

**Remarks by Fijihosting:** the following is the unedited translation from an article in German (title “Kava – from the Pacific drink to the Western natural medicine”) using the translation software Systran Premium 4.0 it shows the power and but also the limitations of low-end computerised translation software utilities. Words not found in the translation dictionary of the software are marked with @@@. As far the speed is concerned: it took exactly 15 seconds on a Intel Pentium 4 1.8 GHz personal computer

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@@@SS2000

## @@@Kava

### From the Pacific beverage to the western nature cure



@@@Barbara @@@Meyer, 22 June 2000

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## 1. Introduction

Within the area of the @@@Phytomedizin @@@psychoaktive plants hold already since @@@more jeher a special position and are under the usually asked plants in @@@*materia @@@medica*. Rising interest - both generally and professionally - at plants such as @@@*Hypericum FR.* (@@@Johanniskraut) it illustrates that this old inclination exists further without reduction. As the cultivation samples and the @@@impakt point to the cultures of the Pacific islands clearly, @@@Kava is a plant, which fits outstanding into the group of such high-estimated substances.

@@@Kava (@@@*Piper @@@methysticum* forest. f.) is both the name of the plant and the @@@berauschenden beverage, which are prepared from its roots. The drug was consumed or once in a far area of the Pacific societies, by coastal areas like @@@melanesische again Guinea in the west up to the isolated Polynesian island @@@Hawai'i, which is appropriate for 7000 km northeast. @@@Kava is an attractive bush, which is vegetatively propagated, as most of the traditional Pacific main harvest products. Its active @@@Ingredienzen are a set of @@@Kavalactonen, which occur in the root and in the root stick concentrated. The island inhabitants take these @@@psychoaktiven chemicals to itself, by and-proving one an infusion from cold water and chewed, @@@zerstampftem, @@@gemahlenem or to cut up @@@Kavawurzelstoecken prepares.

Propagated now @@@Kava is consumed in addition, in Europe and North America. But no more than social beverage, but than standardized preparation in pills or other forms. It is particularly as means against fear conditions and stress well-known, thus a means, which the side effects of our consumer and work company @@@lindern is.

In this work I ask the question, how meaningful the use of @@@psychoaktiven plants is such as @@@Kava, if they are cleverly consumed from the cultural context.

But I will present first the @@@Kavagewaechs and its chemical contents materials. Afterwards I point the variety of the use and the meaning out of the plant in the Pacific societies, by trying to illustrate the function apart from the social aspects of the @@@Kavakonsums also as *cash @@@crop*. Subsequently, I on the spreading and use of @@@Kava want to speak outside of

the Pacific area come, around to employ and my initially asked question try to answer in which locking discussion of comparisons between the different contexts.

## 2. @@@Kava - the plant

### 2,1 nomenclature, taxonomy

Although the exact date of the first observation of @@@Kava does not admit by European conquerers exactly is, then however already 17 has at the beginning. Century the Netherlands sailors @@@Le @@@Maire and @@@Schouten the plant on the islands @@@Wallis and @@@Futuna sighted. @@@Kava was also the participants of the first @@@Cook Pacific expedition well-known, because one of the first illustrations of the plant ( [1](#) ) comes from @@@Sydney @@@Parkinson, a young draughtsman of the expedition, for which @@@Kava had drawn 1769 on the society islands ( @@@Lebot @@@et aluminium 1992:14).

@@@@Piper @@@methysticum ( [2](#) ) became first by George @@@Forster (1786), as @@@Botaniker on the second @@@Cook' expedition of 1772-75 along-traveled, for @@@taxonomischen purposes described. The @@@binomische name was however already 1781 of @@@Linné for another plant (today @@@Piper @@@latifolium L.) used, the scholar rejected him however again. Thus it became possible that @@@Forsters was nevertheless valid designation ( @@@Lebot et al. 1992:14).

The kind @@@Piper of the pepper family ( @@@Piperaceae ) is a group, which covers species over 2'000, among them bushes, @@@Lianen and even small trees. The black pepper ( *P. @@@nigrum* ) and @@@Betel ( *P. @@@betle* ) belong likewise to this kind. In <###>Vanuatu</###>, where the @@@Kavakultur is probably most highly developed, it is well-known over 70 different variations.

The popular classification differentiates between different @@@Kava @@@Kultivare. Morphologic differences, in addition, the physiological effect are important. After a @@@Kavastrauch was excavated, the farmer @@@stecklinge cuts. After it cost the beverage from the harvested plant, it decides whether it plants the @@@stecklinge or lets rot. If it concerns a copy with special @@@psychoaktiven characteristics, the @@@Pflanzer passes @@@stecklinge on at his relatives and neighbours. If the physiological characteristics are different enough, even a new @@@Kultivar can be designated. Usually the native name consists of a generic name ( " @@@Kava " means ), followed of a second word as @@@taxonomische characteristic. In the case @@@Vanuatus, where best documented the popular taxonomy, is thus confirmed of Berlin thesis of the @@@binomischen structure of such names (Berlin 1992). Thus there is on @@@Tanna @@@Kultivare as @@@nikava @@@rhowen (white @@@Kava), @@@nikava @@@apin (black @@@Kava) and @@@nikava @@@pia (smooth or naked @@@Kava) ( @@@Lebot et al. 1992:27).

