

## Code book:

Pain management		
Ailments	Definition	Examples of phrases and key words used to identify ailment
Chronic pain	Long standing pain that persists beyond the usual recovery period	<p>Keywords: “chronic pain,” “lifetime pain,” “constant pain,” “lifelong pain,” “constant pain,” “permanent pain,” “I struggled for years with pain,” “persistent pain,” “I’m a long-term pain management patient”</p> <p>Examples: “I didn't think it would help, but I trusted him and tried it and it not only helped me transition off the narcotics, it helps alleviate the chronic pain.”</p>
Unspecified pain	Pain was reported but no details were provided	<p>Keywords: “I use kratom for pain,” “kratom has helped me with pain,” “If not for kratom, I wouldn't be able to work due to the pain I'm experiencing”</p> <p>Examples: “Kratom allowed me to live in less pain, improve my mood, and overall improved my life. This herbal medicine should not be under government regulations.”</p>
Accident-related pain	Injury that resulted in pain after a motor vehicle accident, sport related accident or workplace injury	<p>Keywords: “I had a car accident,” “I got injured in a motor vehicle accident,” “work accident,” “football related accident,” “my husband was hurt in a workplace accident in 2000”</p> <p>Examples: “I had a major debilitating accident due to being ran over by a motor vehicle that was traveling around 70 mph while on my bicycle, I was given narcotic painkillers for the severe pain my body was in.”</p>
Pain related to combat injuries	Injuries during military service that have led to veterans experiencing pain	<p>Keywords: veteran, war, combat injury, Vietnam war, Iraq war, Afghanistan</p> <p>Examples: “I take Kratom because it helps with back and neck pain that I have from an injury that I sustained when I was in the Army.”</p> <p>“As a disabled veteran using Kratom to keep me functional after a back crushing incident in Iraq as well as a combat injuries from Afghanistan”</p>
Neuropathic pain	Neuropathic pain is caused by damage or injury to the nerves	Keywords: “nerve pain,” “damaged nerves that caused pain,” “neuropathy”
Diabetic neuropathy	Diabetic neuropathy is a type of nerve damage	Keywords: diabetic neuropathy

	that can occur if you have diabetes	Examples: "I am a diabetic of 31 years and work 12 hour shifts on my feet, Keatom has helped the nerve pain in my feet for over 2 years"
Menstrual pain	Menstrual cramps are throbbing or cramping pains in the lower abdomen	Keywords: "menstrual cramps," "menstrual pain"  "I use it monthly as a natural pain killer for my menstrual cramps."
Cancer pain	Pain that is caused by cancer itself or by certain treatments, such as surgery, chemotherapy or radiation therapy	Keywords: cancer pain  Example: "I have been using Kratom for 4 years for pain and side effects of cancer and it's treatment."  "In 2008, I was diagnosed with and had a year-long battle with a type of stage IV cancer. I beat it, but the cancer took its toll leaving me in permanent perpetual pain due to nerve damage from the heavy doses of platinum-based chemotherapy."
Amputation pain	Phantom pain caused by amputating one's limbs	Keywords: amputation pain, amputee, phantom pain  Examples: "I am an amputee and chronic pain sufferer and use kratom to get me through the day."
Postsurgical pain	Experiencing pain months and years after surgery	Keywords: surgery pain, postsurgical pain, pain following surgery  Example: "I have used kratom for pain on and off for several years and it has been a godsend for helping me with that pain. I have had surgery on my heel that never healed correctly and it hurts so bad that sometimes I can hardly walk."  "Prior to that I was given heavy pain killers for chronic pain due to failed surgery."
Burn pain	Permanent burn injuries that lead to long lasting pain	Keywords: burn pain, burn  Example: "I am a disabled combat veteran who suffers from burn injuries"
Joint pain	Pain between bones	Keywords: joint pain  Examples: "I have alcoholic cirrhosis and endure joint pain on a daily basis."  "I have used it on and off for fatigue and joint pain, and have found it more effective for pain than fatigue."
Muscle pain	Pain of the muscles	Keywords: muscle pain  Examples: "It helps me with muscle pain."

		“It’s less about what kratom makes me feel, and more about the things it allows me not to feel (muscle pains, fatigue, etc)”
CRPS	Complex regional pain syndrome is a broad term describing excess and prolonged pain and inflammation that follows an injury to an arm or leg.	Keywords: “CRPS,” “Complex regional pain syndrome”  Examples: “Finally I was left with Complex Regional Pain Syndrome (CRPS) which previously was known as Reflex Sympathetic Dystrophy (RSD). This condition means that for eight years I have suffered severe burning pain in my leg.”
Trigeminal neuralgia	Fascial pain	E.g. “TNR,” “trigeminal neuralgia” or “trigeminal nerve pain”
Back pain	Pain in the back region	E.g. “lower back pain,” “upper back pain”
Hip pain	Pain in the hip region	E.g. “I have a dislocated hip and started out on pain medicine for that.”  “I am a 28yr veteran who suffers from back and hip pain.”
Neck pain	Pain in the neck region	E.g. I had a neck injury that was so painful, it was almost impossible to walk.”  “I’ve been using kratom for about 3 years now for neck pain (that I’ve had all my adult life) with zero negative effects.”
Foot pain	Pain in the foot region	E.g. “I use Kratom because it helps me with my hand and feet pain,”  “I have chronic foot pain from a lifelong pronating foot and this has helped my quality of life in a major way.”
Knee pain	Pain in the knee region	E.g. “My name is Matt and I had chronic knee pain from injuring my knee in my 20s,”  “It has helped me with my knee pain,”  “I have long suffered of chronic knee pain”
Myofascial pain	Pain condition that affects your face muscles	“MPS,” “myofascial pain syndrome,” myofascial pain,” “suicide disease”
Tendonitis	Pain resulting from a tendon swelling after a tendon injury	“tennis elbow,” “tendonitis”

