Tincture

Here is my most simple kitchen recipe for making a pain relief tincture of un-refined poppy exudate from the unripened seed pods. As to what kind of poppies you use, well that's up to you. I have a small patch of about 10 - 12 fluffy ornamental oriental plants that are all mixed colors, pink, white, orange, red, purple, I don't exactly know what kind they are but they make a satisfactory tincture. They usually will yield enough exudate to make about 2 liquid ounces of finished tincture (approximately 1,000 drops). This tincture is best administered by the drop, sublingually (under the tongue) and allow to absorb through the soft tissue of the mouth, but if necessary the drops may be put into a small amount of juice to be sipped. I can't make any recommendations as to how many drops at a time would be best administered to individuals for their pain, can only say that for myself for acute pain I would use no more than 5 - 7 drops at a time at 6 hour intervals.

Things you need: Sharp knife or razor, glass mason jar, 80 proof or 100 proof alcohol (rum, brandy, vodka, everclear), coffee filter, small dark medicine bottle(s) with glass dropper type caps.

To collect the exudate wait until 2 or 3 days after all the petals have fallen and while the round pod will still be closed at the top and bright green colored. Keep in mind that not all the flowers are going to mature all at the exact same time so they may keep you busy collecting for a few days. You should be able to make 2 separate collections from each pod. Using a razor blade make your first incision at the hottest time of day. Just above the equator of the pod make a horizontal incision, cut very lightly so as to only cut through the outer surface skin of the pod. Do NOT cut through all the way to the inner wall of the pod. Make the incision about 2/3rds of the way around the pod. The sticky, milky sap (exudate) will slowly ooze out from the incision and form little globs of hardening sap on the outside of the pod over the course of the next few hours. By the next morning the cut will have sealed and the exudate will have changed to brown and be hard enough to scrape off. After collecting the first exudate wait until the

following afternoon when it's hot again and make your second incision. The second incision should be below the equator of the pod and on the opposite side of the first cut. Collect that the next morning again. There won't be as much exudate from the second cut as there was from the first.

Leave the pod alone after that and let it finish maturing so you can still harvest the dried pod and ripened seeds later. With each collection spread out the collected bits of exudate to dry in the open air on a plate for a few days, that will make it easier to crumble them up into smaller pieces and then into powder for the tincture when you're ready to make it. It's important to get it all as dry and crumbly as possible so it can be powdered and measured out accurately and to allow most efficient full-strength extraction in alcohol.

The ratio for the tincture is 1:5 - that is one part powdered exudate to five parts alcohol. Using a teaspoon or tablespoon, measure the dried and powdered exudate out into a sterile glass mason jar and then add 5 times that much of alcohol to the jar. Cap the jar tightly, give it a shake and then put it away in a cool, dark place. Shake gently once every day for 30 days. At the end of 30 days filter it all through a clean cloth or coffee filter into a glass measuring cup (you may wish to filter it a second time) and decant the filtered liquid into dark glass bottles and cap tightly with glass droppered caps. Label the bottles with the date of preparation and the contents and always keep stored away in a very cool, dark place. Shake the bottle well before administering the drops.

Glycerites

A herbal glycerite (a.k.a. glycerate) is a tincture that uses sweet vegetable glycerin and water as a substitute for alcohol to extract the constituents from herbs. Glycerin is between water and alcohol in solvent and preservative strength and a herbal glycerite, once it has been prepared, MUST be kept in the refridgerator or some other very cold, dark place as it will only have a shelf life of approximately 2 years. It's good for preparing children's remedies because of its very sweet taste and lack of alcohol and

can help to counteract the taste of very bitter herbs, also it's a good choice for alcohol sensitive people who are unable to tolerate alcohol or do not want alcohol in tinctures. If alcohol is not a big issue you can add some alcohol to glycerites that may be standing unused for a long time to extend their shelf-life and to prevent microscopic cryptogams (fungi & algae) from developing. Some glycerin products are chemically synthesized so when you're purchasing glycerin for making glycerites it is important to look for 100% (actually it's 99.7%) pure vegetable glycerin. Vegetable glycerin is obtained by the hydrolysis of vegetable oils and is usually made from palm or coconut oils. It is used in a variety of medicinal preparations as well as skin care products.

Glycerin will not extract all the same constituents from plants that alcohol will.

- glycerin will extract the following - sugars, enzymes (dilute), glucosides, bitter compounds, saponins (dilute), and tannins

- absolute alcohol will extract the following - alkaloids (some), glycosides, volatile oils, waxes, resins, fats, some tannins, balsam, sugars, and vitamins

With glycerites I find it is better to prepare many members of this class of solutions in small quantities at a time, and only as they are wanted.

