



The potential utility of some legal highs in CNS disorders

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ABSTRACT

Over the last decade there has been an explosion of new drugs of abuse, so called legal highs or novel psychoactive substances (NPS). Many of these abused drugs have unknown pharmacology, but their biological effects can be anticipated from their molecular structure and possibly also from online user reports. When considered with the findings that some prescription medications are increasingly abused and that some abused drugs have been tested clinically one could argue that there has been a blurring of the line between drugs of abuse and clinically used drugs. In this review we examine these legal highs/NPS and consider whether, based on their known or predicted pharmacology, some might have the potential to be clinically useful in CNS disorders.

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Abbreviations: 5-HT, 5-hydroxytryptamine; ADHD, attention deficit hyperactivity disorder; CNS, central nervous system; DAT, dopamine transporter; EMCDDA, European Centre for Drugs and Drug Addiction; GHB, gamma hydroxybutyric acid; L-DOPA, L-3,4-dihydroxyphenylalanine; LSD, lysergic acid diethylamide; MDMA, 3,4-methylenedioxymethamphetamine; MAOI, monoamine oxidase inhibitor; NET, norepinephrine/noradrenaline transporter; NPS, new psychoactive substances; NMDA, N-methyl-D-aspartate; PCP, phencyclidine; PTSD, post traumatic stress disorder; SSRI, selective serotonin reuptake inhibitor; SERT, serotonin transporter; TBI, traumatic brain injury; TCA, tricyclic antidepressant.

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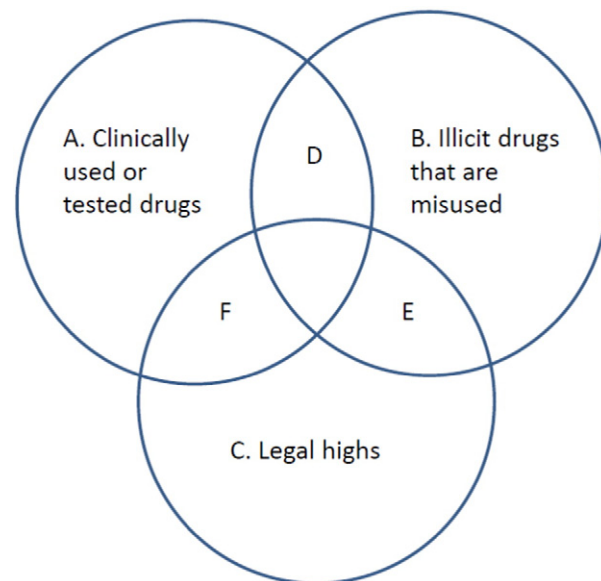
1. What are legal highs/NPS?

Legal highs can be defined as new narcotic or psychotropic drugs which are not controlled by the United Nations' 1961 Narcotic Drugs or 1971 Psychotropic Substances Conventions, but which may pose a public health threat (EMCDDA, 2013). They are typically legal psychoactive drugs, which are bought on the internet, in 'head shops' or at music festivals or nightclubs, and are sold 'not for human consumption' but which are clearly for human consumption. They are often sold as

2. Examples of clinically used drugs that are being abused and NPS originally developed for clinical conditions

[illegible]

In the current issue, the utility of ketamine in the treatment of depression and anxiety is reviewed ([Rasmussen, 2015](#)). There are numerous clinical trials on the use of ketamine in treatment-resistant



depression (Naughton et al., 2014; Pochwat et al., 2014). Indeed, ketamine appears to be helpful in many of these cases and also has a very fast therapeutic onset, unlike the regular antidepressants selective serotonin reuptake inhibitors (SSRIs), TCAs or monoamine oxidase inhibitors (MAOIs), which usually take 4–6 weeks to have a clinical effect. Amphetamine and methamphetamine have also been tested clinically in stroke and traumatic brain injury (TBI; reviewed in the current issue by Walker-Batson et al., 2015) and amphetamine (Janowsky, 2003) and other stimulants (Stotz et al., 1999) have been used to treat depression. More recently, 3,4-methylenedioxy-methamphetamine (MDMA) has been tested in post-traumatic stress disorder (PTSD; Mithoefer et al., 2013; Oehen et al., 2013) and other types of anxiety (Danforth et al., 2015) and hallucinogens such as LSD and magic mushrooms are being tested in PTSD (Check, 2014) and the treatment of addiction (Bogenschutz and Johnson, 2015). Thus, we can already see an overlap between clinically used drugs and drugs that are misused or abused (Fig. 1 and Table 1). As such, it is conceivable, and indeed likely, that some NPS have important clinical utility.

