



Rosebud
woman™

Hawaiian Kava

www.rosewoman.com



Hawaiian Kava

Piper methysticum

Also known as:

*Kava Kava or Awa (Hawaii), Ava (Samoa), Yaqona (Fiji),
Sakau (Pohnpei), Malok (Vanuatu), Seka (Kosrae)*

The Hawaiians have an origin story about Kava: the god Kane gifted it to Kāneikawaiola, who was the first man, who used it to make a ceremonial drink. In Hawaiian culture, Kava is believed to heal physical ailments as well as emotional and spiritual imbalances. Kava is often used in religious ceremonies. It is a symbol of hospitality. Sharing Kava is also seen as a way to reconcile differences and come to peace.

Growing Region

Pacific Islands



Traditional Medicinal Use

Kava has a long history of traditional medicinal uses in Pacific Island cultures, many of which are validated by scientific research.

Anxiety and stress relief: Kava has traditionally been used as a natural remedy for anxiety and stress due to its soothing and calming effects. Its active compounds, called Kavalactones, have been shown to have sedative and anxiolytic effects.

Pain relief: Kava has been used to relieve pain, including headaches, menstrual cramps, and muscle pain.

Sleep aid: Kava has been used as a sleep aid, as it can promote relaxation and reduce anxiety, making it easier to fall asleep.

Muscle relaxation: Kava has been used to relax muscles and relieve tension, making it useful for conditions such as back pain and muscle spasms.

Urinary tract infections: Kava has been traditionally used to treat urinary tract infections, as it has antimicrobial properties.

Menstrual cramps: Kava has been used to relieve menstrual cramps and discomfort associated with menstruation.

It's important to note that while Kava has a long history of traditional medicinal use, its safety and effectiveness have not been thoroughly studied in clinical trials.

The Process: Farm to Supplement

Kava is grown and harvested in Hawaii using traditional methods that have been passed down through generations of Pacific Islander immigrants.

Propagation: The Kava plant doesn't produce seeds, instead it is propagated from stem cuttings. Cuttings are planted in a suitable location with well-drained soil and partial shade.

Growing: Kava plants take approximately 3-4 years to reach maturity. During this time, they require regular watering, fertilization, and pruning to maintain optimal growth. Kava is often grown in small-scale family farms rather than large commercial plantations. Additionally, there are regulations in place to ensure that Kava is grown and harvested using sustainable and environmentally friendly practices. Kava products in Hawaii must undergo testing to ensure that they meet certain quality and safety standards. This includes testing for the presence of contaminants such as heavy metals, pesticides, and microbial contaminants.

Harvesting: Kava is harvested when the roots are mature, usually after 3-4 years of growth. The roots are carefully dug up using a digging fork or shovel, taking care not to damage the plant. In Hawaii, the use of certain harvesting methods, such as using heavy machinery or damaging the plant, is prohibited. By following these regulations, Kava is grown and harvested in a safe and sustainable manner. Waka Kava uses only the lateral roots which contain higher concentrations of Kavalactones.

Processing: Once the roots are harvested, they are cleaned and prepared for processing. The outer layer of the root is removed, and the inner portion is cut into small pieces, typically using a knife or machine.

Extraction: The active compounds in Kava are extracted from the root. Pounding involves the use of a large wooden bowl, called a tanoa, and a pestle, called a tutua. The Kava root is first cleaned and chopped into small pieces. The pieces are then placed in the tanoa, and water is added. The Kava is pounded with the tutua until

a smooth, homogeneous mixture is formed. The resulting liquid is strained through a cloth or fine mesh strainer to remove any solid particles. This is labor intensive, but produces high quality Kava. Conversely, solvent extraction, while it can be highly efficient, is detrimental to the environment, as it generates a large amount of water. Solvent extraction can also pose a health risk to consumers, especially if residuals remain in the final product, and it can cause the degradation of sensitive compounds, resulting in a lower quality product. Our lab uses solventless extraction techniques specifically developed for the Kava plant.