The word @@@Kava designates in the Polynesian languages unpleasant taste of @@@Esswaren and beverages. On the @@@Cookinseln is called @@@kawakawa "bitterly" ( @@@Whistler 1990:368 ), on @@@Hawai'i, the @@@Marquesas and @@@Tahiti meant ' @@@ava among other things "bitterly", "sourly" or "sharply". Also @@@yaqona, then @@@Kava on <###>Fiji</###> is called, comes from \* @@@kona (linguistically also brought with \* @@@kawa in connection), which is called "bitter" likewise. The names for @@@Kava in the local languages are however as different as @@@nigui ( @@@Hiw, @@@Torres Iceland ), @@@maloku ( @@@Marino, @@@Maewo ), @@@mele (SA, south @@@Pentecost), @@@bir ( @@@Tur, @@@Santo ), @@@hae ( @@@Malo ), @@@nimvulum ( @@@South

west @@@Bay, @@@Malekula) and @@@kava (@@@Aneityum), in order some to only call (@@@Lebot and @@@Cabalion 1986:83 93).

## 2,2 morphology

@@@Kava is a perpetually-green bush, which becomes high between 1.5-6 meters. The plant has arrow-round, smooth, @@@knotige branches, which from a thick @@@holzigen, some Kilos heavy root stick to often grow. The @@@ganzrandigen, simple @@@herzfoermigen sheets have a diameter of approximately 20 cm and are strongly gene FFS. They change-constantly stand on short, winged @@@blattstielen, which cover the remarkably arranged stack. This can vary coloured from green to black and carries isolated pricks. From the small, cladding-sheetless and in-sexual blooms form the male close, @@@aehrenfoermige bloom conditions, which likewise sit at the upper stack knots. The plants are propagated exclusively by humans by @@@stecklinge (@@@Lebot et al. 1992:16). @@@Brunton (1989:33 35) mentions the very small possibility that it could with @@@Piper @@@methysticum a species concern, with which it can come in whole rarely to a hybridizing, straight enough, so that it does not become extinct. Therefore @@@Thomson (1987:88) seems itself to mad, which indicates that @@@Kava reproduces itself vegetativly with @@@Auslaeufern.

## 2,3 origin, geographical spreading

Since @@@Kava is always vegetativly spread, the identification of its wild moving forward is also the key to the mystery of the origin of the @@@Kavapflanze and the migration movements of the @@@Kavakonsumenten in the Pacific. False identifications of @@@Herbarexemplaren led to the fact that @@@Macropiper moves forward @@@latifolium as @@@more melanesischer of @@@Kava was held. Because of the important morphologic and chemical differences a direct evolutionary relationship between the two species is however improbable. Today is one itself united that @@@Piper is @@@wichmannii the "wild" @@@Kava. The plant is morphologically @@@methysticum very similar to P., with the remarkable difference that the @@@bluetenrispen are longer and evenly fruitful.

Clarifying the geographical origin of @@@Kava we owe to the @@@Agronomen @@@Lebot and its coworkers. In their publication of 1992 bring @@@Lebot, @@@Merlin and @@@Lindstrom strong proofs for the fact that the first @@@Domestizierung of @@@Kava in <###>Vanuatu</###> - be enough before the colonial discovery - took place. Thus they outdo the argumentation of @@@Brunton (1989), the still assumed that @@@Kava had spread ago from @@@Melanesien (e.g. of @@@Papua new Guinea).

@@@Lebot showed that there is in <###>Vanuatu</###> very much more @@@Varietaeten of @@@Kava than at possibly another place, which besides had a stronger chemical effect than those elsewhere. Two thirds of the examined @@@Morphotypen ( 3 ) was found only in <###>Vanuatu</###>. Just as important also the analysis of the chemotypes is, @@@Zymotypen ( 4 ) and the names for @@@Kava in the local languages. These data speak very convincingly for the origin of the @@@Domestizierung of @@@Kava in <###>Vanuatu</###>. The @@@Kava in <###>Fiji</###> and @@@Polynesien is the result of thin oozing of some @@@Varietaeten of <###>Vanuatu</###>.

@@@Kava grows in damp, tropical climate with Pari passu distributed rainfalls on an amount between 150 and 300 meters over sea. Although the plant prefers swampy soil, it can grow also on stony underground. @@@Kava comes naturally on the tropical Pacific islands forwards (@@@Lebot et al. 1992:51). It is domestic on <###>Fiji</###>, @@@Hawai'i, @@@Papua

new Guinea, Samoa, @@@Tahiti, Tonga, <###>Vanuatu</###>, @@@Wallis @@@et @@@Futuna and @@@Pohnpei. The spreading of *P. @@@wichmannii* is limited to @@@Melanesien.

The spreading of the @@@Kavakonsum outside of @@@Polynesiens is rather markful. Into @@@Melanesien and @@@Mikronesien large distances separate the regions, where @@@Kava is drunk. In the Polynesian area @@@Kava became except on the @@@Osterinseln, New Zealand, which @@@Chathaminseln and @@@Rapa consume everywhere.