Thus far we have made the case that some clinically developed drugs have become drugs of abuse or NPS, and that there are also some drugs, best known as drugs of abuse, presently being tested in clinical conditions. We now consider NPS, both those that were developed many years ago and those that have been synthesised very recently.

NPS can be split, broadly, into 9 main groups (Schifano et al., 2015): a) synthetic cannabinoids/cannabimimetics; b) cathinones/synthetic cathinones; c) MDMA-like entactogens; d) novel stimulants; e) synthetic opioids; f) novel tryptamine derivatives; g) GABAergic drugs; h) dissociatives; i) piperazines. Here, we examine each group and hypothesise about their possible clinical use.

Table 1

Can dangerous drugs be of clinical use? Data are taken from [Nutt et al. \(2010\)](#). Of the 20 most dangerous drugs, as determined by an expert group, at least 14 of them have, or are likely to have, a clinical use. TBI = traumatic brain injury; ADHD = attention deficit hyperactivity disorder; PTSD = post-traumatic stress disorder; GHB = gamma hydroxybutyric; LSD = lysergic acid diethylamide; HIV = Human Immunodeficiency Virus; IBD = Inflammatory Bowel Disease.

Misused drug	Examples of clinical use	Legal high/NPS with similar pharmacology
Alcohol	Mild sedative ^a , antiseptic and disinfectant ^b	GHB; GBL; 1,4-BD
Heroin		AH-7921; MT-45
Methamphetamine	Narcolepsy ^c ADHD and obesity ^d	Mephedrone, 5-APB
Cocaine	Local anaesthetic	ethylphenidate
Tobacco	Nicotine for Parkinson's disease ^d	
Amphetamine	ADHD, tested for stroke ^e	Mephedrone, 5-APB
Cannabis	End of life ^f , neuropathic pain ^g , incontinence in multiple sclerosis ^h , spasticity ⁱ , nausea & vomiting ^j , weight gain in HIV and IBD ^k , sleep disorders ^l , Tourette's syndrome ^m	Synthetic cannabinoids*
GHB		GBL; 1,4-BD
Benzodiazepines	Anxiety, pre-med, epilepsy	GHB, GBL, a range of designer benzodiazepines such as phenazepam and pyrazolam
Ketamine	Anaesthetic, in clinical trials for depression ⁿ	Methoxetamine, diphenidine
Methadone	Opiate addiction, pain	AH-7921; MT-45
Mephedrone		Some 40 synthetic cathinones now available including ephedrone, naphyrone etc.
Butane		Nitrous oxide
Khat		Synthetic cathinones
Anabolic steroids	Cancer, AIDS	Selective androgen receptor modulators or SARMs
Ecstasy	In clinical trials for PTSD ^o	MDA, MDEA, MBDB
LSD	In clinical trials for PTSD ^p	mCPP
Buprenorphine	Pain, opiate addiction	Synthetic opiates/opioids
Mushrooms	In clinical trials for anxiety ^{q,r}	A range of novel psychedelics acting on the 5-HT _{2A} receptors such as AMT or 5-MeO-DALT.

^a Roehrs et al. (1993).

^b McDonnell and Russell (1999).

^c Miller et al. (1993); ^dwww.accessdata.fda.gov/drugsatfda_docs/label/2013/005378s0281bl.pdf

^e Quik et al. (2012).

^f Schuster et al. (2011).

^g Carter et al. (2011).

^h Ellis et al. (2009).