GLYCERITES SHOULD BE GIVEN A HOT WATER BATH DURING PREPARATION TO BE MOST EFFECTIVE

When I make a simpler's glycerite I use the same herb to solvent ratio as I do with the simple alcohol tincture, that is 1 part of finely ground or powdered, dried herb to 5 parts solvent (a.k.a. *a menstruum*). The glycerite solvent's ratio is 1:3, that is 1 part water to 3 parts glycerin well mixed. For resinous or oily herbs that require alcohol for added extraction and extended preservation, I will make a menstruum with a ratio of 1:1:3, that is 1 part water, 1 part alcohol and 3 parts glycerin.

Measure the herb into a sterilized glass mason jar, add 5 times that much of the prepared solvent, stir well, cap it tightly and give it a medium-hot water-bath in slow simmering water for 20 minutes. The hot water bath will help to expedite the glycerin's solvent activity. Set in a cool, dark place for 30 days, giving the jar a shake once every day. At the end of 30 days filter and press the herb material out of the glycerite and decant the glycerite into small, dark glass bottles with glass dropper caps. Label with the contents and the date of preparation. Keep stored in the refridgerator or some other cold, dark place. A cold root cellar is a good place for storing large quantities of bottled medicines.

For additional information on vegetable glycerin:
http://www.botanical.com/products/le...glycerine.html

Decoction of analgesic herbs

Non-narcotic, analgesic herbs are used to relieve pain without loss of consciousness and can be used in alcohol tinctures, glycerites or in a quick 10 minute decoction. Just a few of the herbs commonly used as analgesics include cayenne pepper, cloves, feverfew, lobelia, mullein, skullcap, willow bark and poplar bark, sweet birch bark, meadow sweet. A common constituent shared by these herbs is salicin, a salycilate which is the active component of aspirin and is of value for the pain of rheumatism and arthritis, to bring down fevers and inflammation, as well as to treat the discomforts of common colds and influenzas.

To make a decoction pour a cup of water on to every two teaspoons of dried herb in a pot and bring to a low boil, simmer for ten minutes (do NOT microwave) and then remove from heat and filter off the herb. Drink the decoction immediately while it is still hot to warm since it will begin to lose it's potency once it becomes chilled. A decoction may be sweetened or flavoured to make it more palatable.

In recent months here there have been a series of police raids on florists shops and on farmers who were growing acres of camoflaged poppies in amongst their rows of corn. The reason for this was because of a drug called '*doda*' that has been getting used by Indo-Asian long-haul truck drivers. Doda is the whole, dried poppy head pulverized into a powder and then added to regular black tea. The powder is put into to tea for use as a stimulant and pain reliever, but it is highly addictive and long term use can impair a person's mental faculties.

The practise of using doda has now resulted in a large scale growing and illegal trafficking of dried poppy heads throughout Canada. Because of this I suspect America is probably now being monitored for this as well, which leads me to think it may not be long before poppy seeds stop being produced and sold through seed suppliers. If you want to get a supply of poppy seeds to keep on hand for future growing for medicinal purposes, now might be a good time to stock up on them before they are no longer available.

Preparation and consumption

There are many different preparations of poppy tea. Most methods call for the "poppy straw" material (the seedpod and sometimes the stem) only to be used. Most methods call for the straw to be ground into a fine powder. A fine powder is needed because most of the opium latex is located within the cell walls of the pod. The seeds are discarded most of the time because they do not contain a high enough alkaloid content. However, there are dozens of poppy seed tea recipes. A quick and efficient method is to use a stovetop espresso maker. This results in a fairly concentrated beverage and does not appear to destroy the alkaloids despite involving steam passing through the poppy straw.

There is much debate on the best preparations of poppy tea. Many claim that boiling rapidly is the best, others insist on strictly cold water, and even more[*who?*] stand behind steeping in hot water. Some methods call for citric acid or acetic acid (vinegar) to be used during extraction. The purpose of the addition of citric and/or acetic acid is to lower the pH level of the neutral water (pH7) down to a slightly acidic pH of 6.5 which is optimal for morphine extraction.

When the tea is drunk, its effects begin after about 30 minutes, lasting up to 8 hours. It is intensely bitter and some users add other flavorings to the tea. The color and bitterness of the tea will give the user an idea of how potent the pods are. The darker and more bitter the tea comes out to be the more potent it will be. It is wise for the user to be careful with the amount they consume if the tea comes out to be very bitter and very dark. Grapefruit juice and/or cimetidine may also inhibit liver enzyme activation, thus increasing the strength and duration of the opiate effects.

