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Ružičasta iluzija – od zabave na *INmusic* festivalu do akutne psihoze

/ The Pink Illusion – From Entertainment at the INmusic *Festival to Acute Psychosis*

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Uvod: Ružičasti kokain (poznat i kao *tusi*, *tucibi* ili 2C-B) posljednjih godina postaje sve prisutniji na europskom tržištu droga. Riječ je o ružičasto obojenom prahu koji se najčešće prodaje kao ekskluzivna rekreacijska droga. Analize zaplijenjenih uzoraka pokazuju vrlo raznolik sastav te sadržavaju ketamin, MDMA, kokain, sintetske katinone, benzodiazepine i druge psihoaktivne tvari. Zbog nepoznatog i promjenjivog sastava korisnici su izloženi povećanom riziku od razvoja akutnih psihičkih i somatskih komplikacija, uključujući agitaciju, psihotične simptome, poremećaje raspoloženja i suicidalno ponašanje. Prikaz slučaja: Muškarac, 27 godina, bez prethodnog psihijatrijskog liječenja, dovezen je u hitnu psihijatrijsku službu nakon izra-

Introduction: Pink cocaine (also known as *tusi*, *tucibi*, or 2C-B) has in recent years become increasingly present on the European drug market. It is a pink-colored powder most often sold as an exclusive recreational drug. Analyses of seized samples show a highly heterogeneous composition and contain ketamine, MDMA, cocaine, synthetic cathinones, benzodiazepines, and other psychoactive substances. Due to its unknown and variable composition, users are exposed to an increased risk of developing acute psychological and somatic complications, including agitation, psychotic symptoms, mood disturbances, and suicidal behavior. Case report: A 27-year-old man, with no prior psychiatric treatment, was brought to the emergency psychiatric service after marked psychomotor agitation, paranoid ideas, and dis-

zite psihomotoričke agitacije, paranoidnih ideja i dezorganiziranog ponašanja. Prema heteroanamnestičkim podatcima, tijekom vikenda na glazbenom festivalu konzumirao je više doza tzv. ružičastog kokaina koji je nabavio kao „sigurniju alternativu kokainu“. Negira uzimanje drugih psihoaktivnih tvari. Pri prijemu je bio silno agitiran, sumnjičav prema okolini, uvjeren da ga nepoznate osobe prate, progone i prisluškuju. Toksikološki probir urina bio je pozitivan na MDMA i ketamin, a zbog rizika od autoagresivnog i heteroagresivnog ponašanja bila je indicirana hospitalizacija. Na osnovi kliničke slike ordinirani su lorazepam i olanzapin te je primijenjen postupak deeskalacije. Tijekom hospitalnog tretmana dolazi do postupne regresije psihotičnih simptoma. Nakon šest dana liječenja elementi psihotičnosti se ne bilježe, a pacijent stječe djelomičan uvid u povezanost simptoma s uporabom droge. Zaključak: Ružičasti kokain (*tusi*) sve se češće pojavljuje među mladima i rastući je izazov za hitna stanja u psihijatriji. Kod mladih pacijenata s akutnom psihotičnom dekompenzacijom potrebno je uzeti detaljnu anamnezu o uporabi novih psihoaktivnih tvari te imati na umu da naziv „ružičasti kokain“ ne označava specifičnu kemijsku supstanciju, nego mješavinu različitih psihoaktivnih tvari nepredvidivog sastava i učinaka. Prikazani slučaj ilustrira potencijal ružičastog kokaina za izazivanje ozbiljnih psihičkih komplikacija te naglašava važnost pravodobnog prepoznavanja i adekvatnog liječenja ovih pacijenata.

organized behavior. According to collateral history, over the weekend at a music festival he had consumed several doses of so-called pink cocaine, which he had obtained as a “safer alternative to cocaine.” He denied using other psychoactive substances. At admission, he was extremely agitated, suspicious of those around him, and convinced that unknown persons were following, persecuting, and eavesdropping on him. Toxicological urine screening was positive for MDMA and ketamine, and due to the risk of auto-aggressive and hetero-aggressive behavior, hospitalization was indicated. Based on the clinical picture, lorazepam and olanzapine were prescribed, and a de-escalation procedure was applied. During inpatient treatment, there was a gradual regression of psychotic symptoms. After six days of treatment, no psychotic features were recorded, and the patient achieved partial insight into the connection between his symptoms and drug use. Conclusion: Pink cocaine (*tusi*) is increasingly appearing among young people and represents a growing challenge for psychiatric emergencies. In young patients with acute psychotic decompensation, it is necessary to obtain a detailed history regarding the use of new psychoactive substances and to bear in mind that the term “pink cocaine” does not denote a specific chemical substance, but rather a mixture of different psychoactive substances of unpredictable composition and effects. The presented case illustrates the potential of pink cocaine to induce serious psychological complications and emphasizes the importance of timely recognition and adequate treatment of these patients.