ⁱ Freeman et al. (2006).

^j Zajicek et al. (2012).

^k Duran et al. (2010).

^l Lahat et al. (2012).

^m Whiting et al. (2015).

ⁿ Muller-Vahl (2013).

^o Naughton et al. (2014).

^p Oehen et al., 2013.

^q Smith et al. (2014).

^r Grob et al. (2011).

* Moreno et al. (2006).

* Those that have been tested appear to have increased potency at CB1 receptors (G Di Chiara personal communications).

4.1. Synthetic cannabinoids/cannabimimetics

This is the largest category of NPS. Compounds that fall within this category are typically a preparation of dried plant sprayed with the synthetic cannabinoid. Current synthetic cannabinoids have a much greater agonist activity at the cannabinoid CB1 receptor than tetrahydrocannabinol (THC; [Brents and Prather, 2014](#); [Fattore and Fratta, 2011](#)).

These drugs are often sold as 'Spice' or 'K2' and have been associated with an increased incidence of psychoses ([Papanti et al., 2013](#)). This may be due to the presence of an indole group in synthetic cannabinoids which may contribute to the increased incidence of psychoses via activation of 5-HT_{2A} receptors ([Wells and Ott, 2011](#); [Yip and Dart, 2014](#)). At least one synthetic cannabinoid (WIN 55,212-2) was able to inhibit monoamine oxidase (MAO) activity ([Fisar, 2010](#)), which would suggest that some synthetic cannabinoids can increase monoamine levels, perhaps with antidepressant efficacy?

Given their known and suggested pharmacology, potent CB1 and CB2 agonists, potential agonists at 5-HT_{2A} and weak MAOI, a key question concerns whether any of these drugs have potential clinical use. Given that their effects on CB1 and CB2 receptors at much lower doses than those needed to see effects at 5-HT_{2A} or MAO, then, with the synthetic cannabinoids, we are really only looking for a clinical use for CB1 or CB2 receptor agonists. In the current issue, [Mursaleen and Stamford \(2015\)](#) review the utility of cannabinoids in Parkinson's disease. The evidence that they present clearly suggests that cannabinoids may be of some use, not only in treating the symptoms of Parkinson's disease, but also in reducing L-3,4-dihydroxyphenylalanine (L-DOPA)-induced dyskinesias ([More and Choi, 2015](#)). [Sieradzan et al. \(2001\)](#) examined the synthetic cannabinoid nabilone in Parkinson's disease and found reduced L-DOPA induced dyskinesias. Nabilone has been used in other conditions such as pain ([Lynch and Ware, 2015](#); [Wissel et al., 2006](#)), chemotherapy induced nausea and vomiting ([Cunningham et al., 1988](#)) and fibromyalgia ([Skrabek et al., 2008](#)). Other synthetic cannabinoids such as WIN-55,212-2 and HU-210 (1,1-dimethylheptyl-11-hydroxytetrahydrocannabinol) have been found to be neuroprotective in preclinical models of Parkinson's disease (reviewed by [More and Choi, 2015](#)) and may also be useful in Alzheimer's disease ([Ramirez et al., 2005](#)) but this is not always the case ([Chen et al., 2010](#)). Also in the current issue, [Arevalo-Martin et al. \(2015\)](#) have highlighted the utility of cannabinoid agonists, including synthetic cannabinoids, in spinal cord injury. One could wonder whether some of the 700+ new, misused synthetic cannabinoids might have some clinical use or whether their putative increased activity at CB1 versus CB2 receptors, increasing their psychotomimetic profile, may preclude their clinical use. It may be possible that a synthetic cannabinoid is manufactured that has a better pharmacological profile clinically, but this can only be determined with increased preclinical testing of NPS.

