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# Yaqona: Sotavi na cala ni nanuma kei na itukutuku buli semati ki na ivakatakilakila matataka na keda ikilai

## De-mythologizing and re-branding of kava as the new ‘world drug’ of choice

S. ‘Apo’ Aporosa<sup>a</sup>  
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Na cava o vakatoka me vola itukutuku se ena dua tale na yaca bibi cake, me vakekeli, ka tokoni ena itukutuku veivakacalai tokaruataki vakawasoma ka vakavuna me ciqomi ia e tukunikataki kina na veika sega ni dina? Qo na kisi e yaco ena ite na yaqona ka vakatokai vakasainisi na *Piper methysticum* se ena dua tale na yaca ka vakayacana e dua e vulica na veika bula se naturalist ka a tomani kavetani James Cook ena nona ilakolako mai na Pasivika ena 2,500 na yabaki sa oti me ‘*intoxicating pepper*’ Na yaca oya e vakaibalebaletaka ni rawa tale ga ni vakavuna na mateni na yaqona me vaka ga na yaqona ni Valagi, e dua vei ira na ‘itukutuku buli’ tarai cake tiko me baleta na yaqona ena veiyabaki sa oti, ka keirau vakabauta o Dr ‘Apo’ Aporosa mai na Yunivesiti ni Waikato e Niusiladi kei Usaia Gaunavou (Snr.) mai na Yunivesiti ni Viti ka keirau vakabauta ni sa kena gauna donu me vakalewai tale na noda icon of Pacific identity se ivakatakilakila matataka na keda ikilai vakaPasivika ka vakadodonutaka na ivakadewa cala.

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### Abstract

What do you call journalism, or more importantly research, that is supported by repetitive misinformation, resulting in an accepted but incorrect, narrative? This is the case with the kava plant, named *Piper methysticum* or ‘intoxicating pepper’ by a naturalist who accompanied Captain James Cook on his voyage to the Pacific some 250 years ago. That name, which inferred that kava causes intoxication when consumed, is one of several ‘myths’ that have developed around kava over the years, and Dr ‘Apo’ Aporosa from New Zealand’s University of Waikato and Usaia Gaunavou (Snr) from the Universiity of Fiji believe it’s time to re-evaluate this icon of Pacific identity and correct these misunderstandings.

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Na yaqona, e dua na itei sega ni vakasorena, o koya na sala me vakatubukawa kina vakataki koya, e vakabauti ni a vure taumada mai na vualiku kei Vanuatu ena udolu na yabaki sa oti.<sup>1</sup> Na itekitekivu qori ni yaqona e vakuria na ibalebale vakayalo kei na kena kilai me 'nodra itei na kalou vu'. Kena ivakaraitaki, o cei tale vakavo ga o ira na kalou vu ni Pasivika era rawa ni tea ka qarava cake na yaqona me yacova na nodra tadu mai na imatai ni itaukei dau vaqara vanua ra mai tawa vanua ena Pasivika ena 2,500 na yabaki sa oti? o ira na umatamata ra a qai vakatetea na yaqona ena loma ni Pasivika ni ra muria na gaunisala ni veilakoyaki ni veivoli.<sup>2</sup> Na wakana e tuki ka lose ena wai me laugunu ka ra se vakayagataka tiko ga na lewenivanua ena Pasivika edaidai me vakacuruma na kaukauwa vakayalo ena soqo se solevu vakavanua ni veicabocabori kei na veika bibi tale eso ka tiki ni nodra bula vakaumatamata, ka me rawa tale ga ni vakavurea na veitalanoa kei na veimaliwai.<sup>3</sup>



Photographer: Jonathan Baker.

