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CANNA ISSUE ONE MEDICAL JOURNAL

EXPLORING THE SCIENCE AND
POTENTIAL OF MEDICAL CANNABIS

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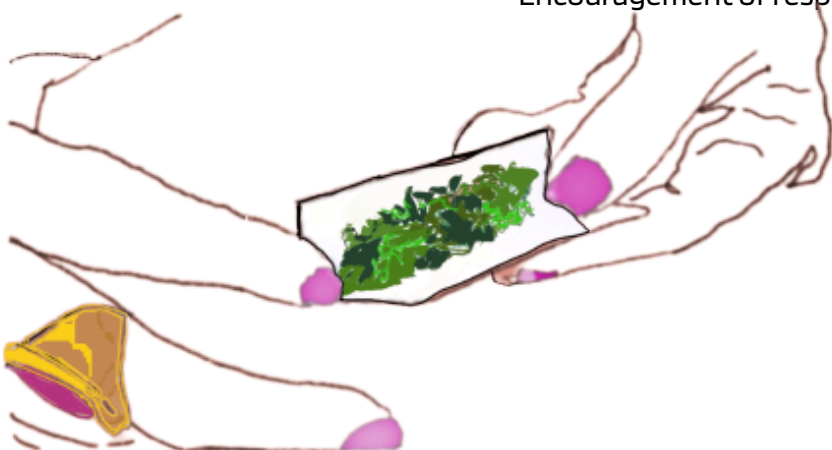
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- Recap of key points discussed throughout the journal
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- Encouragement of responsible and informed usage practices



From ancient times to contemporary
world

Introduction to medical cannabis

With growth comes opportunity and a
responsibility to manage it all for the greater good.

History

- The earliest recorded use of cannabis as medicine can be traced to ancient China, **3000-2000BCE** where it was included in the Pen Ts'ao Ching, a Chinese pharmacopeia.

Medical usage in ancient India

The Atharva Veda and the Ayurveda are two examples of early Indian scriptures that describe the therapeutic uses of cannabis for things like pain alleviation and spiritual development.
1000-500BCE

Definition of medical cannabis

Medical cannabis, also known as medical marijuana, refers to the use of the cannabis plant and its compounds, particularly cannabinoids like THC and CBD, for therapeutic purposes to alleviate symptoms and treat various medical conditions.

Summary

Usage span from Asia to
all continents of world

The medicinal use of cannabis dates back thousands of years, with ancient civilizations in China, India, and Egypt employing it for pain relief and various ailments. Throughout history, cannabis-based medicines were widely used in different cultures and medical practices. In the 20th century, regulations and prohibition restricted its medical use, but recent advancements have led to a resurgence of interest and research in its therapeutic potential. Today, medical cannabis is increasingly accepted and prescribed by healthcare professionals for certain conditions, providing patients with a natural alternative for symptom management and treatment

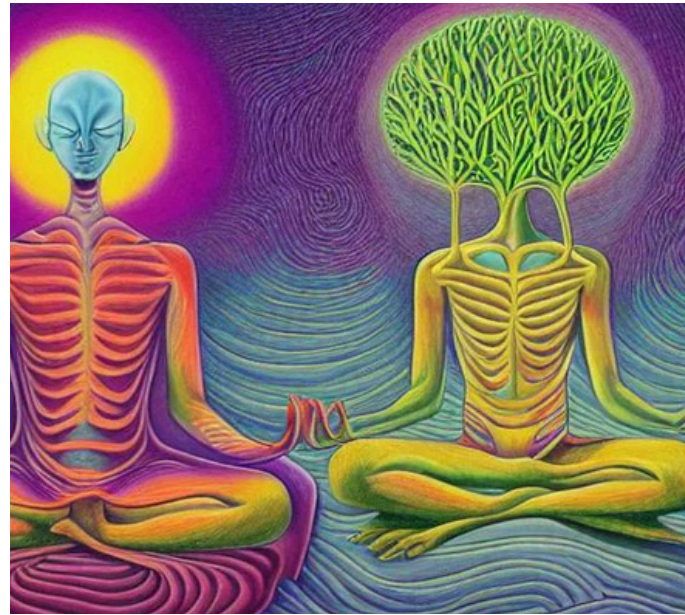
Therapeutic Applications of Cannabis

Cannabis, commonly known as marijuana, has been used for medicinal purposes for millennia. The therapeutic properties of cannabis are attributed to its active compounds known as cannabinoids, with tetrahydrocannabinol (THC) and cannabidiol (CBD) being the most well-known. These compounds interact with the body's endocannabinoid system, a complex network of receptors found throughout the central and peripheral nervous systems. Through this interaction, cannabis has shown promising therapeutic potential in the treatment of various medical conditions, providing patients with new options for symptom management and improved quality of life.