Substance use disorder		
Ailments	Definition	Examples of phrases and keywords used to identify ailment
Opioid use disorder	Physical and psychological reliance on opioids, a substance found in certain prescription pain medications and illegal drugs like heroin.	<p>Keywords: abused opioids, opioid/opiate dependence, opioid/opiate addiction, opioid/opiate withdrawals, OUD, addicted to pain pills, hooked on pain medication, pain pills, heroine, morphine, prescription pain killers</p> <p>Examples:  “helped me get off of opioids,” “I was addicted to opioids,” “transitioned off of opioids,” “he’s been off of alcohol and opioids for 11 years,” “after years of being opiate dependent,” “I live in Kentucky, one of the states most hit by the opioid epidemic, of which I was a victim.”</p>
Alcohol use disorder	A chronic disease characterized by uncontrolled drinking and preoccupation with alcohol.	<p>Keywords: alcoholism, alcohol dependence, alcohol addiction, alcoholic, alcohol withdrawals</p> <p>Examples: “Kratom has helped me in so many ways! I don't drink alcohol anymore, and I was once a heavy drinker.”</p> <p>“I found Kratom in 2017 when I was struggling with my alcohol intake.”</p>
Nicotine use disorder	Nicotine dependence occurs when you need nicotine and can't stop using it.	<p>Keywords: tobacco, smoking cigarettes, quit smoking cigarettes</p> <p>Examples: “With my depression medication coupled with a healthy dose of Kratom, I have completely eliminated all use of tobacco, alcohol, or any other substance I used to self-medicate.”</p>
Stimulant use disorder	Stimulant use disorder is a type of substance use disorder that involves the non-medical use of stimulants (cocaine, methamphetamine, Adderall)	<p>Keywords: meth addict/addiction, methamphetamine addict/addiction, cocaine addict/addiction, Adderall addict/addiction, stimulant abuse,</p> <p>Examples: “I was severely addicted to amphetamines and couldn't find a way out of my addiction.”</p>
Benzodiazepine use disorder	Benzodiazepine use disorder, also called misuse or abuse, is the use of benzodiazepines without a	Keywords: klonopin, Xanax, benzos, benzodiazepine

	<p>prescription, often for recreational purposes, which poses risks of dependence, withdrawal and other long-term effects.</p>	<p>Examples: "I was on Xanax and couldn't get off them and the only thing that worked was Kratom."  "helped me get off of Klonopin (which I was dependent on)."</p>
<p>Cannabis use disorder</p>	<p>Cannabis use disorder, also known as cannabis addiction or marijuana addiction</p>	<p>Keywords: marihuana, cannabis, weed  Examples: "I used to be addicted to cannabis until I found this [kratom] substance."</p>
<p>substance use disorder</p>	<p>In the comments, the person states that he/she is an addicts but doesn't specify what type of addiction</p>	<p>Examples: "Please dont ban Kratom. It was a good tool to help me get off illicit substances."  "It has greatly helped me break more severe addictions and has helped me explore a more healthy and wholistic lifestyle."</p>

Mental health conditions		
Ailments	Definition	Examples of phrases and keywords used to identify ailment
Well-being	Respondents who wrote that their mental health, emotional, psychological or social well-being improved after kratom use.	<p>Keywords: more energized, more motivated, useful tool in helping me leading a functional life, overall wellness, more positive outlook on life, well-being, wellbeing, wellness</p> <p>Examples: "It helps maintain well being, and it has had nothing but a positive impact on my health and my life"</p> <p>"I personally find it beneficial to my wellbeing and I know of so many people whom kratom has helped."</p> <p>"it helps me get up and be more energized and motivated."</p>
Depression	A mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life.	<p>Keywords: suicidal ideation, mild depression, moderate depression, severe, postpartum depression, seasonal affective disorder, depressed, depression</p> <p>Examples: "Kratom is a relatively harmless herb which I use to help with depression."</p> <p>"Kratom has been an absolute godsend for my anxiety and depression."</p>
Anxiety	Intense, excessive, and persistent worry and fear about everyday situations. Fast heart rate, rapid breathing, sweating, and feeling tired may occur.	<p>Keywords: social anxiety, agoraphobia, claustrophobia, panic attacks, generalized anxiety disorder, severe anxiety</p> <p>Examples: "This is a effective therapy for anxiety and no one has determined scientifically why it's beneficial."</p> <p>"I had anixety and it helped me overcome that"</p>
Bipolar	Bipolar disorder is a mental health condition that causes extreme mood swings that include emotional highs (mania or hypomania) and lows (depression)	<p>Keywords: bipolar, BPD</p> <p>Examples: "I've suffered a lifetime of battling bipolar disorder and chronic pain.</p>

		Without it I'm certain I would've succumbed to suicide."
Post-traumatic stress disorder	A disorder that develops in some people who have experienced a shocking, scary, or dangerous event.	Keywords: PTSD Examples: "Please do not take this important herb off the market as it has helped me immensely with my chronic PTSD"  "I've used Kratom, and not gotten intoxicated, instead, my PTSD symptoms were diminished, and I could perform regular activities."
Attention deficit disorder	Symptoms of inattention, distractibility, and poor working memory.	Keywords: ADD  Examples: "I am 72 years old and in excellent health. I exercise regularly and have never had an addiction or substance problem. Kratom has helped with my attention deficit for which I am prescribed Adderall but at the lowest dose (5mg)."
Attention deficit hyperactivity disorder	A chronic condition including attention difficulty, hyperactivity, and impulsiveness	Keywords: ADHD  Examples: "I used Kratom for a year to manage ADHD; it helped me remain functional after i was unable to continue treatment with adderall, it was effective at making me able to focus properly"
OCD	Obsessive-compulsive disorder is characterized by unreasonable thoughts and fears (obsessions) that lead to compulsive behaviors.	Keywords: OCD  Examples: "I am have anxiety and obsessive compulsive disorder. I have tried pharmaceutical drugs and they have not helped me. Zoloft was addictive and left me with the same anxiety. I tried kratom about 4 years ago and it gave me the life I've always wanted. Kratom has given me freedom from obsessive worrying."