### 3. @@@Kava - chemistry

#### 3.1 chemical components

The chemically active components in @@@Kava are @@@Kavalactone. They are to be found particularly in the root stick and the roots of the plant. The first scientific investigations around the components of @@@Kava to evaluate, began in late 19. Century. But only 1966 could show the German @@@Pharmakologe @@@H.J. @@@Meyer that the @@@Kavalactone is responsible for the @@@psychoaktiven characteristics of @@@Kava. Different factors - the age of the plant, the ground condition at the location, plant parts and extraction methods - affect the quality of the @@@psychoaktiven effects of @@@Kava.

The most effective fifteen from @@@Kava isolated @@@Lactone ( 5) is @@@Kavain, @@@Dihydrokavain and @@@Dihydromethysticin. Together with three other @@@Lactonen (@@@Yangonin, @@@Methysticin and Demethoxy @@@Yangonin) forms it the six most frequent connections. The divergent composition of these six @@@Lactone of a plant (chemotype) is responsible for those in each case different effect of the beverage prepared from it (@@@Lebot @@@et aluminium 1992:67ff). The use of a preparation from the plant is more effective, than the application of individual active substances.

#### 3.2 physiological effect

@@@Aufgegossenes @@@Kava is an emulsion with fat-similar connections floating in the water. The @@@harzigen components (@@@Resina @@@Kava), which in each cell as microscopically small drops are present, one leaches out and one up-pours emulsified if the root fabric. If the beverage is earned, thousands of this microscopic particles happen rapidly by the gastric wall into the @@@blutkreislauf. If the emulsion is rich at active @@@harzhaltigen parts, leads to a rapid and pronounced @@@psychoaktiven effect (@@@Lebot et al. 1992:58).

With the @@@Kavatrinken one notices first the local @@@anaesthetische effect of the drug. The tongue and the oral cavity become easily deaf, whereby the tongue point tingles/swarms as with the benefit of sharp spices easily. Soon thereafter the desired @@@anxiolytische (nervous unrest solving) and muscle-relaxing effect adjusts themselves, without making however sleepy or to impair the concentration ability ( 6). @@@Kava works in such a way against muscle cramping like also emotional stress. The @@@analgetischen characteristics cause also @@@Linderung with chronic pain as well as rheumatism tables and @@@arthritischen diseases, for example with charge. Outwardly the drug can also as mouth flushing or against lip ulcers moderates to work.

In animal experiments besides a sedating, cramp-hindering and cramp-solving effect was described. With higher doses the effect can be intensified by alcohol, bar bit urates and

psychopharmacologic drugs (@@@Piscopo @@@o.D.).

Apart from cardiovascular and @@@antimikrobischen activities @@@Kava possesses also an antiseptic effect and in the past particularly also for the treatment by sex diseases, particularly against @@@Gonorrhoe (@@@Tripper) was assigned. Although @@@Kava is not used in this way any longer, it is a valuable @@@Urologikum, which helps against infections of the ureter and calms an irritated blister down.

@@@Kava was regarded long time as an aphrodisiac, probably because of its reassuring and stimulating effect. In Europe and the USA - partially dubious - products seemed on @@@Kavabasis like "@@@Erotikava" and "@@@Kava @@@Sutra", which wanted @@@to kapitalisieren the rumors around @@@Kava as aphrodisiac. What is true to it? By the relaxing effect - particularly the basin area - @@@Kava seems to work as aphrodisiac for women. Additionally it lowers the restraining threshold and supports communication, which can have positive effects on intimate meetings (@@@Cass and @@@McNally 1998:209f). In our culture often by alcohol one achieves. After @@@Gajdusek (1967) it is rather obvious to @@@Kava that oceanic @@@Kavakonsumenten is active in those nights rarely sexual, in which it drinks. Besides it was until recently forbidden to the women on most Pacific islands drinking @@@Kava - except for medical purposes - (7)

One of the many positive characteristics is the good long-term compatibility. Regular @@@Kavatrinken makes and the possible side effect physically not dependent seems only with excessive consumption. Very strong drinking can cause skin lesions and drain the skin, what leads then to a @@@ichthyoseartigen skin excursion, a Kava @@@Dermopathie. Skin allergies disappear however as soon as the @@@Kavakonsum are reduced, and often they arise only at consumers, the allergy are endangered (@@@Norton and @@@Ruze 1994). Besides rare cases are well-known, with which the @@@Kavakonsum led to a paralysis of the eye muscles (@@@Lebot et al. 1992:59).

#### 4. @@@Kava in the Polynesian societies

For centuries the @@@Kavatrinken holds an important position in the social, ceremonies, economic and medical lives of the Pacific island peoples. In the course of the time the plant and the beverage received important symbolic meaning, a carefully prepared system from social and religious rituals and clearly defined rules for the preparation, distribution and the consumption. Indeed the custom @@@Kava is so far common to drink in the Pacific area that it connects most Pacific island peoples as a common aspect of the material culture.

##### 4,1 use, preparation (8)

The @@@Kavatrinken is part of many different causes on all social stages - of ceremonies the drink of the appreciation and to the greetings of important persons up to the @@@erfrischenden beverage with an informal meeting among friends. With its relaxing effect it lets community feelings @@@entstehen. The reassuring effects with at the same time clear spirit are ideal, in order to solve and find around compromises conflicts peacefully. Both the beverage and the ceremony are to intensify the friendly feelings.

