



KHAT (Street Names: Khat, Qat, Kat, Chat, Miraa, Quaadka)

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Introduction:

Khat, *Catha edulis*, is a flowering shrub native to East Africa and the Arabian-Peninsula. Khat often refers to the leaves and young shoot of *Catha edulis*. It has been widely used since the thirteenth century as a recreational drug by the indigenous people of East Africa, the Arabian Peninsula and throughout the Middle East.

Licit Uses:

There is no accepted medical use in treatment for khat in the United States.

Chemistry and Pharmacology:

Khat contains two central nervous system (CNS) stimulants, namely cathinone and cathine. Cathinone (alpha-aminopropiophenone), which is the principal active stimulant, is structurally similar to d-amphetamine and almost as potent as a CNS stimulant. Cathine, also called d-norpseudoephedrine, is about 10 times less potent than cathinone as a CNS stimulant. Cathinone levels are highest in the freshly cut khat plant. Once cut, levels of cathinone start declining. Cooling the plant material will reduce the rate of decline in cathinone levels such that detectable levels may be found at least out to 10 days post cutting. In addition, encountered drug seizures of dried or dehydrated khat have shown that cathinone may be detected for many months or even years post cutting. Cathine remains stable in khat after the plant has been cut regardless of storage.

Khat produces amphetamine-like effects. They include: euphoria, a feeling of increased alertness and energy, hyperactivity, anorexia, and lack of fatigue. The users also feel relaxed and talkative. Sympathomimetic effects may include elevated blood pressure, dilated pupils, hyperthermia, arrhythmias, and increased respiration. The effects of khat usually last between 90 minutes and 3 hours. After-effects of khat use have been reported as lack of concentration, numbness and insomnia.

Khat abuse leads to psychological dependence. Chronic abuse of khat can lead to behavioral changes and impairment of mental health. Clinical manifestations include manic behavior with grandiose delusions, violence, suicidal depression, or schizophreniform psychosis characterized by paranoid delusions. Chronic abuse can also produce physical exhaustion, anorexia, periodontal disease and disturbances of the gastrointestinal system.

Illicit Uses:

Khat is abused for its stimulant and euphoric effects. Most often the fresh leaves and shoots of the khat shrub are chewed, and then retained in the cheek and chewed intermittently until all the juices are extracted. To counter the bitter taste of the plant, copious amounts of water or sweet soda are drunk. Dried khat can be made into tea or a chewable paste. Rarely other modes of self-administration include smoking or sprinkling on food.

User Population:

Abuse of khat in the United States is most prevalent among immigrants from Somalia, Ethiopia, and Yemen. Abuse of khat is highest in cities with a substantial population of these immigrants. These cities include Boston (MA), Columbus (OH), Dallas (TX), Detroit (MI), Kansas City (MO), Los Angeles (CA), Minneapolis (MN), Nashville (TN), New York (NY), and Washington D.C.

Illicit Distribution:

Individuals of Somali, Ethiopian, and Yemeni descent are the primary transporters and distributors of khat in the United States. The khat is transported from Somali into the United States and distributed in the Midwest, West and Southeast (Nashville, Tennessee) regions of the United States. According to the National Drug Intelligence Center, Somali and Yemen independent dealers are distributing khat in Ann Arbor, Detroit, Lansing and Ypsilanti, Michigan; Columbus, Ohio; Kansas City, Missouri; and Minneapolis/St. Paul, Minnesota. Due to a limited shelf life, the khat needs to be transported quickly to the intended market. Thus shipment by air is the most common method of transport. The khat is often transported through the United Kingdom and Canada primarily via package delivery services and to a lesser extent by couriers aboard commercial aircraft. Khat is typically shipped package into bundles that are wrapped in plastic bags or banana leaves to retain moisture and freshness.

Khat has been widely available in the United States since 1995. According to recent Federal-wide Drug Seizure System (FDSS) data, law enforcement seized 89,669 kilograms of khat in 2010.

The National Forensic Laboratory Information System (NFLIS) and the System to Retrieve Information from Drug Evidence (STRIDE) indicate that 697 drug items submitted to federal, state and local forensic laboratories in 2010 were identified as khat, cathine and/or cathinone. In the first quarter of 2011, there were 140 exhibits identified as cathine and/or cathinone.

In 2004, Kansas City Police Department (KCPD) reported the emergence of a new form of khat within the Somali community. Graba, a dried form of khat that is similar in appearance to marijuana, has been seized by KCPD. Graba is produced in Ethiopia and is commonly dried before it is transported into the United States. In two separate incidents in January 2004, KCPD officers seized 13.2 pounds of graba from an Ethiopian national and 38 grams from a Somali national.

Control Status:

Cathinone and cathine are in Schedules I and IV, respectively, of the Controlled Substances Act. Missouri placed khat in schedule I of state law. California placed khat in schedule II of state law.

Comments and additional information are welcomed by the Office of Diversion Control, Drug and Chemical Evaluation Section.
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