Neurological disorder		
Ailments	Definition	Examples of phrases and keywords used to identify ailment
Migraines	Migraine is a neurological disease with extremely incapacitating neurological symptoms.	<p>Keywords: migraines, severe headaches</p> <p>Examples: "I suffer from chronic migraines. Kratom has provided relief, where medication has not! Having a natural herb/tea that cures my pain is irreplaceable to me."</p> <p>"Hello. I am writing to advocate for the continued legalization of kratom. I suffer from chronic migraines and other chronic pain. My pain resists a lot of medication, and kratom has been a a true life saver"</p>
Restless Leg Syndrome	A condition characterized by a nearly irresistible urge to move the legs, typically in the evenings.	<p>Keywords: Restless Leg Syndrome, RLS</p> <p>Examples: "Please stop trying to ban Kratom. It is not harmful and in fact has been extremely effective in treating my RLS when truly nothing else worked."</p> <p>"I personally use Kratom in the evening to alleviate my Restless Leg Syndrome. It is highly effective."</p>
multiple sclerosis	A disease in which the immune system eats away at the protective covering of nerves.	<p>Keywords: multiple sclerosis, MS</p> <p>Examples: "I have MS. Kratom helps both mentally and physically."</p> <p>"I am a former medical provider and I have Multiple Sclerosis. Kratom is the only safe way to effectively treat pain without an opioid prescription, nor suffer the cognitive decline and respiratory depression accompanied."</p>
Narcolepsy	A chronic sleep disorder that causes overwhelming daytime drowsiness.	<p>Keywords: Narcolepsy</p> <p>Examples:</p> <p>"I am a mechanical engineer because of kratom. Narcolepsy initially caused total devastation to my education and career. I stopped attending classes and quit my</p>

		internship. I had a temporary job doing retail food samples and used kratom as a stimulant to be able to stay awake. I could only take one college course at a time.”
Encephalitis	Inflammation of the brain, often due to infection.	<p>Keywords: Encephalitis</p> <p>Examples:</p> <p>“The stuff is absolutely amazing! I have Fibromyalgia and myalgic encephalitis. Kratom has improved my life considerably... it has helped me to be able to get up in the morning, and also to remain gainfully employed it helps me to stay feeling healthy &amp; well enough that I don’t have to go on disability for me.”</p>
epilepsy	A neurological disorder marked by sudden recurrent episodes of sensory disturbance, loss of consciousness, or convulsions, associated with abnormal electrical activity in the brain.	<p>Keywords: epilepsy, seizures</p> <p>Examples:</p> <p>“I have been utilizing Kratom for over three years. I have progressive MS, (SPMS) and chronic pain (CRPS) as well as Epilepsy. Kratom has dealt with my pain so effectively and significantly increased my quality of life and ability to be more active and engaged in activities and anything independent life. Without Kratom I would be bedridden as I have been in the past. I have had no problems with tolerance,side effects or dependency. I have also had a noticeable reduction in seizure activity, and also it has helped anxiety, depression and insomnia.”</p>
Cerebral palsy	Cerebral palsy is a group of disorders that affect a person's ability to move and maintain balance and posture.	<p>Keywords: cerebral palsy</p> <p>Examples: “Kratom has helped me so much. It helps me live a healthy active life with cerebral palsy otherwise i would be in so much pain a bedridden.”</p>
Guillain-Barre syndrome	A rare, autoimmune disorder in which a person's own immune system damages the nerves, causing muscle weakness and sometimes paralysis.	<p>Keywords: GBS, Guillain-Barre syndrome</p> <p>Examples: “I recently heard that kratom may be banned from the United States &amp; I writing to give my testimony about how</p>

		<p>much this has helped me in my life. 5 years ago I was diagnosed with Guillain-Barre syndrome (GBS) &amp; was paralyzed from the neck down &amp; suffering immensely in a nursing home at the age of 37. I have since recovered to some degree &amp; have even been able to work a little again. I have a lot of physical pain on a daily basis &amp; couldn't work at all until I discovered Kratom."</p>
<p>Parkinson's</p>	<p>A disorder of the central nervous system that affects movement, often including tremors.</p>	<p>Keywords: Parkinson's</p> <p>Examples:  "Fortunately, in this timeframe I happened across a reference to utilizing Kratom for treatment of neurological ailments. As a Scientific professional, I started my own personal experiments with Kratom to see if it might help me improve my life. The results have been astounding! For the first time in my life I am able to get through many days with almost no outwardly-visible effects of Willis Ekbom disease, tremors due to Parkinsons, etc. And this is with no identifiable negative side effects."</p>

Rheumatic diseases

Ailments	Definition	Examples of phrases and keywords used to identify ailment
Arthritis	Inflammation of one or more joints, causing pain and stiffness that can worsen with age.	Keywords: Arthritis, arthritis pain Examples: "Kratom has helped me with my arthritis so I have quality of life back!"
Fibromyalgia	Fibromyalgia is often accompanied by fatigue and altered sleep, memory, and mood.	Keywords: Fibromyalgia Examples: "This is my personal comment on the substance known as Kratom. I have had debilitating pain from Fibromyalgia since 1985, so debilitating that I was awarded SSI. I tried various drugs through the years from pain killers like tramadol to muscle relaxers like Flexeril, to Tri-cyclic Drugs like Elavil. Nothing, and I mean nothing, ever provided me the level of pain relief - WITHOUT ANY SIDE EFFECTS - that kratom has done. I can always count on it to relieve pain, burning and even give me a sense of well being. Kratom gave me back my life so I could go places, travel, contribute to society."
osteoarthritis	A type of arthritis that occurs when flexible tissue at the ends of bones wears down.	Keywords: osteoarthritis Examples: "i suffer chronic pain due to osteoarthritis, and my morning kratom helps get me moving. it has become part of my daily routine, and i rely on it to make it through my day. keep it safe and legal!"
rheumatoid arthritis	A chronic inflammatory disorder affecting many joints, including those in the hands and feet.	Keywords: rheumatoid arthritis, RA Examples: "Kratom gave me pain relief, and gave me a gentle subtle degree of energy which helped me live with autoimmune disorder, rheumatoid arthritis."
Lupus	An inflammatory disease caused when the immune system attacks its own tissues.	Keywords: Lupus Examples: "I have lupus. Been taking kratom for 5 years. Have no side effects."

