

Khat

Common street names for Khat are:

Kat, Oat, Abyssinian Tea, African Salad, Catha and Chat.

What is Khat?

Khat is a flowering evergreen shrub that is used for its stimulant-like-effect. Khat has two active ingredients, cathine and cathinone.

Khat is native to East Africa and the **Arabian Peninsula, where the use of it is an established cultural tradition for many social situations.** Khat is also an active ingredient found in "bath salts."



How is it used?

Khat is typically chewed like tobacco, then retained in the cheek and chewed intermittently to release the active drug which produces a stimulant effect.

Dried Khat leaves can be made into teas, chewable paste, smoked and even sprinkled on food.



What is the effect on the mind?

Khat can induce manic behavior with:

- Delusions
- Paranoia
- Nightmares
- Hallucinations
- Hyperactivity

What is the effect on the body?

Khat causes an immediate increase in blood pressure and heart rate.

It can also cause:

- Browning of the teeth
- Insomnia
- Gastric disorders
- Physical exhaustion
- Liver damage
- Heart damage



Kitsap County Substance Abuse Prevention and Youth Programs
<http://www.kitsapgov.com/hs/substanceabuse/substanceabuseprevention.htm>

Signs of Toxicity

The signs someone may be toxic include:

- Delusions
- Loss of Appetite
- Difficulty breathing
- Increased blood pressure
- Increased heart rate

In Case of an Emergency

Call 911

Or

Get to the nearest Emergency Room