A vakatokai na kava ena yacana vakasainisi me *Piper methysticum*, kena ibalebale solia o Johann Forster, e dua e vulica na veika bula se naturalist ka sokota vata kei Kavetani James Cook na Pasivika ena yabaki 1770 vakacaca me 'pepper veivakamatenitaki'. Ia, era vakabauta ena gauna qo na kenadau ni cala nona bulibuli-ka ena vakatoka yaca oya, ka a okati kina na kava me alakaolo ka vakavuna na mateni<sup>4</sup>: qo e dua vei ira e vica na itukutuku buli ka ra a vakadewataki raraba vakatekivu mai na gauna ra se qai 'kunea' kina vakadua na veimatanitu ena ra ni vuravura na yaqona.

Edaidai, sa tetevi vuravura na vakayagataki ni yaqona ka ra sa vakayagataka tale ga na gauna qo o ira era sega ni kai Pasivika me wai ni veivakamatenitaki me vaka na yaqona ni Vavalagi ena veivale se soqo ni marau kei na lasa,<sup>5</sup> ka wai ni bula. Ni oti eso na veivakarerei kei na ripote veivakacalai ni tabana ni vakaitukutuku oya ni kena vakayagataki e rawa ni vakavu mate, sa mai vakatabui yani na yaqona ena so na matanitu, me vakatekivu mai na itekitekivu ni yabaki 2000. Ia a qai riviutaki se railesuvi na

revurevu ni yaqona ki na bula ni tamata ka sa qai vakasalataka na isoqosoqo ni tabana ni tiko bulabula e vuravura se *World Health Organization (WHO)* ni sega ni vakavu leqa na vakayagataki ni yaqona ni veiwaki kei na wai me wainigunu ni veitalanoa.<sup>6</sup>

O keirau, Dr S.'Apo' Aporosa mai na Yunivesiti ni Waikato e Niusiladi kei Professor Usaia Gaunavou (Snr) mai na Yunivesiti ni Viti, vakabauta ni sa kena gauna donu me veitalanoataki ka vakadodonutaki eso na itukutuku buli kei na so na ivakadewa cala e semati ki na yaqona. Vei keirau kei ira tale e vuqa na lewenivanua ena Pasivika, e okati na yaqona me liu taudua vei ira na veika era matataka na keimami ikilai na lewe I Pasivika, ka dua na ulutaga keirau a sa volavola kina vakalevu ena dua na pepa vakatokai Na yaqona kei na ivakatakilakila vakavanua ena Yatu Pasivika, ka tabaki tiko edaidai ena vosa vakaPeritania<sup>3</sup> ka na tiko tale ga na kena ilavelave vakaViti<sup>2</sup> ena dua na gauna lekaleka qo.

Ena veiwasewase tarava yani qo, keirau na vakaraitaka e dua na ivakalekaleka ni dua na pepa taucoko tabaki ena ivolatabaki vakatokai na *Drug Science, Policy and Law*<sup>7</sup> ka wasei kina na ivakamacala ni vakekeli vakalawa, vakaisitori ka vakapamakoloji ni yaqona ka vakadodonutaka eso na itukutuku veivakacalai semati ki na keda ivakatakilakila vakavanua vakaPasivika. Keirau na qai vakamacala ena vica na nanuma sega ni vakadinadinataki baleta na yaqona me vaka na 'e gunugunu dukaduka ka rairai ca na yaqona', 'e vakarerevaki na kanikani ka ivakadinadina ni okoya e gunuva e vakasabusabutaka', 'e vakavu vucesa na yaqona vei ira na gunuva, ka 'kauti ira tani mai na tagane mai na nodra vuvale na yaqona'.



Aporosa's cousin is harvesting the roots and basal stump of the kava plant.

### **Kena cakacakataki kei na buli me wainimate se pamakoloji**

E rawa ni vakamacalataki na yaqona me "viafia gaga, gunugunu vakaqele ka vakavurea e dua na mataqali vakacegu e kaba vuni mai ka vakavu vucesa se mateni".