4.2. Cathinones/synthetic cathinones

Mephedrone is perhaps the best-known NPS and was marketed under numerous names e.g. MCAT, meow meow ([Schifano et al., 2015](#)). It was banned in the UK in 2010 and in the USA in 2011. It has been shown to be a stimulant with amphetamine-like properties, increasing both dopamine and 5-HT levels ([Green et al., 2014](#)). It causes reverse transport of dopamine in much the same way as amphetamine ([Opacka-Juffry et al., 2014](#)). Although there have been drug-related deaths associated with mephedrone use ([Corkery et al., 2014](#)) others suggest that it has a relatively safe profile ([Nutt et al., 2010](#); [McElrath and O'Neill, 2011](#)). Other NPS cathinones include methylone and butylone ([Lopez-Arnau et al., 2012](#)). More well-known cathinones include bupropion, developed as an antidepressant but now used mostly for smoking cessation ([Wilkes, 2008](#)) and diethylpropion, used for weight loss ([Cercato et al., 2009](#)). Ephedrone (methcathinone) was also used as an antidepressant ([Foley and Cozzi, 2003](#)). We speculate that some NPS cathinones might also have use in smoking cessation or weight loss, or in some of the conditions that stimulants have been found to be useful for (vide infra).

4.3. MDMA-like entactogens

MDMA, 'Ecstasy' or 'molly' has been a popular party drug since the late 1980's. It increases both 5-HT and dopamine levels in

rodent studies (Kehr et al., 2011). More recently it has been tested in clinical trials in PTSD. It is hypothesised that the feelings of empathy for which MDMA is famous may be useful in improving the patient–clinician relationship, thus increasing the efficacy of psychotherapy (Mithoefer et al., 2013; Oehen et al., 2013). The use of MDMA in PTSD has been reviewed and is suggested to be useful in treatment resistant patients (White, 2014; and see Danforth et al., in current issue). NPS that have been suggested to be ecstasy-like include 3,4-methylenedioxyamphetamine (MDA); 3,4-methylenedioxy-N-ethylamphetamine (MDEA); 1,3-benzodioxolyl-N-methylbutanamine (MBDB) (Schifano et al., 2006). Some phenethylamine-like NPS include 2-CB (nexus), 2-CI and 2-CE. They show affinity for the 5-HT_{2A} receptor and inhibit dopamine, noradrenaline and 5-HT reuptake. Others include 25C-NBOMe (2-(4-chloro-2,5-dimethoxyphenyl)-N-[(2-methoxyphenyl)methyl]ethanamine), 3C-bromo-Dragonfly and the benzofurans (Dawson et al., 2014; Iversen et al., 2013). It is possible that one of these MDMA-like NPS might be a useful adjunct to psychotherapy in some types of anxiety.

The use of MDMA itself in clinical trials of various CNS disorders is problematic due to legal and political issues, as well as suggested neurotoxicity (Parrott, 2014). To circumvent these issues Johnston et al. (2012) examined UWA-101 (2-(1,3-benzodioxol-5-yl)-1-cyclopropyl-N-methylethanamine), an analog of MDMA, and found it to enhance L-DOPA effects in a primate model of Parkinson's disease. The use of MDMA in Parkinson's disease is reviewed in this issue by Mursaleen and Stamford (2015).

4.4. Novel stimulants

The pharmacological effect of stimulants would be primarily to increase dopamine levels via dopamine transporter (DAT) blockade or reverse transport. They might also increase noradrenaline levels. Some well known stimulant NPS, which block the DAT include 4,4'-DMAR ((±)-cis-para-methyl-4,4'-methylaminorex; Brandt et al., 2014), methiopropamine (Iversen et al., 2013) and desoxypipradrol (Davidson and Ramsey, 2012). These drugs have been sold as cocaine or amphetamine substitutes. Some are like amphetamine, causing reverse transport of dopamine (Opacka-Juffry et al., 2014; Sulzer et al., 2005). Amphetamine is clinically used in attention deficit hyperactivity disorder (ADHD) and has been tested in some types of depression (with anergia), stroke (Crisostomo et al., 1988; Walker-Batson et al., in the current issue) and Parkinson's disease (Huot et al., 2015; Parkes et al., 1975). Methylphenidate is another stimulant, used clinically in ADHD, tested in post-stroke depression with promising results (Lazarus et al., 1992) and which has also been tested in stroke, with positive effects

