

Psilocybin

The human use of psilocybin dates back from centuries to millennia for medicinal and religious purposes by Mexican Indians. Clinical studies in the 1960s and 1970s showed that psilocybin produces an altered state of consciousness with subjective symptoms such as marked alterations in perception, mood, and thought, changes in experience of time, space, and self.

Today, psilocybin is one of the most widely used psychedelics in human studies due to its relative safety, moderately long active duration, and good absorption in the body. Studies are conducted to examine psilocybin's therapeutic potential for anxiety and depression related to life-threatening cancer, treatment-resistant depression, tobacco and alcohol addiction, obsessive-compulsive disorder, and more.

In addition, psilocybin is one of the two most used drugs during procedures of microdosing, where small doses that do not cause visual or perceptual changes are repeatedly consumed. Microdosing became prominent due to the belief it improves cognition and creativity, but a growing number of individuals began to microdose psilocybin to improve conditions of pain, cluster headache or migraine. In addition, microdosers report improvement in eating habits, sleep, as well as reduced use of legal and illegal drugs.

Continued reading

Geiger et al. (2018). *DARK classics in chemical neuroscience: psilocybin*. ACS chemical neuroscience, 9(10), 2438-2447.

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Santos, H. C., & Marques, J. G. (2021). *What is the clinical evidence on psilocybin for the treatment of psychiatric disorders? A systematic review*. *Porto Biomedical Journal*, 6(1).