But @@@Kava has also different areas of application. Thus the plant and the beverage used in southPacific cultures are enough as means, in order to swear to spirit and to attain direct entrance to the collective knowledge of the deceased. In @@@Hawaii recruited @@@kahunas (@@@Hexer) with prayers and reasonable benefit of @@@Kava the favour of the Gods and

spirit. Some @@@kahunas because of their ability to swear to spirit as @@@Todesbringer very much been afraid. They used @@@Kava as means around the channels between them and the world of the dead ones to open. Some @@@hawaiianische @@@Hexer used the thrown away remnants of the chewed @@@Kavawurzel, in order their charm over the drunkard, who had chewed the root to put. For this reason @@@entsorgten @@@Kavatrinker their chewing remainders normally in rivers or in the sea, so that they could not be abused by @@@uebelgesinnten @@@Hexern (gates 1989:156).

In <###>Fiji</###> @@@Hexer needed @@@Kava in former times likewise, in order to cause death. They full-led a ceremony, which contained an emptying of @@@Kava on the grave of an ancestor of the person who can be killed. Although the @@@Hexerei in <###>Vanuatu</###> became extinct today to the largest part, there the use remained from @@@Kava to the establishment of contact with the ancestors to receive and around entrance to their collective knowledge, until today exist (@@@Kilham 1996:91f).

As @@@Medizinalpflanze @@@Kava experiences a multiplicity of applications. @@@Kava was enjoyed traditionally by healthy persons. In cultures, in which it was used also as ceremony beverage, one regarded @@@Kava also as @@@Medizinalpflanze. On <###>Fiji</###> one brewed dte, which as @@@Diuretikum against kidney and blister suffering one used from the root. It was used also as cough means and with colds. After the @@@Niederkunft a @@@Wurzelsud was given to the mothers, in order to hinder a further pregnancy. The sheets were used chewed also as @@@empfaengnisverhuetendes means. Outwardly the juice of the fresh sheets was used as @@@Liniment for the @@@Wundbehandlung. Fresh sheets served also as @@@Wundverband. @@@Kava was used likewise historically for the treatment by @@@Gonorrhoe (@@@Tripper), rheumatism, bronchitis, asthma as well as belly and ridge pain. The root dte pain-satisfying with muscle and headache one enjoyed (@@@Foster 1999).

As drug the root very juicy in fresh condition is dried and used peeled. The preparation of the @@@Kavagetraenkes resembles itself in the in whole Pacific island area. The details of the ceremonies vary however from place to place usually take place the preparation and a drinking at sunset, whereby nothing should be eaten before. The root is cut up, traditionally by washrooms. This arduous and time-intensive task today except on @@@Tanna and in parts of @@@Papua new Guinea hardly more one practices, above all because it lacks on willing people. In former times took over female or male virgins chewing the @@@Kavawurzel, because sexual purity was important, in order to receive good @@@Kava. Where chewing still one practices, today usually experienced men settle it. Otherwise the roots @@@are gerspelt, @@@zerstampft or smallchopped ( 9), until the @@@Kava is a @@@breiige mass and can be processed. In a large, far dish the @@@Kava with cold water is up-poured, whereby the used quantity of water determines the strength of the finished beverage. Then knead or agitate the beverage preparing person the @@@Kava in the liquid, until the water becomes muddy cloudy and. Afterwards it filters the infusion with a @@@wickel from @@@Palmfasern or a roughly @@@gewobenen material. , the received liquid is the finished @@@Kavagetraenk is away-put to pressed out root remainders. The present persons applaud into the hands as indications for the fact that they accept the @@@Kava. @@@Kava is always freshly prepared, and/or is not kept for the next day.

The "@@@Kavazeit" begins with the preparation of the beverage, while the participating drunkards come along and establish themselves maintaining. They sit down in an exactly specified order around the central @@@Kavaschale, normally participate only men at the @@@Kavatrinken. There are even taboos that during the ceremony neither women may be mentioned generally nor individual names (@@@Brunton 1989:98). Before drinking begins,

different speeches are held, where the Gods thanked, which @@@Kavawurzel intends presented, highlights will and the present honour guests are welcomed. A selected person, who is been versed exactly in the hierarchies and ranks of the society, works as distributor. It fills it hang-strained bowls from a half coconut and distributes it after the social order of rank of the participants. During the ceremony, which applies for example on Samoa still as holy, nobody may stand or goes except the distributor ( 10) Before the drunkard leads the filled bowl to the lips, it pours some drops onto its seat mat. Afterwards it sets the coconut bowl to the mouth and drinks the @@@Kava without to set off. The distributor drinks last, the all-last bowl drinks however again the highest-ranking one, with which the ceremony is terminated then.

## 4.2 cultural meaning

In the societies, which drink @@@Kava, or is it was one of the main elements of their culture and above all also today again as means for the production of traditional, mirror-image-ritual and social order is used. @@@Kava has apart from the physical effect also a mirror-image-ritual and a @@@Zierwert and in the gift exchange is therefore used. In @@@Tanna @@@Kava is planted partially into fern stumps, from which an attractive plant form develops, which is called @@@nikava @@@tapuga (@@@Kilham 1996:17).