Ena wainimate vakaViti, e vakayagataki na yaqona ni solia na itatarovi ni faqasi kei na bekitiria, ka tarova na vavakila ka vakaceguya na mosi, na lomaocaoca kei

na nuiqawaqawa.<sup>8</sup> Ena ivakamacala vakapamakoloji, na veivakacegui e solia na yaqona e vu mai ena dua na ka basogairua dauvakayaco-ka ki na mona me veisautaka na ivakarau ni yalo kei na ituvaki ni vakasama vakatokai na 'kavalactones' ka cakacaka o koya vei ira na risepita se tiki ni sela dau tobo sikinala ena mona kei na *system* ni vakaitukutuku mai na mona ena nave ka ra salava na veitikiniyago se *central nervous system*.<sup>9</sup> Na kena vinaka ni vakayalia na nuiqawaqawa sa lai vakavuna mera vakadonuya kina vakalawa o ira na tabana ni bula ena ra ni vuravura me dua na isosomi ni waigaga na *benzodiazepine*<sup>9</sup> na yaqona, kei na kedra sa vakayaco-ka tiko eso na kavalactones ena vica na vuli ni kenisa.<sup>10</sup>

E vakayagataki wasoma na yaqona edaidai ena rua na gaunisala duidui. Na imatai oya ena kena ivakarau vakavanua ka lose vata kina na na waka ni yaqona kei na waidroka me gunuvi. Ikarua oya na kena ivakarau era taurivaka na daulose waivakaViti ni veivakabulai bisinisitaki edaidai, oya me domici tani mai ena yaqona na *kavalactones* ka mai porosetaki me vuanikau kei na wainimate laugunuvi se ena kena ituvaki me sirap.<sup>7</sup>

Sa namaki vei ira na veimatanitu dautei yaqona ka ra cakacaka vata kei na Matabose kei Vuravura kei na isoqosoqo ni tabana ni bula na *WHO* mera vakamatailalaitaka yani ni ra sa muria na ivakatagedegede uasivi lavaki ena yaqona ena yabaki qo. Veitalia mada ga na veika vinaka e tukuni baleta na yaqona kei na ripote ni kena taqomaki me vaka e vola na *WHO*, e lailai sara na veika e cakava me vakadodonutaka se tarova na veimataqali 'itukutuku buli', eso era sa tabaki sara ena so na ivolatabaki riviutaki kei na so na ivolaniiwilivola.<sup>7</sup>



Serving kava in bilo (half coconut shell cups). Photographer: Todd Henry, 2019.

### Alakaolo kei na itukutuku buli ni kena vakasabusabutaki

Eso na 'itukutuku buli' kilai levu ni yaqona oya ni vakavuna na ituvaki ni mateni, vukica na tamata me 'zombie' ka veivesuki vakaukauwa. Na nodra ile na daunivakekeli oya ni vakasama qo e vakatorocaketaki taumada mai vei Forster ena nona vakayacana na kava *Piper methysticum*, vata kei na nodra vakadewa cala na daunivakadidigo ena tekitekivu ni gauna vakoloni.<sup>4</sup> E sega ni dua na alakaolo se ivakatakilakila

ni *hallucinogenic* e tiko ena yaqona, ka vakaraitaka tale ga na ivakadinadina vakasainitifiki ni, dina ga ni vakaceguya na tamata na yaqona, ka sega ni vaka na alakaolo, e sega ni yalana na rawati ni vakacegu vua e vakayagataka, se vakavuna na mateni, vakavuna na vakayaco itovo kaukauwa, se vakaleqa na nona vakasama ka cakacaka vinaka.<sup>11</sup> Oqo o ira na vuna e kilai levu kina na yaqona ena buturara ni bula veimaliwai vakavanua vakaitikotiko ka vakayagataki kina me vakayavalata na 'veitalanoa matata'.<sup>12</sup>



Fijian school teachers drinking kava and debriefing the day in the school hall in rural Fiji.