		Have zero withdrawals. This plant has helped so many people and if they ban this plant”
psoriatic arthritis	A form of arthritis that affects some people who have the skin condition psoriasis.	Keywords: PA, psoriatic arthritis  Examples: “. I was diagnosed with psoriatic arthritis 6 years ago and am in pain. Kratom helps with the pain.”
Ankylosing Spondylitis	An inflammatory arthritis affecting the spine and large joints.	Keywords: spondyloarthritis, Bechterew's disease  Examples: “I have a painful disease called Ankylosing Spondylitis. I actually applied multiple times for disability, and I am happy I was rejected. The main reason being is that I found this incredible plant called kratom. It has helped me far more than my doctors were able to.”
carpal tunnel syndrome	A numbness and tingling in the hand and arm caused by a pinched nerve in the wrist.	Keywords: carpal tunnel  Examples: “I am appalled by the accusations about Kratom. It is in no way shape or form any more dangerous than Tylenol. It saved my life. I suffer with pain in my hands from carpal tunnel.”
osteoporosis	A condition in which bones become weak and brittle.	Keywords: osteoporosis  Examples: “Kratom has really helped with a much better quality of life when it comes to the osteoporosis of my hip due to a head on motorcycle accident.”
gout	A form of arthritis characterized by severe pain, redness, and tenderness in joints.	Keywords: Gout  Examples: “. I have also recently been diagnosed with a rare form of gout called pseudo gout and kratom helps me with the inflammation from that at well.”
osteogenesis	A group of inherited disorders characterized by fragile bones that break easily.	Keywords: osteogenesis  Examples: “I am a 58 yr old business owner and granny of 5. I have a genetic bone disorder called Osteogenesis Imperfecta Type 1. I have had 50+ fractures lifetime, not counting fingers and toes. I take opioids during an active fracture, usually

		<p>for 60 - 90 days per fracture. In October 2019, I fractured 5 vertebrae (T7 - T11) picking up my grandson. Due to the misinterpretation of the CDC guidelines issued in 2016, my orthopedic specialist was unable to prescribe any opioids after 90 days. I was told to go to the pain clinic, which was over 100 miles away and didn't have any openings for 2 months. My back was no where near healed at 90 days. I found kratom after being DENIED ANY PAIN MEDICATION with a current CT scan showing active fractures. Have you ever broken your back? In 5 places? No? Well, let me tell you, it's extremely painful. To be denied pain meds is inhumane. Thank God for kratom. Don't ban this plant."</p>
<p>Sjögren syndrome</p>	<p>an inflammatory disease that generally affects the tear and salivary glands</p>	<p>Keywords: Sjögren syndrome</p> <p>Examples: ". I was diagnosed with Fibromyalgia and Sjogrens Syndrome 10 years ago. I have taken various medications and supplements for pain relief, but I wanted to try to lessen the medications that I was taking and go with a more natural approach. I discovered kratom a few years ago, and I studied the scientific results and information about Kratom. I was able to disprove the notion that Kratom is an opioid - it is NOT an opioid. It is a much safer approach to pain relief and can be used safely with other pain relievers and medications. I could not believe the results that I received within the first couple of doses of Kratom."</p>
<p>Costochondritis</p>	<p>An inflammation of the cartilage that connects a rib to the breastbone.</p>	<p>Keywords: Costochondritis</p> <p>Example: "A few years ago, I developed sudden pain in my chest. A couple of weeks later, I started having a similar pain in the side of my neck. After dozens of doctor visits, I was able to get a diagnosis for the chest pain: Costochondritis. Unfortunately, my neck pain is still undiagnosed. A doctor recommended I take a large dose of Ibuprofen daily to rid my chest of inflammation. After months of high Ibuprofen doses, to the point of getting</p>

		<p>severe stomach pain from heavy NSAID use, my chest pain did not subside.</p> <p>I could no longer take Ibuprofen without creating more pain than it was relieving. I got desperate, and began seeking and using illegal drugs to self-medicate. These drugs included prescription painkillers, benzodiazepines and heroin. While these substances were effective at treating the pain, they were illegal, expensive and caused me to be a poor partner, son, friend and employee. I became dependent and suffered a few overdoses, one of which I was very lucky to survive.</p> <p>I was able to successfully quit hard drugs with the support of friends, family, and Kratom. Kratom has effectively relieved my pain to the point of allowing me to live a near-normal life.”</p>
Ankylosis	Stiffness of a joint as the result of injury or disease	<p>Keywords: Ankylosis</p> <p>Example: “I am submitting my comments for review and consideration for the organic supplement Kratom to remain an over the counter supplement for consumer use. My personal usage for Kratom, as a powder product, is for relief of the symptoms associated with Ankylosing Spondylitis known as "AS". AS is a painful incurable auto-immune, inflammatory disease that causes my immune system to attack the body and fuse the spine and joints. In my case I have had flares that resulted in immobility, lost vision, extreme fatigue, pain and trips to the ER. Doctors have treated my symptoms with immune suppressive drugs with severe side effects that out weigh the benefits, doctors have prescribed dangerous narcotics that help but impair my ability to function and work. Kratom has been a blessing. During another flare up my own research led me to sample Kratom. This supplement has not only provided relief of symptoms (inflammation, stiffening, pain &amp; fatigue) I am no longer taking immune suppressing</p>

