

## Magic Mushroom

**Neela Manna\***

*Department-Bsc. Biotechnology, College-Jis University, West Bengal, Kolkata, India*

**\*Corresponding Author:** Neela Manna, Department-Bsc. Biotechnology, College-Jis University, West Bengal, Kolkata, India.

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Whenever we hear mushroom, we know that it is a spore bearing fruiting body of a fungus that generally grows on ground or on its food source. There are many kinds of mushroom that differ in their chemical components and vary from edible to poisonous mushroom. Typically, there is presence of a mushroom variety that has Psilocybin compound in it. They are found in both pileus(cap) and stipe(stem) of mushroom but mostly in pileus. These types of mushrooms are known as Psilocybin Mushroom or "Magic Mushrooms".

### *Appearance*

Well, this type of mushrooms look like ordinary ones only having long slender stipe that are whitish gray and dark brown pileus that are brown or white in the center. Presence of translucent gelatinous pellicle on the top layer of the cap.

### *Psilocybin: Inactive prodrug*

Psilocybin is a naturally occurring psychoactive prodrug and it is one of a hallucinogenic compound that trigger the state of consciousness. Whenever people intake this compound, the body breaks down it into Psilocin. Psilocybin is an inactive one but after ingestion by human it dephosphorylates and form a active one.

### *Psilocin: Structure analog of Serotonin*

Serotonin is a key hormone that regulates our feelings, emotions and mood. It enables to connect brain cells and other nerve cell for their communication. Psilocin which is structurally similar as Serotonin and in our body it act as neurotransmitters Serotonin. Psilocybin binds to specific type of Serotonin receptor known as 5-HT<sub>2A</sub>Receptor in the brain that leads to hallucination effects.

Hallucinations effects can cause a person to hear sound, observe things and feel sensation that are not really happening but all about imagination. The person has mixed senses of emotions.

Psilocin also interacts with other Serotonin receptor subtypes-Dopamine, histamine and adrenergic receptor. The unusual perception takes 20-40 minutes to begin and can last up to 6 hours.

### *Psilocybin: Friend for Depressed person*

Nowadays, depression is a major issue in any corner of the world. One does not know what a person is going through in his or her life. They feel like they have lost all charms in life, but what if they have some magic and came out this depressed state. Yes, magic mushrooms will help him or her.

Recently in a research it has been found that psychedelic drug: psilocybin from magic mushrooms has performed too well as antidepressants which eases the major depressing conditions. Usage of psilocybin has showed larger reduction in suicide cases and anhedonia. It was observed that after taking two dosage, it worked effectively as *escitalopram pills*. Psilocybin appears favourable from side effects side as compared to other antidepressants drugs.

However, people taking psilocybin are generally patients. They are generally under the guidance of Doctors and prescribe them with suitable dosage. They should not take this without proper guidance since it directly affects our consciousness. The effect depends on the quantity of the drug a person consumes and their past experiences. The potency of a magic mushroom depends on species, origin, growing area and more. Possible effects are lack of coordination, confusion, frightening, hallucinations, nausea and vomiting.

### *Legacy state of consuming psilocybin*

Under the United Nations, Psilocybin has been listed as Schedule I drug. However, it has medicinal value and previously many people used as religious matter. Many countries have prohibited the use of magic mushroom. In India it is only found in *Kodaikanalin* Tamil Nadu. Many people who visit there are advised not to intake those dry magic mushrooms because that can lead them into trouble. In India including UK, US, Australia and Germany, it is totally banned but worldwide it not declared as illegal.

Overall, the magic mushrooms may have some magic in treating the depressed people but can lead to trouble if consumed at your own risk without any medications. Everything comes up with bad and good flavors, it depends on one way of thinking what he wants. To talk about good part, research is still going on this key ingredient of magic mushroom and recent studies are successful in rising the hope of using psilocybin as antidepressants, as scientists were successful in their trial. We must wait for the day when magic of psilocybin finally worked on patients.

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