There are different myths over the first @@@Kavazeremonie, for example in @@@Fitiuta on Samoa is thus told the fact that @@@Tagaloalagi, which creators of the world, this ritual as well as @@@Pava, which, held first humans. The area between the participants of the ceremony - @@@alofi referred to - is holy and may not not be entered during the ceremony. Now however @@@Pavas son entered the holy gap, on which @@@Tagaloalagi @@@Pava instructed to forbid to its son the holyness @@@alofi to hurt. But the boy ran back and forth to @@@Tagaloalagi the child packed and to him successively arms and legs peeled off. @@@Pava cried, because with the death of its son hope was destroyed made to populate the earth. @@@Tagaloalagi main header the @@@Kavaschale and spoke: "your son hurt @@@alofi and had to therefore die. But by @@@Kava the life comes." Afterwards it let fall a few drop @@@Kava on the disfigured body and the boy became again alive. "the holy @@@Kava will always be considered as contract between you and me." Over the recovered son @@@Pava applauded lucky into the hands. Then drank it and @@@Tagaloalagi the holy beverage (@@@Balick and @@@Cox 1997:181; see also @@@Deihl 1932:65).

A central point of the @@@Kavatrinkens is reliably the social context, by taking place. The social hierarchies and sometimes also the sex roles are confirmed by the hierarchical seat order and drinking sequence are determined. Originally the @@@Kavatrinken and the appropriate ceremonies were closely connected with the chieftains and royal persons. It was the usual people as also the women strictly forbidden. In the @@@Kavaritual the social order reflects itself and thereby again and again is at the same time reproduced.

@@@Kava is nearly always drunk in the group, is it now during an official ceremony or in the friend and relative circle. On some islands in a @@@urbaneren environment so-called Kava @@@Bars - in <###>Vanuatu</###> they are called @@@nakamal - arose. There @@@Kava is prepared available, which either against an admission fee or collective rounds offer be consumed can. The Kava bar replaces the more traditional special places in a @@@urbanen environment partially, where the people met around @@@Kava to drink (@@@Lebot et al. 1992:146; 186ff).

Although @@@Kava is a traditional property and therefore at some places the entrance is not welcomed by @@@Kava in the money sphere (qates 1989), is newer forms of

@@@Kavazeremonien arisen. So @@@Migranten are even in @@@Honolulu a species of @@@ROSCAs among the Tonga niches ( 11) arose, whereby during the @@@Kavazeremonie money is collected, which is then put to a member of the round at the disposal (@@@Lebot @@@et aluminium 1992:207f). In Tonga are Fundraising meetings for charitable purposes far common. Thus churches and schools organize regularly @@@Kavazeremonien, where for the beverage one pays. In addition, with such "commercial" causes drinking in groups finds instead of (@@@Feldman 1980:103).

#### 4,3 cultivation

Almost each household on <###>Vanuatu</###> possesses some @@@Kavapflanzen. Its own @@@Kavagarten is traditionally a source of pride and is considered as social capital (@@@Lebot et al. 1992:182).

As most Pacific arable crops @@@Kava is spread by @@@stecklinge. But the harvested @@@Kavastengel is cut into pieces and implanted into the earth. @@@Kava is suitable well for the Pacific agriculture system, because it is a relatively undemanding plant and prospers in the shade. So it can be cultivated also in mixed gardens, for example under banana plants and @@@maniok. The again-planted @@@stecklinge must be protected against direct sunlight and wind. Above all the strong southeast hoist and hurricanes can harm the plant, because hurt trunks or roots are susceptible to diseases. If @@@Kava is cultivated intensively, it must @@@be beschattet during the first 30 growth months. After approximately four years @@@Kava can be harvested; the older the plant is, the more @@@Lactone contains it. For the ceremonies exchange become besides older plants more highly estimated (@@@Lebot 1997:82ff).

#### 5. @@@Kava as *cash @@@crop*

@@@Kava is an important cash @@@crop in some regions of the South Seas, for example on <###>Fiji</###>, Tonga and particularly in <###>Vanuatu</###>. End of the 1990er was total years more than 5'000 hectare under commercial cultivation, in addition still thousands family gardens come, where @@@Kava for the self-use is cultivated (@@@PIKC @@@o.D.). Similarly as the spices @@@Kava is a high-quality/valuable and small-scale (low volume) plant and brings compared with other agriculture products (z. ex. @@@Copra) higher conversions. The work input is relatively small, the plant can also in small quantities be cultivated and the commercial processing is simple. That results in a higher income, than with the cultivation of vanilla, on the working day calculated @@@Kardamom or garlic is obtained. @@@Lebot and @@@Cabalion (1986) indicate for the year 1985 a working day income for @@@Kava of @@@US\$ 25.15. At closely settled places such as @@@Tongoa, where the largest part of the fruitful soil for the @@@Subsistenz is cultivated, only one plant is portable such as @@@Kava, which obtains a high yield per unity, as *cash @@@crop* economically (@@@Lebot et al. 1992:188).

Since the independence from Great Britain and France 1980 the @@@Kavakonsum rose in <###>Vanuatu</###> continuously. This trend was intensified by the official government politics still, the @@@Kava as traditional and socially accepted alternative to the consumption of alcohol publicised. The beer and the wine imported goods actually sank on 60 % of the conditions of 1979 (@@@Crowley 1991).

#### 5,1 trade

@@@Kava is produced apart from the self-use both for the local and for the export market. The farmer sold its @@@Kava to friends or to local dealer, who takes over the selling. The difference between on and resale price is then their earnings/services.