(Grade et al., 1998; Lokk et al., 2011). Lokk et al. (2011) also tested L-DOPA in stroke. L-DOPA is converted to dopamine in the brain, but dopamine is also converted to noradrenaline by the enzyme dopamine B-hydroxylase. Thus, drugs which enhance dopamine levels may actually be having their clinical effect by enhancing the precursor molecule for noradrenaline production. L-DOPA has also been shown to have beneficial effects in stroke (Scheidtmann et al., 2001). The mechanism underlying the use of these drugs in depression and stroke are likely their stimulant properties, providing the depressed patient with more energy and allowing the stroke patient to undertake their essential physiotherapy. In addition to functional/behavioural improvements, pre-clinical studies have found amphetamine to increase nerve growth and synapse formation in rodents after brain injury (Ramic et al., 2006; Stroemer et al., 1998). Some in vitro studies have found amphetamines to be neuroprotective against oxygen–glucose deprivation in slice cultures (Rau et al., 2011). This positive effect of a stimulant cannot be attributed to providing the animal or patient with more energy, encouraging movement and nerve regeneration, as this experiment was wholly done in vitro.

Amantadine is another drug that increases dopamine efflux and is used clinically. It is commonly used in Parkinson's disease (Pedrosa and Timmermann, 2013) and has been shown to speed up the recovery from TBI (Giacino et al., 2012). The utility of dopamine uptake inhibitors in Parkinson's disease has been recently reviewed (Huot et al., 2015).

It has long been known that drugs that enhance noradrenaline levels may be useful clinically in brain damaged patients (Kochanek et al., 2015). It is likely that some drugs that increase both dopamine and noradrenaline levels may also be useful (Grade et al., 1998). Examination of stimulant NPS reveals similar pharmacology to these older drugs which show some efficacy in brain damage, at least in clinical trials and pre-clinical studies. Table 2 shows the affinity of a number of more established drugs at the dopamine (DAT), noradrenaline (NET) and serotonin (SERT) transporters and the pharmacology of some stimulant NPS, where it is evident that there is a good degree of overlap in their pharmacology at the amine transporters. In particular, they tend to have effects at the DAT and NET, but less so at the SERT.

Another area where stimulant-like drugs might be of use is in obesity. Obesity is often a result of over-eating or 'addiction' to food, and thus can be considered a psychiatric condition in many cases (Meule and Gearhardt, 2014). Stimulant drugs have powerful anorectic effects and this is very noticeable in cocaine or methamphetamine addicts. Stimulant drugs, which have been approved for weight loss, include methamphetamine, fenfluramine, diethylpropion and bupropion (amfebutamone) (Bray, 1993; Weintraub et al., 1984). Of the legal highs thus far examined, a number have been shown to evoked weight loss in rodents (Martínez-Clemente et al., 2014). User reports from mephedrone abusers also suggest that this drug is anorectic as is methiopropamine (Winstock et al., 2010).

As a caveat, we would highlight the sympathomimetic properties of most stimulants, leading to increased heart rate and blood pressure, if taken at a large enough dosages. The doses of amphetamine (~10 mg; Long and Young, 2003) and methylphenidate (5–20 mg; Grade et al., 1998; Lokk et al., 2011) tested in stroke and brain damage are lower than those which might be abused (~100 mg and 5–40 mg respectively), and lead to cardiovascular issues. The route of administration would also be a critical variable, where abused drugs tend to be taken via the intravenous route or insufflation, whereas in clinical use the same drugs might be taken orally, slowing down the pharmacodynamics.

