



SYRIAN RUE (*Peganum harmala*)

100 grams of Raw Seeds.

Legal Stuff:

While all the ethnobotanicals we sell are of premium quality and sourced ethically, we cannot legally encourage use of them. As such all products are intended for their spiritual, historical, and novelty value - any decision to use or ingest any of these plant materials is undertaken at own risk. Please enjoy this informational pamphlet which expands a bit upon this fascinating and magical plant.

The Plant:

Syrian Rue (*Peganum harmala*) is a perennial plant which dies back each winter only to grow back from its strong roots each spring. It hails from the Mediteranean and Middle-East, where it survives in climates which range from sweltering desert heat to freezing winters with a dusting of snow.

The History:

Around 60 CE Syrian Rue was described by Dioscorides in his botanical *De materia medica*. According to him: 'wild rue mixed with honey, wine, chicken gall, saffron and fennel juice is useful for weak vision.' Dioscorides equated Syrian Rue with "moly", the mythic herb that Hermes brought to Odysseus. It protected him from the spell of Circe, a witch who had transformed his comrades into swine.

Dioscorides already noted that the plant was used to ward off the evil eye. Another folk name of

Syrian Rue was Besasa or 'plant of Bes'. Bes is an ancient Egyptian dwarf-god that protects people against all kinds of evil. Small statues of Bes were fumigated with Syrian Rue seeds. Up until the present day, the burning of harmala seeds remains a popular custom in the Near East and North Africa.

Syrian Rue is further known as an aphrodisiac. Pregnant women, however, shouldn't take it as it also has abortifacient effects. The seeds induce contraction of the muscles in the uterus. For this reason, they were also applied to induce abortions, to induce labour, and to promote menstruation.

The Chemistry:

Syrian Rue plants contain an array of alkaloids which can interact with the human body and mind. The most prominent of these alkaloids have been named in honour of the *Peganum harmala* plant as Harmine, Harmaline, and Tetrahydroharmine. These alkaloids also occur in the plants used for the preparation of the Ayahuasca drink, such as *Banisteriopsis caapi*.

These alkaloids act as selective Monoamine Oxidase A (MAO-A) inhibitors, this shifts the way monoamines such as DMT and many medications are broken down and contributes greatly to the psychedelic effects of Syrian Rue.

Dosage and Use (for education purposes only):

Recommended Dose: 3 grams.

Strong Dose: 5 grams (only for the experienced).

Onset: 30 to 60 minutes.

Duration: 5 to 8 hours.

Taking the prescribed dosage on an empty stomach assists in absorption while also helping to keep the possibility of nausea at a minimum. If you do choose to ingest Syrian Rue it is important to

make sure you drink plenty of fresh and clean water during the experience to assist in the purging and clearing out of both body and mind.

Special Precautions:

Ingesting Syrian Rue if pregnant or breastfeeding carries an undue risk to health and should never be attempted. Please keep out of reach of animals, children, and unenlightened humans.

Possible Interactions with Medication:

Syrian Rue should never be taken with alcohol, prescription antidepressants, anti-epileptics, or antipsychotics as these could interact negatively with its intrinsic Monoamine Oxidase Inhibitors.

Formulated and Prepared by Myriad Labs (Pty) Ltd.

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Contact me at schalk@outsiderlabs.co.za if you have any comments, suggestions, or questions and I will be happy to assist to the best of my abilities, alternatively feel free to use the chat option on our website at www.outsiderlabs.co.za