

“Khat use: Emerging problem in South Africa”

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SADC Epidemiology Network on Drug Use



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

[http://www.sahealthinfo.org/admodule/
sacendureport13.pdf](http://www.sahealthinfo.org/admodule/sacendureport13.pdf)



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

Jan-Jun 2007 Jul-Dec 2007 Jan-Jun 2008

- 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 others, 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 .

SIDE EFFECTS / OVERDOSE SYMPTOMS 2

- - 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