		drugs and NSAIDS. I have not had to visit the ER for my condition since 2018.”
Spondyloarthritis	Spondyloarthritis is a group of inflammatory diseases that cause arthritis	<p>Keywords: Spondyloarthritis</p> <p>Example: “I choose to improve my physical health, and my mental health in-turn, with a natural substance instead of pharmaceuticals with acute and long-term adverse affects. I haven't missed a day of work in 5 years because I found a natural way to alleviate symptoms from IBS and spondyloarthritis. Prior to finding kratom, I would miss work and life events so often that the discouragement would lead to depression and anxiety. Now I am available for my family, friends, and employer.”</p>
Polymyalgia	inflammation that causes muscle pain and stiffness, especially in the shoulders	<p>Keywords: Polymyalgia</p> <p>Example: “Kratom - I was suffering from chronic, debilitating pain that seemed to creep up on me suddenly when for years I had been enjoying life going out dancing, working full-time and taking care of my home and pets. Suddenly it was very difficult to work or do anything. Even feeding my pets was hard, it hurt to bend over, lift anything, sit or stand. I got diagnosed with degenerativediscs and spine. My neck and shoulders hurt, another doctor said polymyalgia rheumatica. I also have a blocked sinus I've had two unsuccessful surgeries for. Needless to say I feared how am I going to pay my bills if I can't work? My full-time job just kept getting more and more stressful. Bosses didn't care about my pain and just kept giving me more work (I'm a paralegal). I quit and found part-time work and even that was hard. Doctors tried muscle relaxers, prescription NSAID's and prednisone. I never got pain meds except after surgeries and that helped as well as the pred. But they wouldn't renew the scripts. One Saturday I was in so much pain I went to the ER and was yelled at for going there and discharged and diagnosed with anxiety. I started googling pain and came across kratom. I thought I'd heard of it but</p>

		<p>thought it was a weird street drug like bath salts so what I read about it surprised me. I thought maybe this could help me and I was pretty sure they sold it at a store near me. One morning I woke up in so much agony I said that's it, I'm going to try it. I went to the store that had only capsules, some in a baggie and some pricier in a sealed bottle. I chose the bottle and the guy said start with about 4. That day was amazing! I went shopping with my mom and visiting cousin and was so happy I had no pain I was ecstatic and talkative. I googled what I bought and it was less than half the price online. I joined FB groups to learn more and it's been the most helpful in learning about rotating strains and trying to keep my dose at the right amount, trying different vendors and not giving up when certain ones didn't work. The capsules that were great at first stopped working as well and I got irritable but started buying different kinds online which was hit or miss. I thought I may have to give up but couldn't! I tried red bubble and brewing tea, different blends and found a few vendors who worked for me. I hated the taste and tried oblate bags and use them every day. I am forever grateful to the groups, I don't know one person otherwise who uses kratom. I also used to drink a bottle of wine every night and I no longer drink hardly at all. It took away all desire for alcohol which I believe was self-medicating. I'm so grateful it's legal where I live and it scares me to think it could get taken away. I still have to take pred also but the kratom has allowed me to keep working and functioning enough instead of feeling totally disabled. It's been only 1-1/2 years. I don't like having to take it but I know without it my pain will not go away as my issues are incurable. Unfortunately my pain still haunts me and I can only work part-time and sitting at the computer too long makes it worse so luckily I'm old enough to get SS. Thank you!"</p>
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Digestive diseases		
Ailments	Definition	Examples of phrases and keywords used to identify ailment
Irritable bowel syndrome	An intestinal disorder causing pain in the belly, gas, diarrhea, and constipation.	Keywords: IBS, Irritable bowel syndrome  Examples: IBS-D sufferer here for 20 years. Worst symptoms are pencil thin stools with heavy mucous anywhere from 5 to 15 times a day with "trapped wind" that builds up in my left quadrant (descending colon). (...) Kratom has saved my life."
Crohn's disease	A chronic inflammatory bowel disease that affects the lining of the digestive tract.	Keywords: Crohn's disease, crohns  Examples: "I have Crohn's. I cannot take over-the-counter anti-inflammatories for the rest of my life due to the intestinal damage NSAIDS cause. I also refuse to take Tylenol because of its dangerous effects on the liver. Not to mention even when I did take any of these types of drugs, they didn't work. I didn't want to take prescription pain meds due to their addictive tendencies. (...) That's when a friend told me about Kratom. I tried a small amount in my coffee one morning, and it immediately made a world of difference in my pain level."
Digestive issues		Keywords: Digestive/stomach/GI issues, upset stomach, intestinal issues  Examples: "My friend uses kratom medically for various chronic illnesses, and without it they would have a whole host of issues related to those illnesses, including constant pain, intestinal issues, and joint problems."
Diverticulitis	An inflammation or infection in one or more small pouches in the digestive tract.	Keywords: Diverticulitis  Examples: "I had suffered from severe diverticulitis for 5 years at that time. In and out of the hospital, constantly on