The tea is also sometimes evaporated over a very low heat to make a thick, concentrated liquid or a dry powder, and some users put this material into gel caps to allow for dosage to be measured more carefully.

Although oral administration is the most common, dried poppy tea can also be snorted or smoked. However, many users report unpleasant side effects from these methods because of the non-active and potentially irritating substances which are present in addition to the alkaloids. Dried poppy tea is not the same as opium, as the former is made from the whole plant while the latter is made from exuded latex alone. Some users bypass the tea stage and simply add poppy straw to a food such as yogurt. This method partially masks the taste but may lead to more gastric discomfort than consuming tea or dried tea.

The pods may also be used in the green (undried) state to make tea.

Decoctions of poppy straw using alcohol as the solvent, such as vodka, slivovitz, gin, grain alcohol, or reagent-grade anhydrous ethanol can extract alkaloids over a period of hours without heating; the resulting liquid can be used as is or the liquid evaporated over low heat or in a pan to produce a

liquid concentrate with less alcohol (heating to 80°C to effect fractional distillation by selectively boiling off the alcohol) or a solid which can be processed further into a material similar to Concentrate of Poppy Straw or processed by other methods to be used in a manner similar to opium derived from latex, e.g. processed into smoking opium or used to create medicinal products or extract alkaloids. Quite often home users will produce a product similar to laudanum, paregoric, or Black Drop (non-alcoholic laudanum) from published recipes with the concentrate from poppy straw decoctions, and if the initial liquid is to be completely dried, isopropyl or methyl alcohol can be used, as can other suitable organic solvents. Processing of the dry extract to isolate morphine is also possible, although the amount resulting from low to moderate to reasonably large numbers of heads can be barely visible to the naked eye. Whilst the quantity can vary vastly depending on strain, cultivar, growing conditions, harvesting and drying and many other factors, large poppy heads can contain up to 80 mg of anhydrous morphine base equivalent, with the actual percentage extracted also being over a huge range. The production of black tar heroin starting from poppy straw decoctions is of course also possible.

Seeds may also be used in large quantities to produce a decoction by agitating them in a solution of slightly acidified water. Untreated poppy seeds may contain upwards of 330–515 mg of morphine and 75–200 mg of codeine per kilo of seeds, whereas most seeds available commercially have been washed which cuts the alkaloid content by 50 per cent or more; this adds even more to the batch-to-batch variability in content, as noted below with respect to the California overdose case.

An urban legend asserts that commercially-available seeds are deliberately sprayed with dilute solutions of pesticides, particularly organophosphates and carbamates, or other powerful laxative agents at quantities which become clinically significant if a large quantity of seeds or the washings thereof are consumed. Diarrhoea which comes in the hour after consumption of tea is more likely the result of the interaction of other alkaloids present such as papaverine, noscapine, narceine or others. In the

case of tea made from the straw, even more likely to cause this is the fact that the pods contain significant quantities of dietary fiber.

The ingestion of the seeds themselves in large quantities will have similar effects as well as effects from cannabinoids present in the fats in the seeds. This practice can be very irritating to the upper gastro-intestinal tract and may under some circumstances compound constipation to a dangerous degree.

Without the proper laboratory equipment and pressure chambers it is hazardous to try to heat alcohol at the above noted temperatures. Alcohol vaporizes at normal room temperatures and the boiling point of ethyl alcohol is 79 degrees celsius and 172.4 fahrenheit, at which point it can become explosive under pressure.

The most effective way to make a pain killer from marijuana in your kitchen is to make an alcohol tincture from the organically grown mature dried flower head (crumbled) at a 1:5 ratio (1 part herb, 5 parts alcohol) and to heat the capped tincture at 125 degrees Fahrenheit in a medium-hot water-bath for 20 minutes. (The herb will continue to de-carboxylate over the course of the 30 day masceration period.)

Cap tightly, label, shake once a day for 30 days, then strain and squeeze out the remaining liquid in the tinctured herb (discard leftover herb). All of the active ingredients will be extracted into the alcohol, which should be taken by the drops, sublingually, 5 drops per administration at 6 hour intervals for acute pain for an adult - 2 -3 drops at 8 hour intervals for children and frail seniors.

Raw marijuana should never be eaten as it will interfere with kidney, liver and bladder function. If it is cooked into food it should be taken in very small amounts at 10 hour intervals but ingesting it in food is not recommended as it may still interfere with organ functions.