Na vakasama ni veivesuki na yaqona e vakatorocaketaki mai na nodra vakadidigo o ira na dauveivakolonitaki ena ika 19<sup>th</sup> ni senituri. E dua na kena ivakaraitaki oya e dua na tamo ni vosa ni ivola tabaki ena 1924<sup>13</sup> ka kaya ni ra "vakararawataki ira ena yagodra kei na nodra vakasama ena gagadre kaukauwa ni gunu yaqona me vaka na "veigagadre kaukauwa tale ni veika eda vakararavi kina vakaukauwa me vaka na veivakabobulataki ni wai ni mateni na mofimi kei na alakaolo". Ia, e vakamacalataka okoya e vola na ivola oya ni a vakadewataka tiko ga okoya na veika era tukuna eso tale na dauvolavola, ka sega ni vakabauta okoya ni vakavuna na yaqona na "mosi se veivakaleqai". E dina ni vakamacalataki ena ivola tabaki na *Drug Science*,<sup>7</sup> a se sega ni tarovi ira na dauvolavola tale eso mai na nodra vakayagataka na tamo ni vosa oya me tokona nodra vakabauta ni veivakabobulataki na yaqona.

Era tiko e levu sara na nanuma ni kena vakayagataki vakawasoma e rawa ni vakavuna na *chemical withdrawal syndrome*, le levu na kenadau era sega ni duavata kina.<sup>14</sup> Me kena ikuri, e vakamacalataka na ivola tabaki ni ulutaga na *Drug Science*<sup>7</sup> na vakayagataki ni yaqona ena vica na porokaramu ni veiqaravi ni veisereki vei ira na vakabobulataki ena waigaga ka vakayagataki me vukea na galala mai na gagadre bibi ni alakaolo, tavako, heroini, kei na kokeini, ka vakalailaitaka na ivakatakilakila ni vakuwai koya se *withdrawal symptoms* ena vakararavi ena *benzodiazepine*. Na vakayaco-ka ka sega ni veivakabobulataki ni yaqona sa lai vakayaloqagataka na kena vakayagataki ena taudaku ni buturara vakaPasivika, oka kina o Amerika,



na vanua era kilai levu kina na veivalenigunu yaqona se *kava bars* vei ira era vaqara mera gunuva e dua na gunu e vukeya mera vakacegu ka vakatarai ira na vakayagataka mera vakaitavi ena veitalanoa yaga sega ni vakaleqai ena mateni.<sup>5</sup>

### 'Tukutuku buli' ni vakacacana na yate

E ciqomi e levu taudua na itukutuku ca vakadewataka na tabana ni vakaitukutuku e baleta na revurevu ni yaqona ki na yate. E a vure taumada mai na Ra kei Yurope ena itekitekivu ni yabaki 2000 na nanuma ni vakavuna na yaqona na vakacacani ni yate. E salamuria qo na ripote ni nodra mate e le 83 era qaravi vakavuniwai ka ra gunuva tiko na vuanikau ni yaqona me veivakabulai.<sup>15</sup> Na ka qo e vakavuna kina vei ira e levu na matanitu mera vakatabuya na volitaki ni yaqona me yacova ni sa vakatauca na *Federal Administrative Court* mai Jamani ena 2014 ni sega ni vakavuna na yaqona na mate, ka kunekune dredre na vakacacani ni yate mai na yaqona ka vakarogorogocataka sara vakatawadodonu na vakatatabu ni vakarerevaki na yaqona.<sup>16</sup>

Ena nodrau pepa me baleta na vakayagataki ni yaqona ena gauna qo, e va qo na nodrau itukutuku vakalekalekataka o Showman kei nona itokani<sup>17</sup>: "E rawa beka ga ki na dua wale ga na iwase lailai mai na levu na kisi era riviutaki ena vagagai ni yate, e semati ki na gunu yaqona ka levu vei ira qori era gunuva vata kei na so tale na wainimate vakavalenibula dau vakayagataki". Me kena ikuri, na ikarua ni nona isosoqoni ni vakadinadina (*assessment*) na WHO<sup>6</sup> me baleta na vakacaca ni yaqona ena 2016 e ripotetaka: "Na kena isoqoni, na bibi ni vakadinadina mai vei rau ruarua e dua na isitori ni gunuvi ni yaqona vakabalavu kei na macala ni vakekeli wale tiko ga qo ka vakaraitaka ni rawa ki na yaqona me gunuvi ena ivakatagedegede ciqomi e rawa ni vakacaca ki na tiko bulabula".