		antibiotics. I had met with a surgeon to have a very serious corrective surgery. The medical field had nothing else to offer. It's been 6 years and taking a dose of Kratom everyday I have been symptom free for 6 years."
Colitis	An inflammatory reaction in the colon, often autoimmune or infectious.	Keywords: Colitis, ulcerative colitis, UC Examples: "Making kratom illegal will have huge negative public health consequences. I personally have benefitted in the treatment of my ulcerative colitis for years with no negative impacts."
Gastroparesis	A condition that affects the stomach muscles and prevents proper stomach emptying.	Keywords: Gastroparesis Examples: "With the Kratom I get the pain relief and control of the diarrhoea without having to use the Morphine but with far less side effects and no negative effect on the gastroparesis."
Short bowel syndrome	Short bowel syndrome is a condition in which your body is unable to absorb enough nutrients from the foods you eat because you don't have enough small intestine.	Keywords: Short bowel syndrome Examples: "I had an emergency surgery July 2017 that resulted in a permanent ileostomy bag. I also ended up with "Short Bowel Syndrome". That causes my output to be extremely watery. I take 1 White Maeng Da Thai & 1 Super Green Malay Kratom capsules every day. To treat the watery output. The Kratom causes the output to be thicker which helps me to absorb the nutrition from the food I eat. If I don't have these 2 kinds of Kratom. I won't absorb the nutrition from food. I will get dehydrated very quickly."
Angiostrongyliasis	Rat lungworm infection in the GI tract	Keywords: Angiostrongyliasis Examples: "The herb kratom has helped me immensely. I got a tropical parasite called rat lungworm in Hawaii. It caused me massive nerve damage and nerve pain. I was suicidal because of the pain."

		Regular prescription opiates would not help with this kind of nerve pain. I found so much relief from kratom. It allowed me to function!"
Inflammatory bowel disease	A term for two conditions (Crohn's disease and ulcerative colitis) that are characterized by chronic inflammation of the gastrointestinal (GI) tract.	Keywords: Inflammatory bowel disease, IBD  Examples: "Kratom has been an integral part of the treatment of my Crohn's with IBD since finding it three years ago. Had done a lot of research to get me off of all the acetaminophen that was destroying my liver and to keep me off of hard narcotics with dependency and addiction running in my family."

Degenerative spine diseases		
Ailments	Definition	Examples of phrases and keywords used to identify ailment
Degenerative disc disease	Osteoarthritis of the spine, usually in the neck or lower back.	<p>Keywords: Degenerative disc disease, DDD, degenerated disc</p> <p>Examples: "I have suffered with degenerative disc disease in my neck for over twenty years and spent the majority of those years being prescribed toxic, highly addictive, man-made substances to combat the debilitating pain. When I came across kratom and the claims of being a natural pain reliever, I did my own research and concluded for myself that anything being used by a culture for centuries was worth trying. I've considered myself truly blessed over the last three years to have found a natural solution to my chronic pain."</p>
Herniated disc	A condition which refers to a problem with a rubbery disc between the spinal bones.	<p>Keywords: Herniated disc, slipped disc, hernia</p> <p>Examples: "Having 2 compressed discs in my back since my highschool football days, they have always bothered me. Somebody, a family member actually, suggested kratom. They stated it was a plant based herb finely crushed into a powder. I did my research on it of course, and quickly read it had been utilized in Indonesia, Thailand and other countries for thousands of years in its raw, unadulterated form...with zero deaths. I also read that there has been certain powder mixed with the "head shop" brands. But in the 4 years i have been utilizing it, i have had zero ill effects."</p>
Spinal stenosis	A narrowing of the spinal canal.	<p>Keywords: Spinal stenosis</p> <p>Examples: "Kratom has given me my life back. I have spinal stenosis and have been legally disabled for almost 20yrs. I'm 52!"</p>

Sciatica	Pain radiating along the sciatic nerve, which runs down one or both legs from the lower back.	Keywords: Sciatica  Examples: "I personally find that Kratom is one of the most useful products I have purchased. It helps me relieve the pain of sciatica. I have suffered for years while driving and I no longer have this pain. I don't use much but I never have felt like i needed it. Just find it to help me."
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Miscellaneous		
Ailments	Definition	Examples of phrases and keywords used to identify ailment
focus	The ability to concentrate on something in your environment and direct mental effort toward it is critical for learning new things, achieving goals, and performing well across a wide variety of situations.	Keywords: focus  Examples: "I have been using Kratom to deal with chronic pain and focus and depression."
insomnia	Persistent problems falling and staying asleep.	Keywords: insomnia, better sleep,  Examples: "Kratom has been a life saver. It helped with anxiety and insomnia and so many more things! I have absolutely changed. I have more energy, feel good and took my life back. Thanks Kratom! I actually sleep at night!"
fatigue	Feeling overtired, with low energy and a strong desire to sleep that interferes with normal daily activities.	Keywords: fatigue, chronic fatigue  Examples: "Kratom has helped me so much. I have multiple conditions that cause chronic fatigue. Thanks to Kratom I can function during the day. It's made a huge difference from someone who could hardly stay awake to someone who could live a normal life."
endometriosis	A disorder in which tissue that normally lines the uterus grows outside the uterus.	Keywords: endometriosis  Examples: "I have been consuming Kratom for over 10 years. I was previously prescribed harmful and addicting medications to treat my Endometriosis."
Lyme disease	A tick-borne illness caused by the bacterium <i>Borrelia burgdorferi</i> .	Keywords: Lyme  Examples: "I am combat veteran who suffers from PTSD and Lyme disease. Kratom has absolutely saved my life. I kindly ask that you allow kratom to remain legal."
pancreatitis	An inflammation of the organ lying behind the lower part of the stomach (pancreas).	Keywords: pancreatitis  Examples: "Kratom has saved my life. I was a horrible full fledged alcoholic hospitalized

