



# BLUE LOTUS

*Nymphaea caerulea*

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An Ancient Remedy

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# Blue Lotus

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# Blue Lotus

## Therapeutic Profile + Benefits

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Blue Lotus has been widely used as an aphrodisiac, hypnotic, sedative, and spiritual tool for thousands of years. In particular, the Egyptians would smoke Lotus resins with opium poppy (*Papaver somniferum*) to avoid opioid addiction and neurotoxicity. Intoxicating fermented brews of Mandrake and Blue Lotus were also employed to induce prophetic visionary states that would assist the user in laying down in a death like sleep to pass through the realms of the underworld, and wake up "resurrected" to a new enlightened state that was said to unify the lands of Upper and Lower Egypt - symbols for the Above and Below - Inside and Out - Consciousness and Matter. Beyond the stories chiseled into stone and tomb, we now have our modern understanding of what compounds Blue Lotus contains and how those organic extractions affect our bodies and minds.



# Blue Lotus

## Therapeutic Profile + Benefits

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Blue Lotus is now known to add major therapeutic value to conditions such as:

- Depression
- Focus
- Motor control
- Sex drive
- Addiction
- Motivation
- Anxiety
- Lucid dreaming
- Bipolar disorder
- ADD/ADHD
- Traumatic brain injury
- Erectile Dysfunction
- Memory
- Parkinsons
- Heart arrhythmia
- Hormone imbalance
- Menstruation
- Melanoma
- Longevity
- Genetic disorder
- Mitochondrial function
- Neurotransmitter balance



# Blue Lotus

## Addiction & Substance Abuse:

Blue Lotus contains two major alkaloids within it, Aporphine and Apomorphine. Both compounds are known to have powerful effects on Dopamine receptor sites found within the limbic system of the brain. Working together, these two alkaloids have powerful modulating effects of the dopaminergic system which can often times become damaged due to prolonged use of substances and stimulants such as Opium, Alcohol, Cocaine, Nicotine, and, Amphetamines.

Such substances are known to release large amounts of dopamine in the limbic system, a reward system area of the brain that is responsible for behavior, emotion, and motivation. In time, and with consistent use of these substances, the dopaminergic system can become deficient in dopamine and the natural release of dopamine from physical activity, eating, positive emotion, or sex can be disrupted. This broken dopamine cycle leaves the substance user to seek the drug more and more as to assist in the release of dopamine so that they may feel good and "normal." Using substances consistently to release dopamine can disrupt natural rhythms and upset body chemistry. The disruption of natural dopamine release and the overabundant use and release of dopamine is how a substance can lead to addiction or how behavior, mood, and eventually physical distress can follow with consistent use of a drug.

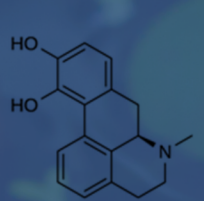


# Blue Lotus

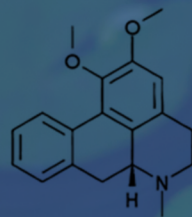
## Addiction & Substance Abuse:

The Alkaloids found within Blue Lotus have been shown to stimulate dopamine production within the dopaminergic system helping to restore normal dopamine levels. At the same time, Aporphine and Apomorphine work as dopamine receptor antagonists and agonists, binding with dopamine receptors to modulate their expression and then influence neurons to increase the amount of dopamine receptor sites found at the synapse so that the body can receive and interact with its own endogenous dopamine supply. This means that the brain will now be more sensitive and aware of its internal production and release of dopamine, gently influencing the individual to seek external stimulants less and less.

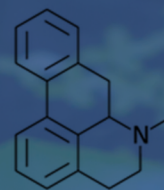
The alkaloid effect of Blue Lotus lasts in the body for roughly 90 minutes. These alkaloids are excreted via the urinary system leaving the brain cleansed and replenished so that the individual has reduced their desire for external stimulants. The body can now produce its own dopamine more easily, reward itself, modulate mood, behavior, and cravings for addictive substances.



Apomorphine



Nuciferine



Aporphine



# Blue Lotus

## Depression, Anxiety, and Mood:

A healthy dopamine system also plays a major role in combating depression and anxiety. Studies have shown that a lack of dopamine or blocked dopamine receptors can lead to a state of fear, anxiety, and even emotional eating. A damaged dopamine system means that the energy, motivation, and reward systems of the brain are not being properly stimulated leaving the individual to feel unmotivated, sad, fearful, or anxious.

There are also dopamine receptors found in the atria and ventricles of the Heart. If these receptors are blocked or damaged by the overuse of stimulants (caffeine, sugar, nicotine, cocaine) and the release of dopamine still occurs due to a substance or emotion, the presence of dopamine can cause the heart to contract more intensely leading to increased heart rate, blood pressure, hyperventilation, and potentially a panic attack. Such a response puts the body into a state of stress causing cortisol to be released, the immune system to be compromised, and inflammation to occur. This could lead to headaches, migraines, or a general exacerbation of injuries and pain along with an uncomfortable state of anxiety followed by depression.