For the local beverage market (z. ex. within @@@Vanuatus, in addition, between the other islands) the ship is preferred as means of transport. It is relatively slow, which a disadvantage is in the case of the transport of fresh and therefore easily perishable @@@Kava, but is more economical it than the airplane (@@@Lebot @@@et aluminium 1992:183ff).

The demand in North America and Europe for @@@Kavaprodukten, rising since center of the 1990er years, makes the export of this root an important @@@devisenquelle for the island states ranked among the third world. In addition, the asiatic market will have more meaning surely in the future, because nature cures are traditionally very respectable there.

Still 1998 was expressed of a farmer in Samoa to @@@Kava as commercial export product doubts, because marketing was difficult this its opinion after not very well-known plant. At that time an American @@@Pharmaunternehmen had been interested in regular @@@Kavakaeufe from Samoa. To @@@anhin it bought up @@@Kava from the in whole Pacific area, the American market has however a higher potential, which wants to now use the enterprise. The problem for the @@@Samoaer is however a lasting source of the plant around the agreement to make economically be worth worth (anonymous 1998).

At present the Pacific island states export only dried @@@Kavawurzeln. The excerpts and finished preparing are made in North America and Europe. Here the question arises whether improved products already could not be manufactured locally in the Pacific area.

@@@Kavaproduzierenden states are far anxiously that the advertising material, which is used for the selling by @@@Kava outside of the traditional market would contain misleading information about the plant as also over the traditional surrounding field, in which @@@Kava was used (@@@PIKC o. D). These concerns are unfounded not in whole, nevertheless some @@@Pharma and nature cure enterprises began to cultivate from the South Seas imported @@@Kavapflanzen on a large scale (@@@Seneviratene 1999). The further rising demand from the foreign country could cause a scarceness on the local market, whereby the prices rise and sometimes again propagated to the spare drug alcohol was seized. Importantly for the export are besides a constant quality and sufficient quantities of @@@Kava.

## **5,2 @@@Pacific Iceland @@@Kava @@@Council**

The interest in @@@Kava, growing world-wide, brought not only advantages - like higher prices owing to the risen demand -, profited from those the producers and dealers of @@@Kava economically. Increasingly the concern makes itself broadly, like the demand to be satisfied can, without natural resources seriously excessive use. Traditional cultivation methods of this slowly growing plant cannot cover the increasing need particularly from the western world and have again for methods and cultivation places to be found. The fair allocation of the advantages of the "@@@Kavaboom" and the question "@@@intellectual @@@property @@@rights" are further points, which must be solved.

Before this background end 1998 the @@@Pacific Iceland @@@Kava @@@Council (@@@PIKC) with the official support and membership of all @@@kavaproduzierenden countries in the Pacific was created. The @@@PIKC set itself above all three goals:

?? To promote the lasting production and development from @@@Kava to,

- ?? to develop and receive the social and cultural component from @@@Kava to and
- ?? to maximize the social and economic advantages of @@@Kava for the member states.

The delegated ones at the second @@@Kavasymposium at the @@@South @@@Pacific forum @@@Secretariat ( 12) agreed besides on further common measures. So the @@@Kavaindustrie is to co-operate closely with the @@@University OF @@@the @@@South @@@Pacific, in order to transact regularly chemical analyses. Further a user manual is to be developed and be distributed to the @@@Anbauer and export your, in that instructions for quality standards, market regulations, price structures, harvesting and processing detail is contained. Besides are the @@@Chromotypen, chemotypes and @@@Genotypen of @@@Kava recognize to become around the Pacific rights at @@@Kava world-wide to protect (@@@South @@@Pacific forum @@@Secretariat 1998).

## 6. @@@Kava in new contexts

The @@@Kavakonsum and the meaning of @@@Kava changed in the course of the time. In the Pacific area @@@Kava is used, in order to symbolize new traditional identities and unity between the post office-colonial Pacific states. As I showed in the preceding chapters, new forms of the @@@Kavatrinks arose. In addition, outside of the South Seas @@@Kava is consumed, there however in in whole different context.

### 6,1 Australia (@@@Aborigines)

At the beginning of the early 1980er Australian @@@Aboriginesfuehrer has years with attendance on @@@Fiji and @@@Polynesian was seen, like @@@Kava of its Pacific neighbours as safe, locally cultivated, relaxing beverage used. These leaders publicised with their return to Australia @@@Kavakonsum as replacement for alcohol in the municipalities of the @@@Aborigines. @@@Kava was enthusiastisch taken up, particularly to @@@Arnhem country to north Australia. The @@@Aborigines abused the drug there, in which they drank a 50-100 times higher dose @@@Kava than in other societies the South Seas were usually consumed. (@@@Mathews et al. 1988).

Health problems under this @@@Kavatrinkern such as malnutrition, liver damage and @@@Kurzatmigkeit were common and led to @@@sensationalistischen messages in the Australian media, which called to a prohibition of @@@Kava (sing and @@@Blumenthal 1997). To justify a study, which itself with this situation busy, tried from the fact that @@@Kava is injurious to health and causes side effects which can be taken seriously (@@@Methews et al. 1988). These results should be regarded however critically, because @@@Kava was consumed particularly by persons, who already before were in a very bad state of health. Besides @@@Kava in many cases did not replace but was not additionally consumed alcohol. The health problems are to be attributed therefore not primarily to the @@@Kavakonsum, which also the Pacific observations confirm, where the @@@Kavakonsum for many years did not show negative effects except occasional skin problems to the health.

