

Q: 4 – Title: if it is permissible to drink Kava?

Question

Salamualaikum,

I have a question 1) if it is permissible to drink Kava? I am currently suffering from stress, generalized anxiety, and mild depression. My muslim doctor has me on prescription medication for anxiety (Lexapro) but I do not wish to take those due to side effects, and two it is also not helping me with my insomnia.

In addition the plant seems to help with arthritis, and also with menstrual cramps.

I have been doing some research on the internet and have learned that a natural plant called Kava is helpful in treating insomnia, and also for anxiety. However I do not know if it is permissible in Islam or not. This is not an alcohol, so in that sense it is permissible. But on the other hand this plant drink does cause mild euphoria as stated below.

These effects of drinking kava, in order of sensation, are slight tongue and lip numbing caused by the contraction of the blood vessels in these areas (the lips and skin surrounding may appear unusually pale); mildly talkative and euphoric behavior; [anxiolytic](#) (calming) effects, sense of well-being, clear thinking; and relaxed muscles. Sleep is often restful and there are pronounced periods of sleepiness correlating to the amount and potency of Kava consumed. When drunk to excess, Kava can cause vomiting and a feeling of nausea that will subside usually by the end of the day after consumption. In Vanuatu, drinking strong kava is normally followed by a hot meal or tea. Meals consumed along with kava traditionally follow some time after the beverage so that the [psychoactives](#) are absorbed into the bloodstream more quickly.

The full article can be found at this link on wikipedia:

i would greatly appreciate your help on this matter.

WaSalam.

Answer

In the name of Allah, Most Gracious, Most Merciful

Assalaamu `alaykum waRahmatullahi Wabarakatoh

It is permissible to drink Kava.

And Allah knows best

Wassalam

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Darul Iftaa, Madrassah In'aamiyyah