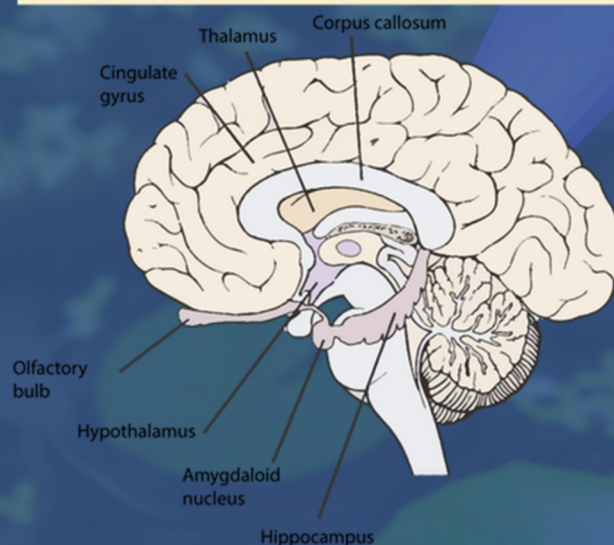


# Blue Lotus

## Depression, Anxiety, and Mood:

A healthy dopamine system has been shown to drastically reduce the release of cortisol keeping the body free from stress. The tonifying and modulating effects that Apomorphine, Aporphine, and Nuciferine found within Blue Lotus have on the dopaminergic system mean that they can play a role in reducing stress, depression, and anxiety. In a stress free state, where the body is producing healthy levels of dopamine and receptor sites, elevated mood, energy, and motivation are experienced leading the individual to a happier more satisfying life. Such actions mean that Blue Lotus may assist in weening off Antidepressants and Benzodiazepines so that joy and peace may be inherent to the individual.

### The Limbic System





# Blue Lotus

## Aphrodisiac, Sex Drive, and Erectile Dysfunction:

Blue Lotus has long been understood to have aphrodisiacal qualities and was often used in traditional beverages to increase virility, sex drive, and arousal. Nuciferine, one of the major alkaloids in Blue Lotus has been shown to relax the nervous system allowing the user to feel open yet alert and to stimulate the pituitary gland which controls the sexual organs and sex drive. More recently, another one of Blue Lotus alkaloids, Apomorphine, has been used in treatments for erectile dysfunction. Its effects on the dopamine receptors can also be seen to help increase blood flow, which can lead to easier erection if awareness is directed to a sexual encounter. The ability of Blue Lotus to tone the nervous system and decrease stress/anxiety means that orgasms can be more stimulating or easier to achieve.

Aphrodisiacs were not always used specifically for sex. Building a sensual relationship with yourself, spiritual deity, or creative power were also common points of interest. Increased sexual acuity could be focused internally as a rejuvenating or inspirational force, which could help the user better understand who they are, their passions, and general ability to generate sovereign experiences that would strengthen the internal bond to self, love, sense of security, and personal gratitude.



# Blue Lotus

## Spiritual Profile

Blue Lotus as a spiritual tool or symbol is made most known to us via the Egyptian traditions where it was associated with the Sun God Ra and extractions of the flower were ingested to stimulate visionary experiences that were believed to induce a spiritual death, conducting the user through the underworld and leading them to spiritual rebirth upon awakening from the entheogenic journey. The purposes of these induced trips were so that the user could experience God within, recognize themselves as the "Son/Daughter of Osiris," unify the kingdoms of Upper and Lower Egypt, and die before they died as to achieve an immortal state of consciousness.



Egypt is the point of origin of the Alchemical art. The ancient name for Egypt (Khem) is the root from where we get our word Alchemy - traditionally known as Alkhemia. The entirety of the alchemical teaching can be summarized in the saying: "As Above, So Below. As Within, So Without." The Above in the Egyptian tradition was often referred to as "Upper Egypt" and was understood to be the eternal realm of God and the Creator. An invisible realm that was understood to exist within. The Below was understood to be "Lower Egypt" and was seen to be the physical realm of matter where the Creator placed his creation. The Below was the outside and was a reflection of the Above/inside.



# Blue Lotus

## Spiritual Profile

Through the use of Blue Lotus as an entheogenic substance, the user could be given awareness of how their true self (Consciousness) was the point from which all creation was generated. By experiencing that point of consciousness within and learning to be aware of it at all times, a spiritual rebirth could take place where the initiate could be made aware of their true lineage as the heir of Osiris and ruler of the two kingdoms (Above/within + Below/without). This perspective is a story that points to an awakened consciousness within man and embodiment of full human potential.





# Blue Lotus

## Planetary Correspondence

Blue Lotus was understood to be the Microcosmic expression of the Macrocosm, with each part of its physical structure being a reflection for one of the seven traditional planets. Its golden center of stamens was seen as the Sun, revealing itself in the morning as the sun rose and the flower opened. Its Bluish petals were representative of the night sky, abode of the Moon, that covered the golden solar center at night when the Sun was not visible. The long stem attaching the Above (flower) to the Below (root) was Mercury, the bridge between the two kingdoms. The large green lotus leaf patties corresponded to Venus. The edible seed pod was linked to Mars, and the seed in those pods embodied Jupiter. The Root that hides below in the darkness and waters of the underworld was correspondent of Saturn. Together all 7 formed a complete microcosm, which meant that Blue Lotus was seen as a physical access point to the entirety of reality and completion of the Universe. Each seven of its archetypes being representative of the seven days of the week and the field of Space-Time.







# NATURE'S PHARMATROPIA

Healing with Nature

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## Disclaimer

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