Preparation: The extracted Kava is typically dried and ground into a powder or made into a liquid extract. The Kava in our gummies comes from a proprietary process which produces a high density rosin. Traditional Kava preparations involve pounding the Kava root and mixing it with water to make a drinkable beverage. Kavalactones are insoluble in water. Pure ingestion of Kavalactone concentrate is the simplest way to ensure consumption of Kavalactones.

Method of Action

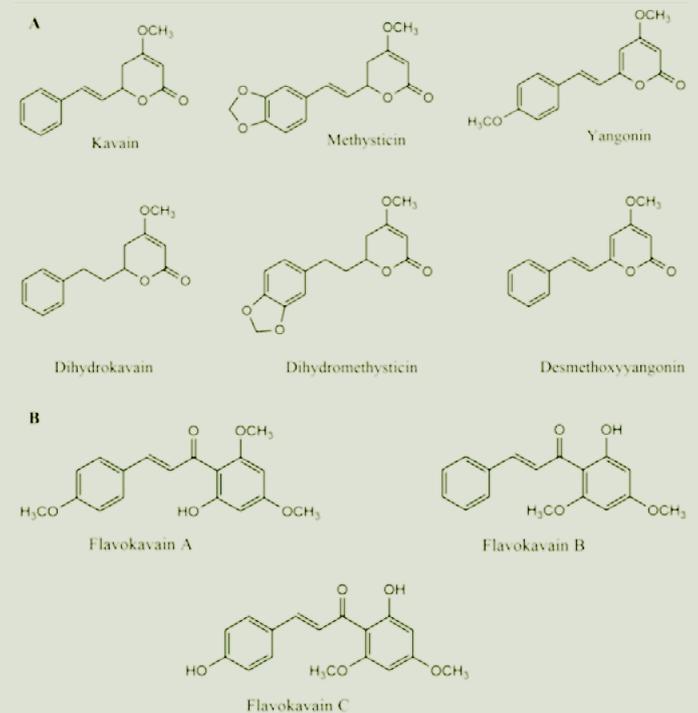
Hawaiian Kava contains a group of compounds called Kavalactones, which are responsible for its effects. Four lactones in Kava have been found to have significant analgesic and anesthetic effects via non-opiate pathways. Kavalactones are structurally similar to the neurotransmitter GABA and act on the GABA-A receptors in the brain. In vitro Kava has been found to block norepinephrine uptake. The therapeutic dosage is in the range of 50-70 mg Kava lactones three times daily.¹ Some consumers like to ingest 170mg to 250mg in a sitting for a strong effect.

1. *Piper methysticum (Kava Kava)*. *Altern Med Rev*. 1998 Dec;3(6):458-60. PMID: 9855570.



Chemistry

- **Biosynthesis:** Kavalactones are synthesized in the roots of the Kava plant through the mevalonate pathway.
- **Extraction:** The active compounds in Kava can be extracted from the root of the plant using physical methods like pounding or pressing, or solvents such as methanol or acetone.
- **Metabolism:** When ingested, Kavalactones are metabolized by the liver into a number of different compounds, including dihydrokavain, kavain, dihydromethysticin, and methysticin.
- **Action:** Kavalactones act on the GABA-A receptors in the brain, increasing the activity of GABA, which is an inhibitory neurotransmitter. This results in a calming and relaxing effect on the body and mind.
- **Elimination:** Kavalactones are eliminated from the body through the kidneys, with the majority of the compounds being excreted in the urine.