### 6,2 Europe, North America

@@@Kava is already in Europe since that 19. Since that time century admits and can be bought in pharmacies or reform houses. With the "@@@wiederentdeckung" of nature cures such as @@@Ginseng, @@@Johanniskraut and @@@Echinacea in the western world, the interest of @@@Pharmaunternehmen and nature cure producers, in addition, the consumers themselves at the "answer of nature to stress, rose fear conditions and sleeplessness" (@@@Cass and @@@McNally 1998). In Germany annually approximately 20 million Marks are spent on @@@kavahaltige tablets, caps and dragees (@@@Butta 2000:62; see in addition @@@tab. 1); the boom spread in the meantime from Europe on the USA.

**Product**

**Manufacturer, country**

**Indication**

@@@Antiglan	@@@Potter's @@@Herbal @@@Supplies, @@@GB	Blister complaints
@@@Arthrosetten	Burner @@@Efeka, D	@@@Arthritis
@@@Cysto finch	@@@Kade; Finch, D	Ureter unfortunately
Cysto @@@Caps	@@@Ebi; Finch, CH	Blister-suffer
@@@GB @@@Tablets	@@@Potter's @@@Herbal @@@Supplies, @@@GB	@@@Gallenblasenirritation
@@@Hewepsychon	@@@Hevert, CH	Psychiatric disturbances
@@@Kavain @@@Harras	Curarina @@@Harras, D	Unrest, stress, @@@psychosomatische disturbances
@@@Kaviase	@@@Merrell @@@Dow, F	Ureter infections
@@@Kaviase outer @@@Bleu @@@de @@@Methylene	@@@Merrell @@@Dow, F	Ureter infections
@@@Kavasedon	@@@Mavena, CH	Fear, tensile states, unrest
@@@Kavasporal	Mueller / @@@Goeppingen, D	Nervous disturbances
@@@Kavasporal @@@forte *	Mueller / @@@Goeppingen, D	Fear conditions, strain, unrest
@@@Kavosporal S	Mueller / @@@Goeppingen, D	Nervous disturbances
@@@Kawaform	Move, CH	@@@Tonikum, @@@psychovegetative stabilization
@@@Laitan *	@@@Schwabe, D	Fear conditions, unrest, Tensile states
Pro act	@@@Potter's @@@Herbal @@@Supplies, @@@GB	Blister-suffer
@@@Somnuvis	@@@Truw, D	Nervous disturbances
@@@Valeriana @@@comp.	@@@Hevert, D	Sleep disturbances, nervous disturbances
@@@Yakona N	@@@Rentsch, CH	Antidepressive

\* refers to a pure @@@Kavaprodukt. All different are combination preparations.

Table 1: Products with @@@Kava on the European market

Despite the application type of @@@Kava when divergent suffering, it becomes today particularly as "@@@Tranquilizer" @@@anpriesen: a natural replacement for @@@Valium and @@@Xanax - however without their considerable side effects - against the illness caused by civilization stress and the associated consequences such as sleep disturbances and changes in mood. Intensive research and different clinical studies could prove the effectiveness of @@@Kava within this range impressive (see e.g. @@@Kilham 1996:106ff). In addition, the

@@@psychoaktive effect of @@@Kava was registered in other circles with interest. So particularly different personal experience reports are to be read over the effect from drunk @@@Kava to in the InterNet. On same sides are also information to further @@@psychoaktiven substances as mushrooms or toad secretions. But the gentle effect of @@@Kava does not seem to be sufficient with these the ultimative intoxication experience search.

## 7. Discussion

From Siberian @@@Schamanen, which step by fly mushrooms ( @@@*Amanita @@@*muscaria*) with another world into contact, up to @@@Kokablaetter chewing farmer in the @@@Anden is @@@psychoaktive substances already within living memory part of our societies. Since just as long time culture transfers took place, during those strange benefit or @@@rauschemittel as for example cocoa, coffee and tobacco transferred to a new context are. How I pointed out in chapters 5 and 6, the spreading of @@@Kava from the Pacific area began into the remaining world already longer and particularly in the last years a strong increase showed. As far the demand for the drug in the most important import regions Europe and North America will still rise and how long the interest continues at @@@Kava will show up. Which interest can wake @@@Kava, of which in the South Seas ceremony a beverage is made, in the members of the western society?*

In its traditional island context there are two basic messages of the @@@Kavaerlebnisses. First of all one experiences a feeling of the satisfaction, relaxation, peace and the well-being - even euphoria by the beverage. On the other hand the drinking experience in a social environment takes place and is mostly connected with certain rituals or ceremonies. These two qualities - well-being without tension, in a social context enjoyed - create the ideal conditions for conflict resolution. For this purpose @@@Kava was introduced also to the west, only it is used *internal* problem solution here for the personal, i.e. as means against (by stress caused) fear conditions. In the Pacific societies @@@Kava is an indication of the friendly relationship *between* the people. In addition, as a thoroughly social beverage @@@Kava ceremonies, negotiations and other ritual causes accompanies, has its place than @@@abendlicher drink in the friend circle. The conception that @@@Kava drink a person from the western culture area alone in a room or as standardized pill could earn, is for many South Seas inhabitants a appearing strange conduct. In @@@Fiji even the sentence is "@@@Kava alone drinks " a @@@euphemistische species, in order to accuse someone of of the practice from black magic to (@@@Cass 1998:207).