4.5. Synthetic opioids

These include drugs such as AH-7921 (3,4-dichloro-N-[(1-dimethylamino)cyclohexylmethyl]benzamide), MT-45 (1-Cyclohexyl-4-(1,2-diphenylethyl)piperazine), nortilidine, W15, W18, 4-fluoro-butyrfentanyl, acetylfentanyl and methidione (<http://www.guidchem.com/trade/pdetail3063084.html>). AH-7921 and MT-45 were developed

Table 2

Similar effects of some clinically used and novel psychoactive compounds at amine transporters. These data show that the top five drugs, which are clinically used, have good affinity at the dopamine and noradrenaline transporters, but not the 5-HT transporter. The bottom 5 drugs, which are legal highs/NPS, have a similar pharmacological profile to the clinically used drugs. Data are pK_i, *kD_s or IC₅₀s and are taken from Iversen et al., 2013. NT = not tested. DAT, NET and SERT = dopamine, noradrenaline and 5-HT transporters respectively.

	DAT	NET	SERT
Amphetamine	6.54	6.20	4.78
Methylphenidate	24 ^a	27 ^a	>10,000 ^a
Bupropion	520 ^a	940 ^a	9100 ^a
Nomifensine	6.90	7.04	5.56
Amantadine	122 ^b	41 ^b	NT ^b
Desoxypipradrol	7.30	6.26	4.27
Mephedrone	6.08	5.88	4.99
Methiopropamine (MPA)	6.05	6.09	4.14
6-APB	6.25	6.24	5.39
Naphyrone	7.28	6.70	6.63

^a Huot et al., 2015.

^b Sommerauer et al., 2012.

many decades ago (Natsuka et al., 1975), but did not reach the clinic. It is unclear if the other drugs were developed specifically for the NPS market (Helander et al., 2014; Vorce et al., 2014) but, as far as it is known, these drugs share much of the pharmacology of morphine, specifically they are mu-opioid receptor agonists, and have similar potency (Schifano et al., 2015). Therefore, it is possible that some of these drugs might be useful analgesics or sedatives.

4.6. Novel tryptamine derivatives

These drugs typically have agonist activity at 5-HT_{2A} receptors, for which there are no obvious clinical use. These compounds include N-diallyl-5-methoxy-tryptamine (5-MeO-DALT), 5-(2-aminopropyl)indole (5-IT) and α -methyltryptamine (AMT). In addition to agonist activity at the 5-HT_{2A} receptor, these drugs have affinity at 5-HT_{2B} receptors (Arunotayanun et al., 2013). Their pharmacological profile suggests that they will have lysergic acid diethylamide-(LSD) like hallucinogenic properties. There is an old, but resurgent literature on the use of LSD in anxiety during end of life, PTSD or cancer (reviewed by Emerson et al., 2014; Smith et al., 2014). Small clinical studies suggest that LSD might be useful in some end of life scenarios (Smith et al., 2014) and headache (McGeeney, 2012). There is a larger literature on the use of hallucinogens, such as LSD, in the treatment of addictions, and this has been reviewed by Bogenschutz and Johnson, 2015. Briefly, LSD and psilocybin tend to have positive effects in alcohol and nicotine dependence (Bogenschutz et al., 2015; Garcia-Romeu et al., 2015; Krebs and Johansen, 2012). It should be noted that relative to other misused drugs, LSD and psilocybin have a good safety profile (Nutt et al., 2010).

4.7. GABAergic drugs

The most common GABAergic NPS are gamma-hydroxybutyric acid (GHB) and gamma-butyrolactone (GBL). GHB was developed as an anaesthetic many years ago (Brennan and van Hout, 2014; Labroit, 1964), while GBL is an industrial chemical that is quickly metabolised into GHB (Corkery et al., 2015; Meyer et al., 2014). Both drugs are agonists at GABA_{A/B} receptors (Brennan and van Hout, 2014) and as such share a similar pharmacology with the anxiolytic benzodiazepines. GHB (sodium oxybate), used clinically for narcolepsy and alcoholism, not only binds to GABA_{A/B} receptors, but appears to have a specific GHB binding site (Andriamampandry et al., 2003, 2007; Bay et al., 2014). The reported psychological effects of GHB and GBL, at low to moderate doses, include euphoria and calmness, and also increased libido (Corkery et al., 2015). These properties might be useful in treating some anxiety disorders, including those associated with sexual dysfunction. Other effects of these drugs include short-term memory loss (Teter and Guthrie, 2001), which might be useful in an anaesthetic premed. A further use of GABA receptor agonists is in treating drug withdrawal symptoms. The use of GABAergic drugs in alcohol (Liang and Olsen, 2014), nicotine (Franklin et al., 2009) and cocaine (Haney et al., 2006; Shoptaw et al., 2003) withdrawal is well documented. Unfortunately, both GBL and GHB are highly addictive and have been associated with many fatalities (Corkery et al., 2015). Nevertheless, it is possible that a GABAergic NPS may yet be synthesised that could be a useful anxiolytic.

