many people actually find that their desire to use mushrooms goes down for a period of time after use. As with all substances, some people will use them more frequently than they are comfortable with. There is a short period of tolerance after Mushroom use. Using Mushrooms two days in a row is likely to lead to a diminished experience the second day, though spaced 5-7 or more days apart, this effect is nearly non-existent.

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CONTRAINDICATIONS

Do not operate heavy machinery. Do Not Drive.

Taking psilocybin containing mushrooms while on an monoamine oxidase inhibitors (MAOIs). MAOIs are a class of antidepressant drugs and can dramatically increase the effects of the experience. MAOIs are most commonly found in the prescription anti-depressants Nardil (phenelzine), Parnate (tranylcypromine), Marplan (isocarboxazid), Eldepryl (l-deprenyl), and Aureorex or Manerix (moclobemide). Ayahuasca also contains MAOIs (harmine and harmaline). Check with your doctor if you are not sure whether your prescription medication is an MAOI.

Individuals currently in the midst of emotional or psychological upheaval in their everyday lives should be careful about choosing to use psychedelics such as mushrooms as they can trigger even more difficulty. Individuals with a family history of schizophrenia or early onset mental illness should be extremely careful because mushrooms have been known to trigger latent psychological and mental problems

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