Introduction: Ayahuasca is a natural psychedelic brew prepared from Amazonian plants and rich in dimethyltryptamine and harmine. Throughout time, humans have used psychoactive plants and plant-derived products for spiritual, therapeutic and recreational purposes.

Objectives: To review the evidence regarding the use of ayahuasca for medical purposes.

Methods: Online search/review of the literature has been carried out, using Medline/Pubmed, concerning "ayahuasca".

Results: Ayahuasca has been used as a pharmacological tool by therapists to treat mental conditions such as substance addiction.

Conclusions: There is little understanding of the neuroscience behind ayahuasca, however recent evidence suggests that its use can be beneficial under some circumstances.


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