4.8. Dissociatives

Dissociative anaesthetics such as ketamine and phencyclidine (PCP) were developed in the 1950s (Morris and Wallach, 2014). They produce a dissociative, detached or dream-like state as well as analgesia and amnesia, important for anaesthetics. Their main pharmacological mechanism is NMDA receptor antagonism although there are other pharmacological effects (Kavalali and Monteggia, 2012). Ketamine has also been shown to increase dopamine levels in the accumbens (Hancock and Stamford, 1999; Nishimura and Sato, 1999).

Ketamine has been misused for many years and is one of the most popular 'party' drugs, certainly within the UK and Europe. However, over the last few years it has been shown that ketamine causes bladder problems, starting with increased frequency of urination through loss of elasticity in the bladder and bladder shrinkage (Gu et al., 2013; Tsai et al., 2009). This bladder wall fibrosis can necessitate surgery for a colostomy bag. Methoxetamine (Corazza et al., 2013) appeared on the legal high market around 2010 as a 'bladder-friendly' alternative to ketamine, although there was no evidence to back up this claim. Methoxetamine is also an NMDA receptor antagonist (Roth et al., 2013) and seems to be associated with worse side effects than ketamine, ranging from mood disturbances and suicide attempts to acute cerebellar toxicity (Corazza et al., 2013). This drug was banned in the UK in 2012. More recently 2 NPS, diphenidine and methoxphenidine, have appeared to replace methoxetamine. Although there is very little pharmacological data, it is likely (from user reports and their chemical structures) that these drugs are also NMDA receptor antagonists. NMDA receptor antagonists have long been tested as potential neuro-protective agents. They have been tested in numerous cell culture models of toxicity and in animal models of stroke (Gerriets et al., 2003) Parkinson's disease (Finlay and Duty, 2014) and Alzheimer's disease (Malinow, 2012). They have also been tested in clinical trials for stroke (Parsons et al., 1999). Although these drugs have generally not succeeded in clinical trials this does not mean that a new NMDA receptor antagonist would not succeed. Memantine is an NMDA receptor antagonist (Parsons et al., 1999) used for the treatment of moderate to severe Alzheimer's disease (Olivares et al., 2012). At higher doses, it is also a dissociative and can partially substitute for PCP in drug discrimination studies (Swedberg et al., 2014). Thus, another indication for which this class of NPS/legal highs might be considered is Alzheimer's disease.

Aside from having potential in neurodegenerative diseases, NMDA receptor antagonists might also be useful anaesthetics, like ketamine and PCP or may be useful in depression. Ketamine has recently been found to be useful in refractory depression (Naughton et al., 2014; Pochwat et al., 2014) and methoxetamine has been hypothesised to be useful in depression (Coppola and Mondola, 2012).

4.9. Piperazines

Benzylpiperazine (BZP) was tested as an antidepressant in the 1970s (Montiero et al., 2013). It is a 5-HT_{2A} receptor agonist, but may also block the dopamine transporter (Schifano et al., 2015). At low doses the user will experience stimulant effects and at higher doses hallucinations may also be reported (Schifano et al., 2015). mCPP (*meta*-Chlorophenylpiperazine) is another NPS piperazine (Schifano et al., 2015) which might be useful in some types of obesity (Yan et al., 2015) and is a metabolite of trazodone, used in depression and anxiety.