Fijian kava drinkers, Hamilton, New Zealand. Photographer: S. Aporosa.

E tukutuku taleitaki sa i koya ni ivakatagedegede ni vakacaca e vakamacalataka na WHO e solia ki na yaqona na ivakatagedegede cecere sara ni

veivakabulai me vakatauvatani kei na alakaolo kei na tavako,<sup>18</sup> se me dua vei ira na vuanikau ni veivakabulai volitaki ena pamasi me vaka na parasitimo.<sup>19</sup>

### Eso tale na 'itukutuku buli'

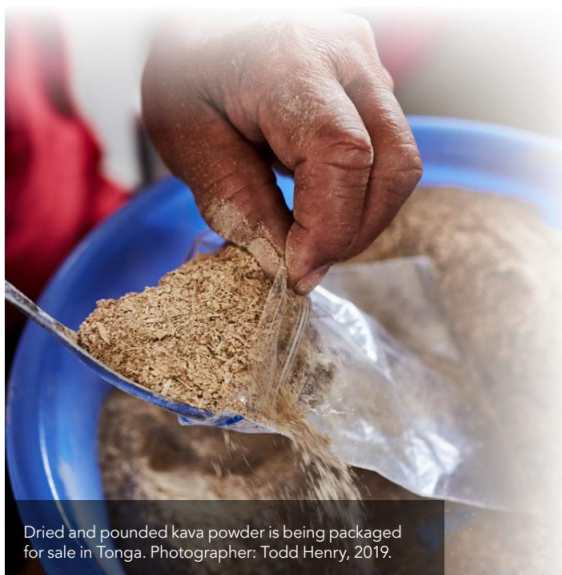
Veitalia ga na ivakasala ni WHO ena ivakatagedegede ni galala mai na vakacaca se vakekeli ka vakaraitaka ni sega ni vakavu mateni na yaqona me vaka na alakaolo se vakavuna na vakararavi kaukauwa, le levu na dauvolaitukutuku kei na so na daunivakekeli era se vakuria tiko ga nodra ripotetaka na vakacaca ni yaqona. E dua na kena ivakaraitaki qo ena dua na ulutaga ni tukutuku wale tiko ga qo ena dua na ivakamacala mai na *Australian ABC News*: "Na yaqona e paralasetaka na veika kece".<sup>20</sup> E oka tale ga ena ivakamacala oya na itukutuku ni tarava na gunu yaqona, "E sega ni rawa ni ra taubale, era qasi ena so na gauna" kei na "Ena vakamatea na tamata na yaqona ka sa vakamate tamata oti mai na vualiku kei Arnhem", ka dina ga ni sega ni vakamacalataki se veivakamatei vakacava na gunuvi ni yaqona.

