

Medical Help

If you are concerned or have any health questions:

Call Healthline on **0800 611 116** (free) or speak to your GP

In an emergency, call 111 for an ambulance

Police

If you want to report the sale of Kamini to NZ Police:

- Report online: www.police.govt.nz/use-105
- Call **105**: 24 hrs a day, 7 days a week.
- Call Crime Stopper New Zealand (anonymous reporting): **0800 555 111**

To find out more about Kamini:

thelevel.org.nz/news-and-stories/kamini

<https://healthify.nz/medicines-a-z/k/kamini>



This resource is available on healthed.govt.nz
HE1299-ENG, English, June 2026



tautoko MAI

Western Bay of Plenty
Primary Health Organisation

TONGIA TE URURUA KIA TUHU
WHAKARITOHIO TE TUHU
O TE HARAKOKE

Tauranga City

Support

If you or someone you know wants support to stop taking kamini, you can talk to your GP or contact the services below

For Confidential treatment of Kamini Addiction

SCAN



Scan the QR code & scroll down to "How to access" to find your local service. Give them a call or visit to make an appointment

Other Community Addiction Support Services

Find other services at:

www.healthpoint.co.nz/mental-health-addictions/addictions-drug-alcohol/alcohol-drug-counselling-support/

alcohol  drug
HELPLINE

Call 24 hours a day, 7 day a week, speak with a trained counsellor.

All calls are free and confidential.

Call: **0800 787 797**



You can also speak to your GP to ask for help

Let's Talk About... Kamini



IT IS HARMFUL

TO YOU AND YOUR FAMILY

Learn More and Find Support

Warning



There may be increased risks when consumed with other substances such as alcohol and other drugs (including prescription drugs).

It is not safe to drive vehicles or operate machinery after ingesting kamini.

How to Identify Kamini Use

- Financial stress to keep up with income and expenses
- Intimacy issues
- Increased family tension
- Sleepy at times, irritable and looking unwell at other times

Physical Symptoms when the effects of Kamini wears off

- Sweating
- Muscle cramps
- Body aches
- Vomiting
- Anxiety
- Diarrhoea



Did You Know?

Kamini contains dangerous heavy metals...

including arsenic, lead and mercury which has caused hospitalisations in New Zealand.

Even small amounts of heavy metal can seriously harm your brain, gut, liver, lungs, kidneys, skin, eyes and immune system.

Kamini is very addictive

Its effects don't last long, so people often need to take more to get the same effect and avoid the unpleasant physical and mental symptoms that come from not taking it.

Kamini can cause:

- Opioid Addiction
- Accidental overdoses
- Hospitalization, or death
- Increased financial pressure from buying increasing amounts of Kamini
- Reduced testosterone levels with long-term use
- Intimacy issues
- Family tensions

The Truth

What is Kamini?

Kamini (Kamini Vidrawan Ras) is an illegal and addictive drug in New Zealand.

- Kamini is sold as a 'herbal' ayurvedic medicine but it is harmful.
- Kamini contains opium, is highly addictive and can cause opioid addiction
- Kamini contains toxic metals that can poison you
- Kamini usually comes in pellets or balls but can come in different shapes and sizes. It is usually swallowed
- Kamini can be sold under different names
- Ingredients in each batch of Kamini may vary