		twice in three years for acute pancreatitis given lady rights both times but somehow survived. I was still drinking and a friend suggested I try Kratom. I have not had a drink of alcohol since the day I first took it and that was over 2 years ago.”
Tinnitus	<p>Ringing or buzzing noise in one or both ears that may be constant or come and go, often associated with hearing loss.</p>	<p>Keywords: Tinnitus</p> <p>Examples:</p> <p>“I suffer from severe Tinnitus that began in fall of 2019. I have it so bad that I almost ended my life because of it. I wasn’t able to sleep for days due to the constant ringing sound in my head. I had insomnia from hell and it got to where I couldn’t function. I even had to be hospitalized.</p> <p>There is no cure for Tinnitus and I wouldn’t wish it on my worst enemy.</p> <p>A friend suggested I try to Kratom to help with the sleep, and also the resultant anxiety due to the insomnia and the Tinnitus itself. It’s proven to be a lifesaver.</p> <p>To me Kratom is God-send. It is very safe and effective. It has it made it possible for me to sleep and also relieve some of the anxiety. PLEASE keep this wonderful plant medicine available for people like me. There is no cure for Tinnitus and Kratom is helping me survive this.”</p>
Hypertension / lowering Blood Pressure	<p>A condition in which the force of the blood against the artery walls is too high.</p>	<p>Keywords: blood pressure, hypertension</p> <p>Examples: “Kratom is my choice for pain relief and my horrible anxiety as well as keeping my blood pressure down. I believe it has helped me heal internally as well as helping my joints and mobility. It immediately helps with panic attacks and anxiety. I can move and work a full time job. If I don't have this I don't think I would be able to work. I also believe it helped me</p>

		survive the covid epidemic.”
Interstitial Cystitis	A chronic, painful bladder condition.	<p>Keywords: Interstitial Cystitis</p> <p>Examples: “I have had Interstitial Cystitis for over 7 years, have been on many prescription medications, none of them helped and some were destroying my health. Finally when I found Kratom I got pain relief with no side effects. Without Kratom I would be disabled from the severe pain. I am a farmer and usually work 12 hours a day, Kratom helps me do that without pain. Please don't make Kratom illegal, I don't want to have to live with severe pain again!!!!”</p>
Anemia	A condition in which the blood doesn't have enough healthy red blood cells.	<p>Keywords: Anemia</p> <p>Examples: “I have sickle cell anemia. I was on pain pills for 10 years straight until I found kratom. I am able to live my life with kratom.”</p>
Chronic obstructive pulmonary disease	A group of lung diseases that block airflow and make it difficult to breathe.	<p>Keywords: Chronic obstructive pulmonary disease. COPD</p> <p>Examples:</p>
Diabetes	A group of diseases that result in too much sugar in the blood (high blood glucose).	<p>Keywords: Diabetes, juvenile diabetes</p> <p>Examples: “I use Kratom. Have for many years. Helps with my juvenile diabetes.”</p>
Polycystic ovary syndrome	A hormonal disorder causing enlarged ovaries with small cysts on the outer edges.	<p>Keywords: Polycystic ovary syndrome, PCOS</p> <p>Examples: “I have been utilizing Kratom for 8 years. I have endometriosis and PCOS. During certain times of the month, the pain in my abdomen and pressure I feel as a result of ovulation, and later in the month as a result of menstruation, is so intense I cannot work.”</p>
Hidradenitis suppurativa	A chronic skin condition featuring lumps in places such as the armpits or groin.	<p>Keywords: Hidradenitis suppurativa</p> <p>Examples: “My name is Robyn. I am supporting keeping kratom legal and available. This, is my medicine. I'm a severe abuse survivor, that has been fighting depression for two-thirds of my life. I also suffer with anxiety,, PTSD, a painful auto</p>

		immune disorder called Hidratenitis Suppurativa. I have PCOS, fibromyalgia, which gives me chronic fatigue issues..I had a very abusive childhood,from several different family members.”
Angina	A type of chest pain caused by reduced blood flow to the heart.	Keywords: Angina  Examples: “After taking kratom, I was pain free and have been angina free for almost 2 years now.”
Pelvic floor disorder	Pelvic floor dysfunction is the inability to correctly relax and coordinate your pelvic floor muscles to have a bowel movement.	Keywords: Pelvic floor disorder  Examples: “Kratom has improved my life substantially and in an almost unnoticeable psychotropic way. I have pelvic floor disorder and am prescribed a handful of laxatives a day. With that comes daily pain, the kind you can't get moving with.”
non-allergic rhinitis	Chronic sneezing or a congested, drippy nose with no apparent cause	Keywords: rhinitis  Examples: “When I heard that I could leave a few words about Kratom. I had to take the time to do so. There has never been a substance of any kind, that has benefited me in such a positive way. I started to take Kratom for my non-allergenic rhinitis. About two years ago. My entire life I have had this condition. Although there are man mad drugs that are out there to help the symptoms. Nothing with all the doctors and prescriptions, have I ever found another substance to help me, on a time to time when needed basis.”
autoimmune thyroid disease	When the immune system attacks the butterfly-shaped gland in the neck (thyroid).	Keywords: autoimmune thyroid disease  Examples: “I'm a hard-working, ambitious academic and single mother who lives with multiple health conditions severe enough to threaten my ability to continue working full-time. I find the energy kratom provides, in its pure leaf form, to be immensely helpful in battling fibromyalgia, rheumatoid arthritis, and autoimmune thyroid disease. Without it, I'd struggle a lot harder to remain gainfully employed.”



