**Maeng da kratom: Benefits and Side effects**

**Asians** excel in each field from technical to medical. The herbal plant that has a wide range of medicinal properties grown in the regions of **Thailand** and **Bali** is one of the prominent discoveries of the Asians. This herb, **Maeng da kratom** has a wide range of benefits from **relieving pain** to **increasing** the **sexual stamina** and **performance**. Local residents have been utilizing this component for **recreational** and **refreshment** factors too.

**Maeng da kratom**, a well-known herb for the **range of potency**!

This is a delicate **Kratom** type with a high quantity of **mitragynine**, **7 hydroxy mitragynine**, and **mitraphylline** accessible at a nominal price. Though some people use it as depression and **anxiety regulators**, the **US Food and Drug Administration** hasn’t approved it for the same, considering it to be a diet supplement.

According to the **2018** study, **8049 kratom** users take a dose of **5 gm powder**, **3 times** **a day** for the desired results.

**Mitragyna Speciosa’s benefits.**

Confused with the subheading? **Mitragyna Speciosa** is the **scientific name** for this article’s hot topic!

Let us have a look at a few beneficial aspects of this herbal plant.

* Intake of Maeng da kratom increases **brain functioning** creating a sense of **alertness** for the consumer making him feel **awake**.
* It also helps in increasing the **concentration** power of the end-users, enhancing their **efficiencies**.
* Scientific researches prove Maeng da kratom to be a brain drug affecting the **cerebral system** as a mental **focus enhancer**.
* The intake of this herb helps **reduce** the **tiredness** and hence **terminating dizziness** and fatigue during the working time.
* **Positivity** and a sense of an **approach** are induced in the consumer and hence nurturing their **energy** and providing them **motivation**.
* Maeng da kratom is an **energy booster** that related it to the increase in sexual performances.

However, certain **cautions** and **care** is required during its consumption to avoid extra intake leading to the harmful effects.

**An eye over the side effects**

In **2016**, a report got out from the hands of the **Centre for Disease Control and Prevention (CDC)** stating **660 poison** centre calls due to **kratom exposures** with the effects being minor to moderate.

Maeng da kratom has a wide range of benefits but with a small intake amount. The increase in intake might lead to several side effects like:

* **Mild side effects:**

1. Itching
2. Dizziness and restlessness
3. Dry mouth
4. Frequent urination
5. Headache and dizziness
6. Nausea and vomiting
7. Mood swings

* **Severe side effects:**

1. Insomnia
2. Heart palpitations and high BP
3. Loss of appetite and libido
4. Memory issues
5. Kidney and liver-related problems
6. Psychosis

**Higher intake** of kratom might act like a high **caffeine** dosage which might even lead to **coma** and **death**.

What is an **asset** might also become a **liability**!

A **drug** is a **medicine** until it becomes an **addiction** and be a **curse**!

And thus, One’s safety is in their own hands. Intake any drugs only after **medical consents** and **discontinue** them in case of any **side effect**.