“Khat use: Emerging problem in South Africa”

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SADC Epidemiology Network on Drug Use

SADC = 13 countries, 204 million
SUBSTANCES OF ABUSE

• ALCOHOL ONLY (LICIT AND HOME BREWS)
• CANNABIS ONLY
• OPIATES ONLY (NATURAL AND SYNTHETIC)
• AMPHETAMINES TYPE STIMULANTS
• INHALANTS: GLUE, BENZENE ETC. ETC
• POLYSUBSTANCE ABUSE
• PRESCRIBED MEDICATIONS
• OTHERS: KHAT AND DESIGNER DRUGS
Mode of use

- Oral ingestion: Alcohol and Amphetamines
- Smoking: Cannabis
- Snorting: Cocaine and crushed mixes
- Inhaling: Glue, Benzene
- Intravenous route: Heroin
- **Chewing:** Khat and others
- Mix with food: Cannabis and others
SYNDROMES

- INTOXICATION
- BINGE DRINKING
- DELIRIUM TREMENS
- DEMENTIA
- PSYCHOSIS
- DEPRESSION AND ANXIETY
- DEMOTIVATION / AMOTIVATION
- SUICIDAL BEHAVIOR
SPECIAL GROUPS

• YOUTH (ALL YOUTH)
• WOMEN (FAS)
• PEOPLE LIVING WITH HIV/AIDS
• REFUGEES & DISPLACED PEOPLE
• DUAL DIAGNOSIS CLIENTS
• COMMERCIAL SEX WORKERS
• PRISONERS
• POLICE/DEFENCE & PTSD + DEMOB
• TEACHERS AND LEARNERS
VISION AND MISSION OF NDMP

• TO DEVELOP A DRUG FREE SOUTH AFRICA BY SUPPORTING ALL INITIATIVES, NATIONALLY, REGIONALLY AND INTERNATIONALLY AIMED AT COMBATING DRUG ABUSE AND DRUG TRAFFICKING

• TO REDUCE HARM ASSOCIATED WITH ABUSE OF ALCOHOL AND DRUGS THROUGH APPROPRIATE DEVELOPMENTAL STRATEGIES AND MEDICATIONS
FOCUS AREAS

- YOUTH – AWARENESS AND SUPPORT
- WOMEN – RESEARCH, SERVICES AND SUPPORT (vulnerable groups)
- CRIME AND SUBSTANCE ABUSE
- RESEARCH – TRENDS, INTERVENTIONS AND SERVICES
- NORMS AND STANDARDS FOR TREATMENT CENTERS (Social Development)
- REGIONAL AND INTERNATIONAL COLLABORATION – SADC, UNITED NATIONS
Andreas Pludderman: MRC of SA

KHAT/CAT

A Pludderman: Gauteng Province 2008

- METHCATHINONE 100 – 150 pts
- KHAT 30 patients in RX
- Distinction CAT vs Khat
- Other Provinces less than 10 pts in Rx
- Eastern Province 100 – 200 KHAT use on questionnaires
Primary substance by gender of patients <20 years (%) for the North West


- Alcohol 100* 0 - - 67* 33*
- Cannabis 80 20* 91 9* 100* 0*
- Cannabis/Mandrax - - - - -
- Crack/Cocaine - - - - 100* 0*
- Heroin 0 100* - - - -
- Methamphetamine - - - - -
- Inhalants 67* 33* - - 100* 0*
- Methcathinone - - 100* 0 0* 100*
Primary substance of abuse (Gauteng)

- Alcohol
- Dagga/ Mandrax*
- Dagga
- Crack
- Cocaine powder
- Heroin
- Ecstasy
- OTC/PRE
- **Methcathinone (‘Cat’)**
- Methamphetamine (‘Tik’)
- **Khat - -**
- LSD - -
- Inhalents
- Other
Dr Ramjee & others (Psychiatrists)

- Khat use definitely exists
- Patients around Somali settlements
- Effect varies from one individual to another
- Depends on the amount used and can cause
- Emotional withdrawal
- Bizarre response to stimuli
- Posturing and Invincibility
- Paranoia, Hallucinations and aggression in high quantities
Dr. Mohamed Al-Kamel, Ain-Shams Faculty of Medicine, Cairo, Egypt

- East Africa and Arabian Peninsula esp. Yemen
- originated in Ethiopia and spread until its use covered Kenya, Malawi, Uganda, Tanzania, Arabia, the Congo, Zimbabwe, Zambia, and South Africa
- Also available in USA, Australia and so on
- Used before coffee in Yemen
Names & Ingredients

- Qat, Kat, Chat, Kus-es-Salahin, Mirra, Tohai, Tschat, Catha, Quat, Abyssinian Tea, African Tea, and African Salad.
- Catha Edulis or Celastrus edulis.
- Cathinone (Cathinine), Cathine(1), Cathidine, Celastrin, Edulin, Choline, Ratine, Tannis and Ascorbic acid(2).
- Many Amino acids, Minerals and Vitamins especially Vitamin
EFFECTS 1

• Alleviation of fatigue and reduction of depression.
  - Euphoria, excitation, high activity and mood.
  - Increasing levels of alertness and ability to concentrate.
  - Increasing of confidence, friendliness, contentment and flow of ideas.
  - Increases motor activity.
EFFECTS 2

- Positive sexual effects (regarding the desire and duration of sexual intercourse according to the type and source of Khat).
- Dispel feeling of hunger.
- Lifts spirits, sharpens thinking.
- Advocates claim that it eases symptoms of diabetes, asthma, and stomach/intestinal tract disorders.
- It promotes communication as it's used to meet people, socialize with each other, communication issues and problems.
SIDE EFFECTS / OVERDOSE SYMPTOMS

• Grandiose delusions.
  - Insomnia (loss of sleep (alertness)).
  - Anorexia (loss of appetite) and loss of weight.
  - Breathing difficulties.
  - Increase blood pressure.
  - Increase heart rate.
  - Stomach irritation.
  - Constipation which may precipitate hernias.
- Khat plant may be treated chemically which may affect the liver (chemical hepatitis) .
- It interferes with absorption of iron and other minerals if taken internally .
- Opponents  Khat damages health by suppression of appetite and prevention of sleep .
- when its effects wear off, generates mild lapses of depression similar to those observed among cocaine users.
Comprehensive Assessment

- CLINICAL EVALUATION
- SCREENING INSTRUMENTS
- LABORATORY INVESTIGATIONS
- ACUTE AND NON ACUTE SITUATION
- OUTPATIENT VS INPATIENT TREATMENT
- COMORBIDITY