

Smoking herbal incense (blends)

Herbal incense is a generic name for products containing synthetic cannabinoids. It is called herbal incense to bypass laws prohibiting the advertising of smoking herbal incense ingredients and mixtures that have not been approved by the relevant authorities. Nobody uses it as incense.



The effects of synthetic cannabinoids seem to vary from individual to individual. e.g. some users say that effects last for no longer than 30 minutes, while others say that they can last for up to 5 hours.

How similar is herbal incense to marijuana?

Synthetic cannabinoids are so-called because their effects do, to a certain degree, mimic those of marijuana. Aside from its effects, the reasons herbal incense is closely associated with cannabis because it is herbal in nature (although the herbs themselves have no psychoactive effects) and it is smoked in joints.

Side Effects Of Herbal Incense

Herbal incense is different from cannabis in that it does not increase libido or add to music appreciation. It seems to be more of a 'dirty high' (i.e. a feeling that you're just using it to get off your face) without the spiritual aspect of cannabis smoking. Even among users, opinion is divided as to the validity of comparing herbal incense with cannabis with some claiming it is identical to cannabis and others claiming it is a different beast altogether. Some of the similar side effects of smoking herbal incense and smoking marijuana which are documented include:

- feelings of euphoria
- increased appetite
- lethargy
- red eye
- heavy limbs
- paranoia

Where synthetic cannabinoids really differ from cannabis is in how often users experience negative effects. Many record how, after smoking herbal incense they have experienced:

- heart palpitations
- vomiting
- dizziness
- fainting
- intense fear of death
- irrational behavior
- panic attacks
- psychosis

Can I Get Addicted To Herbal Incense?

Yes, herbal incense is both physically and psychologically addictive. The withdrawal symptoms are very similar to marijuana withdrawal symptoms.