Na 'itukutuku buli' qori e dau salavata mai kei na nanuma walega sega ni vakadinadinataki me vaka na yaqona "e rairai vakasisila ka gunu ca". O keirau na vola na ivola qo keirau okati ira na mataqali nanuma vaqo mera taleitaki ka veivakasosataki tale ga, taletaki baleta na gunu na yaqona e rairai tautauvata kei na kofi vakasucu, dina ga nida se bera vakadua ni rogoca me vakamacalataki na kofi vakasucu me rairai 'vakasisila'. Kena ikuri, e rawa ni duidui na gunugunu ni yaqona me vakatau ki na ituvaki ni qele e bula mai kina kei na mataqali itei ni yaqona. A vakaraitaka o Aporosa ni okoya "edau gunuva vagauna e dua na yaqona mai Hawaii ka gunugunu vakajokoliti sega ni vakamikamicataki". Keirau raica na mataqali nanuma vaqo me veivakalomaleqataki baleta ni yaqona sa ivakatakilakila matataka na keda ikilai ka meda wainivanua ka matataka tale ga na mana ni vanua. E sega ni vakasisila veivakasosataki se vakanivaki na vanua, ka me vakaturi me vakakina sa rui veivakalolovirataki. Me vaka e kaya o Aporosa ena pepa na *Drug Science*,<sup>7</sup> "keimami sega ni gunuva na yaqona na itaukei ena kena igunugunu; e baleta ga na neimami itovo kei na ivakarau vakavanua kei na veisemati, qo e dua na ka era lecava e vuqa era sega ni lewenivanua ena Pasivika".

Keirau ciqoma ni kena vakayagataki vakasivia na yaqona ena dua na gauna balavu rawa ni vakavu kanikani, se na kena mamaca ka mimira ni kuliniyago. Ia e yali yani vakamalua ena dua se rua na macawa ke vakalailaitaki se cegu na gunu yaqona, ka na sega na kena revurevu tawamudu se veivakarerei.<sup>21</sup> Veitalia mada oya, e se sega ni tarova na 'itukutuku buli' ni kanikani e 'ivakadinadina' ni vakarerevaki na yaqona, ka se sega tale ga ni yalana na veivakacacani semata na kanikani ki na vakasabusabutaki ni gunuvi ni yaqona. Neirau nanuma ni mamaca ni kuliniyago sega

ni veivakaleqai qo ena rairai ca vei ira eso, vei ira tale eso, e vakaraitaka na nona semati koya voleka na daugunu yaqona ki na nona vanua kei na kena itovo kei na ivakarau.

Me baleta na ‘vakasabusabutaki’ ni vakayagataki ni yaqona, edau semati qo ena so na gauna ki na dua tale na nanuma sega na kena ivakadinadina ka ra vakatura kina na dauvakalelewa ni yaqona ‘e vakavucesataki ira na tamata’. Eda kilai ira e levu ra sega ni dau gunu yaqona ia era tamata vucesa ka so na daugunu yaqona era tamata yavalavala se mamakutu. Kena ivakaraitaki, a vakacavara o Aporosa na nona ivola koro ni doctorate ena loma ga ni tolu na yabaki, dau gunu yaqona ena levu na bogi. E dau taura e lima na yabaki na dede ni kena rawati na doctoral thesis. Keirau vakabauta ni tamata vucesa ga era na vucesa, ia ni ra vakawelewetaka nodra itavi mera valuta nodra vucesa, sa dau beitaki na yaqona. Qo e tautauvata kei na ile ni vakaoti gauna na gunu yaqona ka “kauti ira tani na turaga mai na nodra vuvale”. Ena vakasama qo, na neirau ile oya ni noda sarava vakasivia na retio yaloyalo, vakaitavitaki iko ena qito, se cakacaka vakabalavu ena valenivolavola e rawa ni cakava na ka vata ga oya - kauti ira tani na turaga mai na nodra vuvale. Na leqa e sega ni ‘yaqona’ ia na gaunisala era digitaka mera vakayagataka kina nodra gauna. Me vaka e kaya o Aporosa, “e sega ni leqa na yaqona, e noda digidigi yadudua, se digidigi cala”. Qo e tautauvata na veika era tukuna baleta na yaqona ni vakavu vucesa vei ira era gunuva; e sega ni vuna na yaqona, era vucesa ga na tamata ka ra sega kina ni rawata na icolacola ni veisiga. Keirau gadreva me keirau dusia na leqa dina: digidigi yadudua se vucesa, ka sega ni vakacacana na noda ivakatakilakila vakavanua se wainivanua”.



Dried and pounded kava powder is being packaged for sale in Tonga. Photographer: Todd Henry, 2019.