About Our Kava

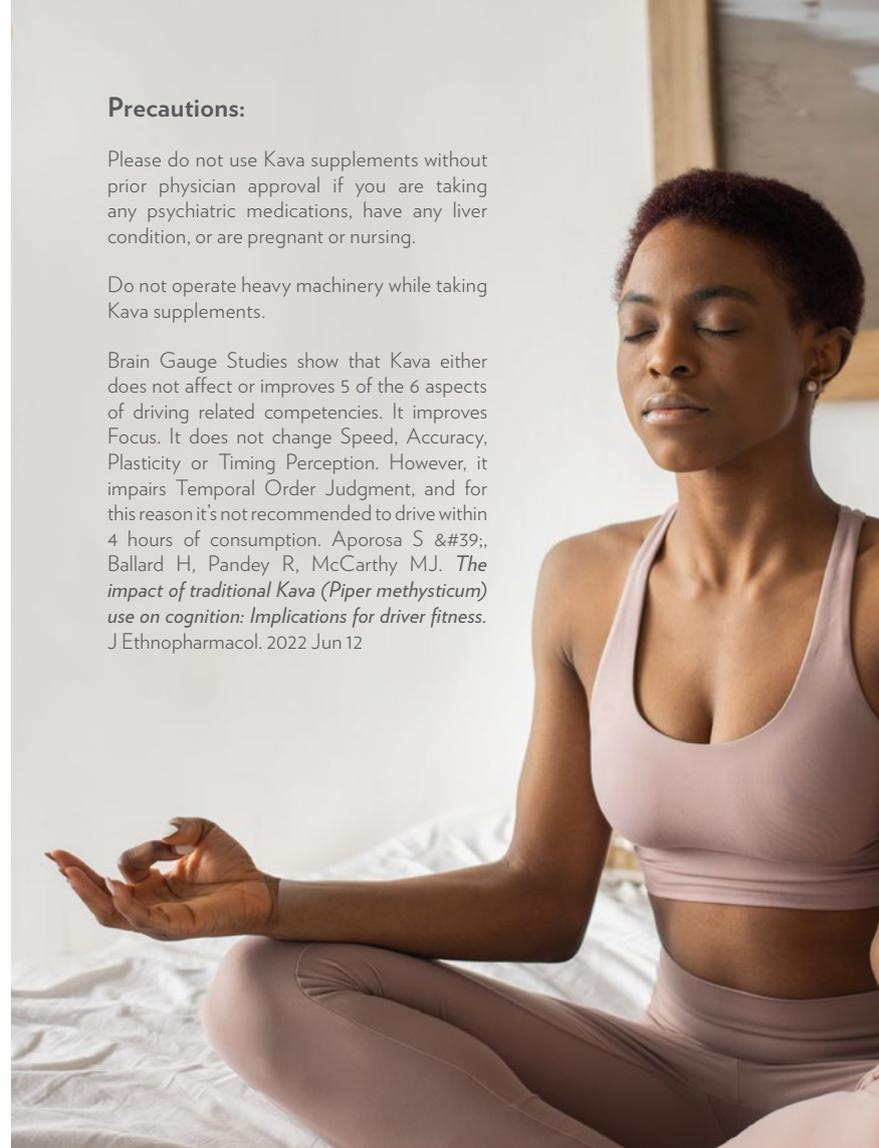
Analysis	Result / Units %
Desmethoxyyangoin	8.79
Dihydrokawain	24.0
Dihydromethysticin	10.8
Kawain	21.0
Methysticin	11.9
Total Kavalactones	87.0
Yangonin	10.4

Precautions:

Please do not use Kava supplements without prior physician approval if you are taking any psychiatric medications, have any liver condition, or are pregnant or nursing.

Do not operate heavy machinery while taking Kava supplements.

Brain Gauge Studies show that Kava either does not affect or improves 5 of the 6 aspects of driving related competencies. It improves Focus. It does not change Speed, Accuracy, Plasticity or Timing Perception. However, it impairs Temporal Order Judgment, and for this reason it's not recommended to drive within 4 hours of consumption. Aporosa S ', Ballard H, Pandey R, McCarthy MJ. *The impact of traditional Kava (Piper methysticum) use on cognition: Implications for driver fitness.* J Ethnopharmacol. 2022 Jun 12





Rosebud Woman™

www.rosewoman.com