Rare diseases

Ailments	Definition	Examples of phrases and keywords used to identify ailment
Thoracic Outlet Syndrome	A group of disorders that occur when certain blood vessels or nerves are compressed.	<p>Keywords: Thoracic Outlet Syndrome</p> <p>Examples: "I have many serious medical conditions from Thoracic Outlet Syndrome to endometriosis and kratom is a safe and effective way to feel better and to actually be a functioning person day to day."</p>
Osteomyelitis	Inflammation of bone caused by infection, generally in the legs, arm, or spine.	<p>Keywords: Osteomyelitis</p> <p>Examples: "Kratom gave me my life back. I was a nurse for 20 years until a back injury disabled me. 7 subsequent surgeries only disabled me more, as well as osteomyelitis from mrsa. I was in terrible pain. At one point I had arachnoiditis which was excruciating. No amount of pain medication helped, I felt like a zombie. I started researching looking for help and discovered Kratom. I did the research. I read the studies from John's Hopkins University. It worked so well I was able to wean myself off 7 different meds, including methadone and dilaudid. I have been using kratom for 5 years now. My labs are excellent. My liver is healed. My depression is gone. I can enjoy my grandchildren again. I don't wish I was dead anymore. Kratom literally gave me back the will to live. Please don't take that away from me."</p>
Ehlers-Danlos syndrome	A group of inherited disorders that mostly affect the skin, joints, and blood vessels.	<p>Keywords: Ehlers-Danlos syndrome, EDS,</p> <p>Examples: "I suffer from Ehlers-Danlos Syndrome, a genetically inherited connective tissue disorder (...). I use an herbal supplement called Mitragyna speciosa (informally called kratom) to help ease the suffering I get from my many illnesses."</p>

Bell's Palsy	Sudden weakness in the muscles on one half of the face.	<p>Keywords: Bell's Palsy</p> <p>Examples: "I suffer from several back pain issues including nerve pain from getting shingles then Bell's palsy a couple weeks later. Without it, I would not be able to function"</p>
Legg-Calve-Perthes disease	A childhood condition that occurs when blood supply to the ball part (femoral head) of the hip joint is temporarily interrupted and the bone begins to die.	<p>Keywords: Legg-Calve-Perthes disease</p> <p>Examples: "As a child, I was diagnosed with Legg-Calve Perthes Disease (a degenerative bone disorder that targets the ball and socket joint of the hip). I spent most of my childhood on crutches with braces on my legs. At 9 years old, I had an experimental osteotomy surgery on that hip and eventually 2 full hip replacements (both on the left hip). While the hip replacements should have alleviated the pain, they did not. I still have moderate pain in my hip daily with regular bouts of severe pain. It feels like the ball of my hip is in a tightened vice and the pressure keeps getting worse as the day goes on until I can no longer concentrate on my work or pretty much anything. I have tried ibuprofen, acetaminophen, hydrocodone, tramadol to combat the pain. The ibuprofen or acetaminophen doesn't help much. The opioids do help with the pain, but I have been trying to eliminate these chemicals from my daily intake. With that, I found kratom. Kratom has been very effective in helping with my daily pain management. And it's all natural which is great! I've been using kratom for about 2 years now."</p>
avascular necrosis	The death of bone tissue due to a lack of blood supply.	<p>Keywords: avascular necrosis</p> <p>Examples: "At 32 I thought my life was over as I was diagnosed with stage 3 Avascular Necrosis (Bone Disease). I had a very difficult time walking, even to just go grocery shopping put me in tears. I had an experimental surgery in a different state</p>

		and they did not give me the amount of pain pills I was told I would need for the 2 week recovery following that very invasive surgery (they drilled a hole in my hip and cut out part of my knee and took stem cells from my stomach) kratom saved me during that experience”
Acute esophageal necrosis	A rare syndrome characterized by a striking diffuse circumferential black appearance of the esophageal mucosa that almost universally affects the distal esophagus and stops at the gastroesophageal junction	Keywords: Acute esophageal necrosis  Examples: “I was diagnosed with a rare disease in 2017, Esophageal Necrosis. I had to change my entire diet and was unable to swallow meats. I started consuming Kratom milk shakes along with other superfood supplements. It turned my life around for the good. So the EN completely disappeared!!”
vasculitis	An inflammation of the blood vessels that causes changes in the blood vessel walls.	Keywords: vasculitis  Example: “I was suffering from Temporal Arteritis (Vasculitis), a potentially deadly inflammation. I was put on a long-term regime of steroids, which started to take their toll on me. Someone told me about Kratom. I began to use it and it immediately reduced my inflammation and then put me into remission, allowing me to get off the steroids. This is an herb in the coffee plant family. I understand concerns about abuse, but anyone can abuse anything, including over the counter drugs, or herbs. This is a natural plant without so many helpful medicinal purposes. Please do not ban.”

Other		
Category	Definition	Examples of phrases and keywords used to identify ailment
Against ban but didn't state any medical usefulness for kratom	Comments where it was clearly stated that the respondent is against kratom ban but didn't list any medical usefulness	Examples: <p>"Banning things like Kratom will probably end up killing a lot of people. Seems like a bad move"</p> <p>"This is bullshit and against the rights of every human on this earth. Stop criminalizing plants. Stop killing humans"</p> <p>"Absolutely ridiculous to ban a PLANT that has killed nobody and is used by millions of hard working Americans every day!"</p>
Improved quality of life but didn't explain why	Comments where the responded stated that it improved/saved their life but didn't explain why	Examples: <p>"Kratom has helped multiple friends and allowed them to changed their lives for the better"</p> <p>"Kratom saved my life. Kratom is continuing to save my life daily."</p> <p>"This plant has help save my life. It has given me the ability to work and be a good husband and father. With out walking around like a zombie like other medicine I've taken before. A true life saver"</p>
Not on topic	Comments not related to kratom	Examples: <p>"Call Ruth has help me with my anxiousness and my way of communicating with other people socially I like the business that the running and they're really kind people and help a lot of people out."</p> <p>"Freedom of information stop the pandemic and vaccinations"</p>
Recreational use	Comments where the respondents use kratom only recreationally	Examples: <p>"I've been using recreationally for Kratom for almost 10 years and not once has it</p>

		made me sick, felt addicted or anything I would categorize as negative.”
Actual abuse of kratom	Comments where the respondents and/or their family member/acquaintance stated that they abuse kratom	<p>Examples:</p> <p>“Kratom is definitely addictive. I’m from NJ, my friend started using Kratom for energy a few years ago. She built up a tolerance and her usage increased.”</p> <p>“Kratom should be banned because it's easy to abuse just like opioids”</p>