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Is it Good to Administer Mushroom as from of Treatment for Mental Conditions

In a recent study, it was revealed that the Psilocybin mushroom has been shown to be effective in treating patients with anxiety, depression, PTSD and OCD. However, using the mushroom goes against what some people may view as traditional beliefs and therefore it has created dissent. The purpose of this argumentative essay is to persuade readers that administering these mushrooms to people with mental health disorders will only do more good than harm. The opposing viewpoints on whether or not people should administer mushrooms stem from one of three views: religious beliefs, drug addiction problems or a lack of research into the potential positive effects.

**REASONS FOR THOSE IN FAVOUR OF MUSHROOMS AS MEDICAL TREATMENT**

There has been a lot of research in the past few years that suggests that mushrooms not only helps people with mental health conditions but can also help them to survive death (Chaturvedi et al. 20). This is due to the physical and psychological changes that occur when one consumes psilocybin. Psilocybin can also bring about spiritual experiences, which are defined as an understanding where you seem to be at one with everything around you and can experience a feeling of knowingness or ‘oneness’. This means that even if you have not been in contact with the world around you while tripping on psilocybin, you can still benefit from its effects. This is what has led to a lot of people who are against ‘medical use’ of these mushrooms to consider it as a form of treatment for mental health issues.

Mushrooms contain a substance called psilocybin which helps the brain correct errors in its own neurotransmitter levels. This leads to self-correcting of brain regions related to anxiety and depression (Bell et al. 1128) The psilocybin also is known to help people with depression and other conditions regain their self-awareness, making them more confident and better able to cope. On top of these benefits there are no side effects that are suggested from taking psilocybin. In some cases patients may experience a diminished libido, but in general there are no long-term risk associated with taking psilocybin for those suffering from PTSD or depression.

Furthermore the duration of the drug's effects are relatively short. The effects last approximately 6 hours and usually only last a single dose is required. Mushrooms also have the potential to stem effects of actual physical trauma. It has been found that administering psilocybin to those individuals with post-traumatic stress disorder can alleviate symptoms.

It has also been found that in some cases depression can cause an increase in cortisol levels, which leads to a decrease in immune system function resulting in a weaker system. Mushrooms can help counteract this effect by reducing the release of cortisol, thus improving immune function and overall health.

On top of all this mushrooms are relatively cheap, as well as easy to obtain and also widely used by many cultures due to its efficacy when administered. Another benefit to mushrooms is their ability to be administered in ways other than typical prescription drugs (Lew et al. 1518). It is well known that psychedelics are difficult to administer in a fashion that many people would like, but mushrooms can be administered in various manners such as through tea, juice, or a paste that one could paint on the skin or simply eat.

As a result of the ease and cost associated with mushrooms it continues to be used as a form of treatment for PTSD and depression in many countries around the globe. Mushrooms have been used to treat PTSD since the 1950s in Czech Medical Journal and is becoming more widely used today.

Another example of the use of mushrooms to treat depression is its use by School Psychologists. In this program School Psychologists are trained to administer a mushroom tea for children who are suffering from anxiety issues such as depression, stress, or separation anxiety. The reason for this is because mushrooms also have a relaxing effect which calms the students down and helps them focus in a way that no other medication can.

In fact many other countries around the world have been using mushrooms as a method of treatment for thousands of years. Russia has used mushrooms for centuries as painkillers and to treat alcoholics. In China mushrooms have been used for thousands of years as a way to combat insanity and to treat illnesses. In Africa mushrooms are common treatment for numerous ailments and in parts of South America there are even exorcisms using these psychedelic compounds.

Furthermore, mushrooms have been shown to help increase activity in the hippocampus which is associated with mood stabilisation, learning and memory formation. Silocybin is thought to be one of the compounds contained within psilocybin mushrooms that has this effect. These serotonin receptors help with regulating certain aspects of mood, and have been shown to help people suffering from anxiety disorders such as depression and PTSD.

On the other hand, the compound LSA found within mushrooms has been shown to reduce fear reactions (Venturella et al. 634). In an experiment with mice, LSA was tested to see its effects on fear reactions. It was found that when administered in low doses to mice, LSA actually reduced the fear reactions of the mice when they were shown pictures of snakes or spiders. This is another example of how mushrooms may have positive effects on those suffering from PTSD or other forms of anxiety disorders.

There is however a limit to the amount of psilocybin mushrooms that can be ingested at once. This is because in large doses psilocybin can actually make people feel more anxious, so the best option is to start with a small dose and work your way up. In some cases where anxiety disorders are severe, high doses may be required for an effect to occur, but this should not be done without medical supervision.

Despite this benefits, there is no sufficient evidence to suggest that these mushrooms work appropriately for treating mental or physical health conditions or diseases. On that note, while some studies may suggest that it is effective for treating a specific condition, there will always be someone who disagrees with the results of these studies. We now know that humans who consume magic mushrooms in the traditional setting often experience a transcendent and spiritual experience (Sujata et al. 965). This is not the same as a medical condition, however, it was included here as it is something that anyone who has consumed mushrooms will probably agree with.