The "@@@Kavakultur" is today however more fragile, than one thinks. On <###>Fiji</###> @@@Kava provides increasingly for conflicts between the native ones and the descendants of the Indian gotten as workers on the sugar piping plan days in the country. The two subpopulations possess a divergent moral and life attitude. Among the Indian @@@Kava is considered as beverage, which makes @@@lethargisch, why they avoid it. Since 1999 a Indian were selected as a head of the government, the @@@indischstaemmige part of the population has again more influence than the natives. Thus skillful, Indian dealers bought the @@@Kavamarkt for the export empty. The price for a kilogram of @@@Kavapulver rose to @@@US\$ 25, the quality of the product however decreased, because because of the high price and the profit possibilities impure plants were used or the powder with flour had been stretched. the export market in, for the dubious business the Indian with their capitalistic thoughts were made responsible to 1999 fallow on it. The @@@Kava @@@Council OF @@@Fiji is to provide now as control instance for good quality (@@@Butta 2000).

At the beginning of this work I asked the question about the sense of the consumption of @@@Kava - and plants generally @@@psychoaktiven - outside of its traditional cultural context. As I illustrated in chapter 4 of the available work, @@@Kava is as plant and beverage a

firm component of many Pacific societies. The cultural meaning of Kava as traditional beverage could be compared with that of the wine in south Europe, this penetrates however more deeply into the different social ranges. For the people of Samoa for example Kava has something holy. The drunkenness is prepared with special causes and high attendance and is still considered as something special. Other Polynesian uses Kava with transition rites (Tonga, Fiji) and social meetings. In all cases Kava plays an important role for the identity of these people. If now Kava is consumed as pill, drop or other product of many people without further thoughts, it became definite from a socially central cultural plant to the trendy cure for western society diseases. Kava was safe for centuries the essence of the way of life in the South Seas, but no anti-stress means, because the island culture is not as I had further above already written a Kava culture, stress culture. As a society we will harvest hardly ever the in whole fruits of the Kava, if we eat further alone, as isolated individuals a pill around us to ease.

My judgement is important it to know about the context and the history of the Kava before one can get involved in Kava. If one is interested only in the physiological effect, then one is served with a pill. Only one should be conscious then that only a symptom fight takes place and one is far distant from the Pacific usage from Kava. I do not believe however that the appropriation of deepened knowledge of the social meaning of Kava is realizable in a larger social framework, but within individual ranges Kava with its background can be used probably also in our society.

An example of an introduction of the social use of Kava in the western society is the use of the beverage in the family and marriage consultation and Kava Mediation (Cass and McNally 1998:208). With the preparation and income of Kava a relaxed atmosphere is created, with which the existing problems can be concerned and discussed less emotional.

Straight because Kava makes neither physically dependent, nor with the usual dosage, perhaps the danger of the abuse shows serious side effects underestimated. The example of the Australian Aborigines shows however clearly that abuse of Kava existed and if it is consumed in excessive doses or in combination with alcohol or other substances harmful side effects have can. The consumption of the traditional beverage outside of its social context and craze and lethargy can entail its secularization. Something similar happened with other substances as Koka(in), Opium and tobacco outside of its traditional range of application.

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## Notes

<sup>1</sup> to see in the @@@British museum (@@@Natural @@@History) in London, England.

<sup>2</sup> in the following @@@Kava referred to. A German designation is intoxication pepper, recently rather Kawa @@@Kawa is used.

<sup>3</sup> @@@Morphotypen is strictly speaking @@@Varietaeten, which are recognizable by physical differences.

<sup>4</sup> @@@Zymotypen are distinctions due to the genetic characteristics. This analysis method is called often also genetic finger mark.

<sup>5</sup> @@@Lactone are organic compounds with oxygen.

even the mental activity increases <sup>6</sup> @@@Kava in the opposite.

<sup>7</sup> further ones @@@medizinale ranges of application of @@@Kava are described in chapter 4.1.

<sup>8</sup>the preparation and the respective drinking ceremonies depending upon place varies, I here the common points, quasi the essential structure, there specified, whereby I drew from the following sources: @@@Lebot et al. 1992:103 111; @@@Hoerschelmann 1995; @@@Kilham 1996:55 60; @@@Cass and @@@McNally 1998:2f.

<sup>9</sup>@@@Kava is available also in powder form.

<sup>10</sup>see in addition the myth in chapter 4.2.

<sup>11</sup>@@@ROSCA: @@@Rotating @@@Savings and @@@Credit @@@Associations.

<sup>12</sup>at the meeting participated representatives from the governments and the private sector kavaproduzieren that countries @@@Foederierten states of @@@Mikronesien, <###>Fiji</###>, Samoa, Tonga and <###>Vanuatu</###>. Representatives from the private sector from @@@Papua new Guinea and @@@Wallis and @@@Futuna and Kava undertake from Australia, China, France, New Zealand, Holland and the USA were likewise present.