Kratom, scientifically known as Mitragyna speciosa, is a tropical tree native to Southeast Asia, particularly found in countries like Thailand, Malaysia, and Indonesia. Traditionally, the leaves of this plant have been used by local populations for their stimulant and analgesic properties, often consumed to combat fatigue and alleviate pain. In recent years, Kratom has gained international attention for its potential therapeutic applications, alongside growing concerns regarding its safety profile and the risk of overdose fatalities. The active compounds in Kratom, primarily mitragynine and 7-hydroxymitragynine, interact with opioid receptors, which has led to increasing scrutiny over its effects and safety. This review aims to provide a comprehensive analysis of Kratom's pharmacological properties, the mechanisms underlying overdose, and the epidemiological data linking its use to adverse health outcomes, thus setting the stage for informed discussions on its regulation and public health implications.