

**Ayahuasca** also called **Yage** is an Amazonian plant mixture that is capable of inducing altered states of consciousness, usually lasting between 4 to 8 hours after ingestion. Ranging from mildly stimulating to extremely visionary, Ayahuasca is used primarily as a medicine and as a shamanic means of communication, typically in a ceremonial session under the guidance of an experienced drinker.

One effect of ayahuasca is that it makes a lot of people vomit and many drinkers get diarrhea. One tribe calls ayahuasca '**kamarampi**', which stems from '**kamarank**': to vomit. It is also called '**la purga**', as it purges the body through this physical effect, and purifies the mind through the meaningful psychological experiences or visions. You usually feel totally refreshed and reborn after a strong experience.

The **ayahuasca** drink is sometimes, but rarely, made from the ayahuasca vine alone; almost invariably other plants are added. These additional ingredients are most often the leaves of any of three *compañeros*, companion plants — the shrub *chacruna*, *Psychotria viridis*; the closely related shrub *sameruca*, *Psychotria carthagenensis*; or a vine variously called *ocoyagé*, *chalipanga*, *chagraponga*, and *huambisa*, *Diplopterys cabrerana*.

The ritual use of **ayahuasca** is a common thread linking the religion and spirituality of almost all the indigenous peoples of the Upper Amazon, including the mestizo population; it seems probable that the shamanic practices of most of the Upper Amazon — Brazil, Venezuela, Colombia, Ecuador, Perú, Bolivia — form a single religious culture area.

*Every day, hundreds of tourists arrive in **Iquitos - Peru or Leticia - Colombia**, seeking spiritual catharsis or just to trip their heads off. But increasingly often their trip becomes a nightmare, and some of them don't go home at all.*

Read: [British backpacker dies after taking hallucinogenic brew in Colombia](#)

## **Personal recommendation**

Ayahuasca is not a check list attraction, this can be really tough and can turn into your death or serious mental illness. Don't take Yage or Ayahuasca if you are not ready. I do not encourage people doing this cause its not a game.

## **Where to have an Ayahuasca Ritual in Leticia Amazonas**

Personally, i have done a couple of times Ayahuasca in Leticia Amazonas and there is only 2 people that I can recommend you: "Profe Armando" and "William".

### **Profe Armando from Puerto Nariño - Amazonas (Paraiso Ayahuasca)**

He is a teacher that lives in Puerto Nariño and has a beautiful hostel called "**Paraiso Ayahuasca**". If it's your first time, i would recommend him due that his dosis is suitable for tourist and newbies.

**How to find profe armando?** you have to take a speed boat to Puerto Nariño and ask for his hostel "**Paraiso Ayahuasca**".



### **William from Leticia's km 7**

He is basically one of the best shaman on this region but his dosis are a little bit strong, I have taken with him and had a great experience but really though. In other words, its not for pussies.

**How to find William?** you have to take a taxi to the kilometer 7 and ask in the community for "William".



**Visits:** (11818)

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