

and rhinitis.<sup>33</sup> Parvati cites camphor as anaphrodisiac (“Arabians use it to lessen sexual desire”) and cinnamon as aphrodisiac (“upon inhalation, the oil and incense is reported to act as a sexual stimulant to the female”).<sup>48</sup>

Indian camphor leaves yield *circa* 22% camphor (2-bornanone, a crystalline ketone containing 97% or more C<sub>10</sub>H<sub>16</sub>O) and camphor oil containing caryophyllene, cineol, dipentene, pinene, and terpineol. Formosan leaves yield 44% camphor and oil with 28% cineol, 0.4% aldehyde (acetaldehyde, caprinaldehyde, isovaleraldehyde, myristinaldehyde, and stearinaldehyde), camphene, dipentene, limonene, phellandrene, and pinene. Examining the sesquiterpene alcohols, Takaoka et al.<sup>131</sup> found alpha- and beta-bisabolol, cadineol, t-cadinol, epicubenol, suvenol, t-muurolool, and nerolidol. *Hager's Handbook* adds *p*-cymol, orthodene, geraniol, ethylguaiaicol, cuminalcohol, piperonal, piperonylacrolein, caffeic acid, quercetin, kaempferol, leucocyanadin, as well as caprylic-, lauric-, myristic-, citronellic-, and piperonylic-acids.<sup>33</sup> Laurolitsin is reported from the roots. Camphor seeds yield 42% of an aromatic yellowish-white fat, consisting mainly of laurin.

**Toxicity** — The carcinogen safrole occurs in the oil, more in the roots than in other parts. Toxic doses of camphor taken internally result in convulsions, accompanied by vertigo and mental confusion, and may lead to delirium, and even to coma and death. As little as 700 mg can cause narcosis, 2000 mg inducing dulled senses, hallucinations, cramps, and unconsciousness. There may be intense burning in the stomach accompanied by illness and nausea. Paralysis may follow, finally affecting the respiratory and vasomotor centers.<sup>33</sup> It is interesting to compare *Hager's Handbook's* words above with those from “Herbal Highs”, neither specifying whether they mean a gram of camphor chemical or a gram of camphor bark. Dangerously, “Herbal High” recites “one gram produces a pleasant, warm, tickling sensation on the skin, ecstatic mental excitation and an impulse to move about. Two grams brings on thought floods, ego loss, vomiting, amnesia, delirium and convulsions.”<sup>51</sup> Death is not mentioned in the “Herbal High's” description.

**To the physician** — Overdoses should be followed by gastric lavage, then 15 to 20 g magnesium- or sodium-sulfate, with 500 mℓ water. The patient should be kept warm. Cramps can be controlled with barbiturates.<sup>33</sup>