### Na ka e vakavuna kei na itinitini

Cava na vuna era vure ka vakatorocaketaki kina o ira na ‘itukutuku buli’ qo sega wale ga ena tabana ni vakaitukutuku ia ena yalava ni vakekeli ena vuli torocake? E tarogi ena *Drug Science*<sup>7</sup> article na taro qo: “Cava na vu ni lasu, na veivakatoroisobutaki kei na tukutuku lasu veivakacacani taketetaki ki na noda ivakatakilakila vakaPasivika ka matataka na keda ikilai.

Keirau vakabauta ni tiko e rua na vuna levu. Na imatai oya na itukutuku buli dauveivakacacani ka vakavuna na dauvolaitukutuku vucesa vata kei na vakekeli vovodea ka cawiritaka na italanoa makawa kei na itukutuku cala sega ni vakanamata ki na “ka dina”, kei na /se baleta ni dau veivakauqeti ka veidreti vei ira na dauwilivola kei na dausarasara na italanoa e vakayavalata na ivavakila (*senses*). Na kena ivakaraitaki, ‘E vakaparalasetaka na veika kece na yaqona’<sup>20</sup>. Ia na neirau ile, oya ni tiko e dua na ikarua, ni vuna sega ni taleitaki ka vakalolovirataka eso na ivakarau vakavanua ena kedra okati mera “gauna vakamatau vatu”, ‘native-ness se vakaitaukeinivanua’ ka saqata na ivakarau vaKarisito (mai vei ira eso na Matalotu) ka veibasai kei na “ivakarau vou ena gauna ni rarama”. Keirau semata qo ki na veika e ‘rairai vou ka ciqomi’ – na vakayagataki vakavanua ni yaqona kei na kena gunuvi mai na dua na bilo veiwaseitaki ka caka mai na veimama ni qa ni niu madu me vakatautauvatataki kei na alakaolo mai na dua na tavaya ka vakayacani vakamaqosa vakaporofesenal ka qai laugunu ena bilo lloilo - kei na nodra ivakarau eso mera dau vakacerecereya na wainimate ni gauna qo vakarautaki mai na vanuanibuliwainimate se leborotari mai na wainimate vakavanua vakarautaki mai na dua na koro yawa ena loma ni vanua.

Keirau vakabauta ni sa kena gauna me tarovi na veivakacacani ni yaqona ena rai se nanuma ni gauna vou eda donumaka sega ni vakadinadinataki ka me kalasitaki tale na yaqona me dua na ivakatakilakila vakavanua, wainimate ni veivakabulai ka ivakayaco ni soqo vakavanua ni veimaliwai vakaveiwekani ka sa sega ni qai laurai tale me dua na dauniveivakamatei ia me dua na iwali ni mate. E tukuni toka vaqo ena *Drug Science*<sup>7</sup> article: “Ni vakadigovi na itukutuku ni veigauna se isitori ni yaqona vakayagataki ena veisoqovakavanua, ka raici na ivakadinadina sa tiko ena gauna qo, sa rawa ni vagalalataki mai na itukutuku buli na yaqona, sega wale ga ena yavu ni dua na dauniveivakacegui, ia e baleta tale ga ena veika e tiko vata kaya me vakavinakataka ka veivakabulai ki na bula ni tamata ka isosomi ni alakaolo – na kena kilai oya ena yaga vei ira na daunibuli polisi, vuniwai kei na pamasi se dauvolitaki wainimate.”

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- also see: Kanumuri, S. R. R., Mamallapalli, J., Nelson, R., McCurdy, C. R., Mathews, C. A., Xing, C., & Sharma, A. (2022). Clinical pharmacokinetics of kavalactones after oral dosing of standardized kava extract in healthy volunteers. *Journal of Ethnopharmacology*, 297, 115514. doi: 10.1016/j.jep.2022.115514 (p.2)
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### Na kedrau itukutuku na daunivolavola

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