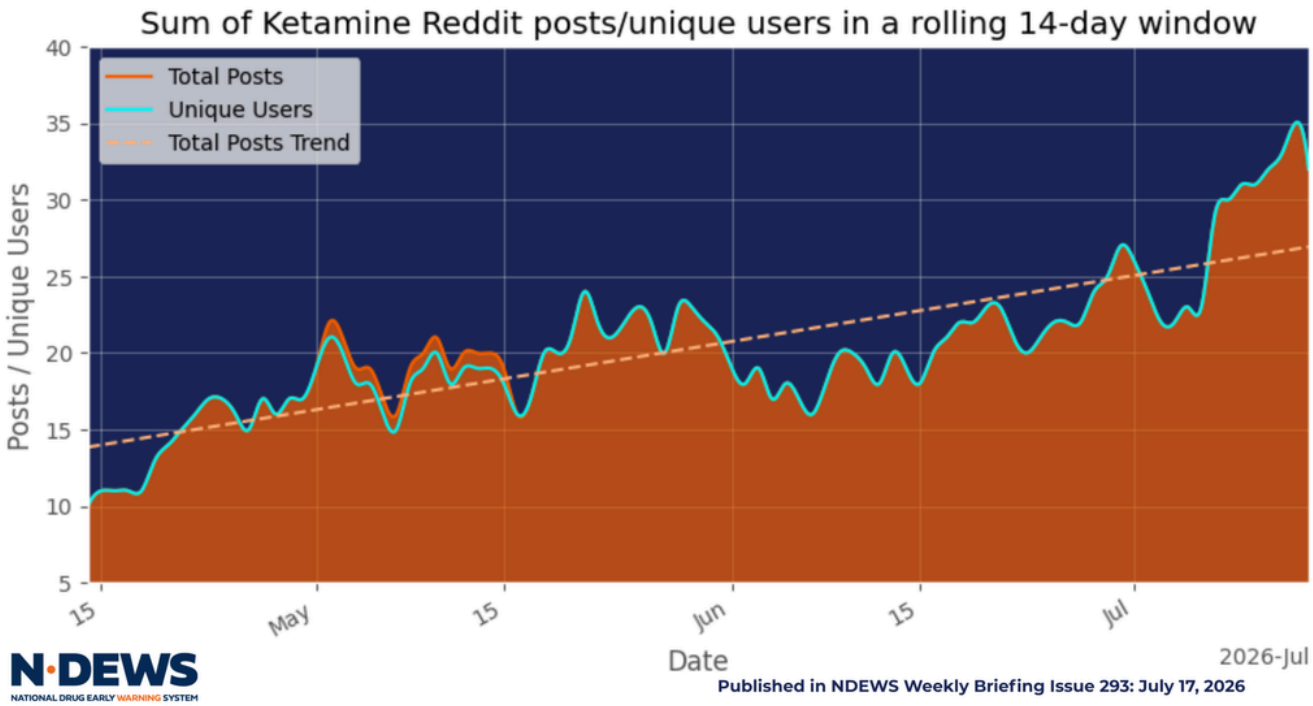
N·DEWS | NATIONAL DRUG EARLY WARNING SYSTEM

Alert from the NDEWS Web Monitoring Team
Reddit mentions of ketamine



Why are we reporting on this? Ketamine continues to be widely discussed across Reddit in both recreational and therapeutic contexts. Recent discussions highlight growing interest in ketamine's perceived mental health benefits, its use in combination with other psychoactive substances, concerns regarding long term health effects, increased tolerance and availability. Commenters also discuss the increasing normalization of ketamine in some social settings alongside ongoing questions about routes of administration, contamination, and product quality.

What is Ketamine? Ketamine is a dissociative anesthetic. It is available in pharmaceutical formulations for clinical use and is also increasingly encountered in illicit markets in powder, crystal, and liquid forms.

Public Health Impacts: Reddit discussants report adverse effects associated with repeated ketamine use, including increased tolerance, bladder discomfort, headaches, and nasal irritation. Commenters also express concerns about product purity and the potential for adulterants. Multiple discussants seek information about the safety of combining ketamine with other substances, and ketamine's potential therapeutic effect for depression, post-traumatic stress disorder, chronic pain, and substance use disorders.

NDEWS is funded by the National Institute on Drug Abuse to the University of Florida (MPI: Cottler (contact), Co-Is: Goldberger, Nixon, Striley), NYU Langone Health (MPI: Palamar), and Florida Atlantic University (Co-I: Barenholtz). (2026). Alert from the NDEWS Web Monitoring Team Reddit mentions of Benzimidazol-2-one/"Orphines" (July 10, 2026). Retrieved from ndews.org.

How is it Being Discussed? Reddit commenters frequently discuss ketamine as both a recreational and therapeutic substance, describing its dissociative effects that alter perception, and facilitate introspection and emotional processing. There is extensive discussion regarding combining ketamine with LSD, psilocybin, MDMA, opioids, benzodiazepines, cannabis, stimulants, salvia, and other dissociative compounds, with many conversations focused on timing, expected effects, and safety considerations. Discussants also compare ketamine with other psychoactive substances, debate its social acceptance relative to cocaine and psychedelics, and discuss alternatives with similar subjective effects. Additional conversations focus on ketamine treatment in a clinical setting for depression, PTSD, and pain management, oral and intranasal administration, pricing and availability, storage practices, reagent testing, and strategies to reduce health risks from chronic use.

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