5. Using NPS to treat drug abuse

Abused drugs have been tested to reduce the use of other abused drugs. Perhaps the best-known example is methadone, used to treat heroin addicts. Buprenorphine is also used to treat opiate abusers. It has partial agonist effects at the mu opioid receptor, and so both methadone and buprenorphine can both be considered agonist therapies (Mattick et al., 2014). Maintenance therapy or agonist therapy has been tried with cocaine abusers, who have been treated with oral cocaine (Llosa, 1994) and other milder stimulants (Carroll et al., 2006; Peng et al., 2010), the underlying theory being that it is better to substitute a less 'dangerous' drug for a more dangerous drug and the less dangerous drugs tend to have longer half-lives. Nutt et al. (2010) have recently ranked drugs of abuse, with the 3 most dangerous *illicit* drugs being heroin, crack cocaine, and methamphetamine. It is possible that an NPS might be a useful substitution therapy for one of these more dangerous drugs. For example, an oral preparation of a new stimulant

might be useful in cocaine dependence. Similarly some of the new synthetic opiates, for example AH-7921 or MT-45, might be useful in the treatment of heroin addiction.

Aside from maintenance or agonist therapy, drugs of abuse can be used to treat the abuse of drugs from a different pharmacological class. The hallucinogens LSD and psilocybin have been tested for alcohol abuse and nicotine dependence (Bogenschutz, 2013; Krebs and Johansen, 2012) and there are NPS which, like these classic hallucinogens, are agonists at the 5-HT_{2A} receptor, for example 5-APB and mCPP. In addition to classical hallucinogens, some less well-known hallucinogens such as the South American traditional brew ayahuasca, have been tested with positive results in alcohol, nicotine and cocaine dependence (Thomas et al., 2013). Although ayahuasca has been used for many centuries it is novel to the Western world. Other abused serotonergic agents that might be useful in treating other drugs of abuse include MDMA, especially when coupled with psychotherapy. Thus MDMA might be useful in alcohol abuse, not by any direct effect, but by reducing the anxiety that may underlie some alcohol dependencies (Jerome et al., 2013). There are numerous MDMA-like NPS such as MDA, MDEA and MBDB. It has been suggested from preclinical studies that NMDA receptor antagonists might be useful in treating the acute and chronic effects of a variety of types of drugs of abuse (Bisaga and Popik, 2000) and we can speculate that the ketamine-like NPS methoxetamine and diphenidine might be similarly useful.

6. Caveats and conclusions

All drugs have inherent dangers, dependent upon dose and route of administration, and we do not suggest that any NPS should be misused. However we do advocate examining these drugs for potential useful effects. It is possible that by using some NPS at a low dose and through appropriate routes, these drugs could be used relatively safely, not for psychoactive effects, but for psychiatric or neurological conditions.

Obvious dangers from these drugs include: 1) sympathomimetic cardiovascular effects such as increased blood pressure and heart rate, even arrhythmias, with stimulants and cathinones; 2) heart valve problems from MDMA, fenfluramine and other drugs which activate 5-HT_{2B} receptors (Cosyns et al., 2013); 3) neurotoxicity from amphetamines, and to a lesser extent MDMA, which have been shown to be neurotoxic (Davidson et al., 2001; Halpin et al., 2014) and recent data shows that amphetamine abusers have increased likelihood to exhibit early onset Parkinson's disease (Callaghan et al., 2012). However, neurotoxic effects are likely due to high dose bingeing (Schwendt et al., 2009); 4) psychoses from cannabinoids, hallucinogens and high dose stimulants which might evoke psychotic events, leading the user to undertake dangerous activities; 5) bladder fibrosis from ketamine-like drugs; 6) other organ damage e.g. kidney, liver or lungs (from smoking drugs) (Pateria et al., 2013; Riezzo et al., 2012).

Despite these caveats, it is possible, indeed likely, that a new stimulant will appear that has some clinical use in conditions such as ADHD, stroke, narcolepsy, anergic depression or other conditions. We conclude that some NPS might actually be useful if, as with all drugs, they are used at correct dose via the correct route.

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