

■ CONTENTS

PART ONE ■ Why Do Plant Secondary Metabolites Affect Human Brain Function?

1	From Shamans to Starbucks	3
	A Brief History of Psychoactive Plants and Fungi	6
	Antiquity	6
	Middle Ages (5th to 15th Centuries)	10
	Renaissance and the Age of Discovery	11
	The Modern Era	19
	What Does It All Mean?	23
2	Secondary Metabolites and the Life of Plants	24
	The Evolution of Plants and Insects	25
	The Evolution of the Synthesis of Secondary Metabolites	28
	The Co-evolution of Secondary Metabolites and Insects	31
	The Role of Secondary Metabolites in the Life of Plants	34
	Defense Against Herbivory	35
	Attraction	36
	Plant-Microbe Symbiotic Chemical Interactions	39
	Plant-Plant Chemical Interactions	39
	Defense Against Microbes and Other Stressors	41
	A Word About Secondary Metabolite Synthetic Pathways	41
	Summary	43
3	More Alike Than We Are Unalike—Why Do Plant Chemicals Affect the Human Brain?	44
	The Similarities Between Plants and Animals	45
	Receptors and Signaling Cascades	45
	Mammalian Neurotransmitters, Neurochemicals, and Receptors?	47
	Plant Secondary Metabolites?	51
	Immune and Stress Responses	52
	Molecular Clocks	54
	Similarities in the Insect and Human Central Nervous Systems	55
	Neurochemicals and Receptors	56
	Insect Models of Human Systems and Behavior	59
	Why Do Plant Secondary Metabolites Affect Human Brain Function?	60

PART TWO ■ The Alkaloids

4	Alkaloids and the Lives of Plants and Humans	65
	Structures and Synthesis	66
	Evolution of Alkaloid Synthesis	67
	Ecological Roles of Alkaloids	69
	Defense Against Herbivory	69
	Antimicrobial Properties	71
	Allelopathic Properties	71
	Modes of Action	72
	Modes of Action Related to Brain Function	72
	Alkaloids Derived from L-phenylalanine/L-tyrosine	73
	Alkaloids Derived from L-tryptophan	75
	Alkaloids Derived from Purine	77
	Alkaloids with Activity Unrelated to Common Precursors	78
	Alkaloids as Neuropharmacological Probes	79
	Alkaloids and the Insect Nervous System	80
	Some Conclusions	85
5	The Rewarding or Addictive Drugs	86
	Morphine	87
	Ecological Roles of Opiates and Brain Function	90
	The Psychostimulants (Cocaine, Ephedrine, Cathinone, Amphetamine, Methamphetamine)	90
	Cocaine	92
	Ephedrine	93
	Amphetamine/Methamphetamine	94
	Cathinone	95
	Ecological Roles of Psychostimulant Secondary Metabolites and Brain Function	96
	Caffeine	97
	Ecological Roles of Caffeine and Brain Function	100
	The Paradox of Drug Reward	101
6	The Hallucinogens	104
	A Common Mechanism of Action?	105
	Ecological Roles of Hallucinogens—Some General Observations	107
	The Phenethylamines	108
	Mescaline (3,4,5-Trimethoxy-phenethylamine)	108
	Ergot Alkaloids: Lysergic Acid Derivatives	111
	Lysergic Acid Diethylamide (LSD)	112
	Lysergic Acid Amide	113
	Ecological Roles of Ergot Alkaloids and Brain Function	115
	Simple Tryptamines	116
	Psilocybin/Psilocin	116

	Dimethyltryptamine and Derivatives	119
	Ibogaine	122
	Ecological Roles of Simple Tryptamines and Brain Function	123
7	The Deliriant—The Nightshade (<i>Solanaceae</i>) Family	125
	Nicotine	126
	Ecological Roles of Nicotine and Brain Function	129
	Hyoscyamine, Scopolamine, and Atropine	131
	Ecological Roles of the Tropane Alkaloids and Brain Function	136
	The antidote to Hyoscyamine, Scopolamine, and Atropine: The Cholinesterase Inhibitors	137
PART THREE ■ The Phenolics		
8	Phenolics and the Lives of Plants and Animals	143
	Phenolics in the Life of Plants—Ecological Roles	146
	Phenolics in the Life of Humans	149
	What Have the Plants Ever Done for Us?—Vitamins	153
	Why Do Polyphenols Have Beneficial Effects on Human Brain Function?	156
	Similarities in Hormonal Stress Signaling Between Plants and Animals	156
	The Plant Signaling Roles of Polyphenols	158
	Cross-Kingdom Signaling Between Plants and Humans by Polyphenols and Other Phenolics	160
	What Relevance Does This Have to the Effects of Polyphenols on Human Brain Function?	164
	Some Conclusions	166
9	Phenolics and the Human Brain	168
	Mechanisms of Action—Flavonoids	168
	Cognitive Function	168
	Neuroinflammation and Neuroprotection	170
	Flavonoids, Other Polyphenols, and Human Brain Function	171
	Flavanols	171
	Anthocyanins	175
	Isoflavones (and Other) Phytoestrogens	176
	Non-flavonoid Polyphenols	179
	Resveratrol	179
	Curcumin	181
	Phenolic Acids	181
	Atypical Phenolics	182
	Kavalactones (from <i>Piper methysticum</i>)	182
	<i>Hypericum perforatum</i> (St. John's Wort)	183
	Intervention Studies with Phenolics: Some Conclusions	184

The Ecological (or Primary) Roles of Phenolics and the Human Brain	185
Unintentional Cross-Kingdom Signaling?	185
Unintended Targets of Intentional Cross-Kingdom Signaling?	186
And Finally, a Few More Conclusions	189
PART FOUR ■ The Terpenes	
10 Terpenes and the Lives of Plants and Animals	193
Terpenes and the Lives of Plants:—Ecological Roles	195
Defense	195
Attraction	200
Terpenes and the Lives of Humans	203
Terpenes and Human Brain Function	205
Some Conclusions	209
11 The Lamiaceae Subtribe Salviinae—The <i>Salvia</i> , <i>Rosmarinus</i> , and <i>Melissa</i> Genera	210
The <i>Salvia</i> genus: Sage	212
European Sage: <i>Salvia officinalis</i> and <i>Salvia lavandulaefolia</i>	212
<i>Salvia divinorum</i>	214
Some Other <i>Salvia</i> Species	218
<i>Melissa officinalis</i> (Lemon Balm)	219
<i>Rosmarinus officinalis</i>	221
Ecological Roles of the <i>Salviinae</i> Terpenes and Brain Function	223
Some Conclusions	225
12 Cannabis and the Cannabinoids	227
Cannabis and Reward	233
The Ecological Roles of Cannabinoids and Brain Function	234
13 Some Miscellaneous Terpenes	237
The Adaptogens—Modified Triterpenes from the <i>Panax</i> , <i>Withania</i> , and <i>Bacopa</i> Genera	237
The <i>Panax</i> Genus— <i>Panax ginseng</i> , <i>Panax quinquefolius</i>	239
<i>Withania somnifera</i>	241
<i>Bacopa monnieri</i>	243
Ecological Roles of the Terpene Adaptogens and Brain Function	244
<i>Ginkgo biloba</i>	247
Ecological Roles of Ginkgolides and Bilobalide and Brain Function	250

<i>Valeriana officinalis</i> (Valerian)	251
Ecological Roles of Valerian Secondary Metabolites and Brain Function	252
14 In Conclusion: Comparing and Contrasting the Alkaloids, Phenolics, and Terpenes	253
Future Directions?	260
<i>References</i>	263
<i>Index</i>	345