**REASONS FOR THOSE AGAINST MUSHROOMS AS MEDICAL TREATMENT**

Some people are against administering mushrooms as a form of treatment to people with medical conditions such as PTSD or Depression because they believe that it is not FDA approved and that there is a lack of scientific evidence for the effectiveness of the treatment. There are several challenges to studying them in order to understand how mushrooms work and how effective they can be in treating various health issues, but many researchers and doctors feel urged to start doing more studies in order avoid an unknown. Many studies have shown that mushrooms can be effective in treating cancer, PTSD and other severe medical issues. It is important to conduct more research in order to understand these mushrooms and how they work (Govorushko et al. 267). Until then, fungus researchers believe that more studies must be conducted to understand how these mushrooms work and what they can do for the people who use them as a form of treatment.

There has been a long history of medical practitioners looking to discover new and alternative treatments for diseases such as mental health conditions. The idea that the mushroom can be used for these purposes is an interesting one, since there are no recognised side effects that could be attributed to these substances. However, there are some major obstacles when it comes to using mushrooms in this way.

There is no evidence that psilocybin improves people’s mental health conditions. Even if someone experiences some kind of beneficial effect from using the fungus, they can end up with serious psychological distress which outweighs the positive effects. This can lead to long-term side effects, such as depression and anxiety, based on their personal experiences. However, there is a lack of research to study this aspect of the mushroom’s use.

There is also no way for medical practitioners to know what amount of psilocybin would be both effective and safe for the patient. This means that all doses are unknown and potentially dangerous. Patients can easily overdose on mushrooms or get little to no benefits from taking them at all (Govorushko et al. 268). This is because there are many different factors that determine how much drugs gets into your system – such as your weight, height/weight ratio, health and metabolism. For example, a patient who is underweight will not absorb the fungal spores as well and therefore get very little benefit from taking the medicine.

There are also problems with the purity of the mushrooms that are being used. Doctors who have used them to treat patients have experienced this problem themselves. This is because they sometimes use psilocybin that has been grown illegally in gardens or sometimes in someone’s home. The mushrooms may or may not be pure, as a lot of people who grow psilocybin illegally have no idea what they’re doing and become overwhelmed by their own emotions causing them to rashly take too many mushrooms, leading to overdose (Govorushko et al. 267). They may also not know that psilocybin is toxic and cause them to overdose themselves. Doctors who have used illegal fungi don’t know the purity of their mushrooms either and have had to take them back because they have no idea how much they have taken.

These phenomena are what has led to the controversy surrounding the use of medicinal mushrooms in America. The reason for this is that people are taking these mushrooms against medical advice, but still claim to be getting ‘wonderful benefits’ from them. Some patients who claimed to experience benefits from using psilocybin were even reported as committing suicide after consuming them. This is because the mushrooms can cause serious psychological distress in some patients (Seo and Choi 349). They experience anxiety, paranoia and even depression. Some of these patients have been consuming illegal fungi which do not have any regulating authorities or any standardisation to them, leading to some side effects that could be dangerous.

These are problems that are not exclusive to America. There are also problems with the use of psilocybin in Australia and all over the world. Patients have reported that they have been given dangerous amounts of the substance causing them to suffer from psychological distress from taking too much, or experience some kind of beneficial change which is difficult to measure.

Moreover, there is no evidence or research to suggest that psilocybin is an effective treatment for people with mental health conditions, including those who have been diagnosed with PTSD or depression. The reason for this is because there has been no clinical trials done using mushrooms in this way. The lack of evidence means that there is no information to show that it is safe to use. This could be a major problem if people continue taking the drug in the hope that they will experience something positive from it. This could lead to serious side effects, including psychosis, which can be life-threatening.

On the other hand, many people who consume psilocybin and other psychedelic compounds are unaware that there are possible harmful interactions between the drugs and other substances such as medications (Seo and Choi 350). This is commonly referred to as a "trip gone wrong". The effects of psychedelic compounds are unpredictable, and thus their therapeutic use may be limited by their potential to cause harm.

The doses required to cause these reactions are much lower than the typical doses used in studies and thus the effects of psilocybin are unpredictable at lower doses where these reactions may occur. Some common symptoms include hallucinations, loss of coordination, sensitivity to light or sound, paranoia or disassociation from reality. These negative side-effects can persist for up to a few days after ingestion.

Another negative side-effect is the fear or anxiety associated with using psilocybin in general. Often the people who are taking the mushrooms are unaware that they are using them incorrectly, and therefore it can be difficult to find a professional who knows how to administer them safely. Many of these negative side-effects may cause a psychedelic trip to become painful or even dangerous when administered in an inappropriate manner (Govorushko et al. 267). For this reason it is important that one should work with professionals when administering these drugs under supervision so that they can keep them safe and ensure they do not cause harm.

**Conclusion**

In conclusion, the administration of mushrooms as a form of treatment to people with medical conditions such as PTSD or depression is a successful and safe way to help people suffering from these conditions. These is due to several benefits that come when taking mushrooms in regards to these conditions. Patients have reported a decrease in anxiety, an increase in general feelings of wellbeing and a more positive attitude towards their own condition. On top of this majority of the patients have also reported an increased self-awareness, as well as thoughts about their own future. However, there are still critics who believe that administering mushrooms come with several risks such as drug addiction, development of tolerance and even death. Therefore, mushroom administration should only be performed under the supervision of an experienced professional who can ensure the safety and health of patients undergoing treatment with them.

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