One of the most well-known uses is in pain management, where cannabinoids interact with the body's endocannabinoid system to alleviate chronic pain and inflammation. Additionally, medical cannabis has been found to help alleviate nausea and vomiting in cancer patients undergoing chemotherapy. It has shown promise in treating muscle spasms and spasticity in conditions like multiple sclerosis. Cannabidiol (CBD), a non-psychoactive compound found in cannabis, has gained attention for its potential in treating epilepsy, anxiety, and certain neurodegenerative disorders

Certain cannabis strains, especially those high in CBD, have shown promise in reducing anxiety and depression symptoms. CBD, in particular, has been found to interact with serotonin receptors in the brain, which play a vital role in mood regulation. By modulating serotonin levels, CBD may offer relief to individuals with anxiety disorders, post-traumatic stress disorder (PTSD), and depression. However, it is essential to note that the effects of cannabis on mental health can be complex and may vary depending on individual responses and dosages. It has been used to improve sleep patterns in patients with insomnia and other sleep-related disorders. While THC may help initiate sleep, CBD has shown potential in promoting restful sleep and reducing nightmares in patients with PTSD. However, long-term usage of cannabis for sleep disorders should be approached with caution, as regular use can lead to tolerance and dependence.

- Weed as agent to treat mental health issues and sleep disorders



Cannabis has long been recognized for its ability to stimulate appetite, commonly referred to as "the munchies." This effect can be beneficial for patients with conditions that cause reduced appetite, such as cancer and HIV/AIDS. THC's interaction with the endocannabinoid system triggers hunger and may help patients maintain their weight and nutritional status during treatment.

MEDICAL CANNABIS TYPES



01

cannabis sativa

Cannabis sativa is one of the two major subspecies of the cannabis plant. Sativa strains are known for their energizing and uplifting effects, making them suitable for daytime use. They typically contain higher levels of THC, the psychoactive compound responsible for the "high" associated with cannabis. Sativa strains are often used for their mood-enhancing, creative, and cerebral effects. They may be beneficial for conditions like depression, fatigue, and mood disorders

Cannabis Indica

Cannabis indica is the other major subspecies of the cannabis plant. Indica strains are known for their relaxing and sedative effects, making them more suitable for nighttime use. They tend to have higher levels of CBD, a non-psychoactive compound with various therapeutic benefits. Indica strains are commonly used for pain relief, muscle relaxation, and as sleep aids. They may be helpful in managing conditions like chronic pain, insomnia, and anxiety.



02



03

Cannabis Oil

Extracts derived from cannabis plants, containing cannabinoids like THC and CBD, can be consumed orally or sublingually. Cannabis oil allows for precise dosing and is often used for long-lasting effects.

Edibles

The presence of 11-OH-THC in the body is one of the reasons why edibles can have a more intense and long-lasting impact on users.



04



05

Tinctures

Cannabis tinctures are liquid extracts that can be administered sublingually for rapid absorption.

Topicals

Cannabis-infused creams, balms, and lotions are applied directly to the skin for localized relief from pain and inflammation.



06



07

Capsules

Cannabis can be encapsulated, offering a discreet and standardized way to consume it.

Legal Considerations India

Under the NDPS Act, cannabis and its derivatives are classified as Schedule I drugs, which means they are considered highly addictive and subject to strict control.



The government of India has taken steps to allow limited medical access to cannabis-based medications. In 2018, the Indian government approved the cultivation of cannabis for medical and research purposes under strict supervision. This move has opened the possibility for the production of cannabis-based pharmaceuticals for specific medical conditions.

As of now under NDPS act cannabis remains as schedule 1 drug which makes it no 1 public enemy from law enforcement. Because of stringent act there remains no knowledge and clinical trails, as to this patients how are suffering from serve cancer have opt for chemotherapy. However india law permits for medical and scientific use but there is no proper medical framework because of patients suffer. Please our movement.

Raunaq K

founder of Legalizeindia

Founders Note

***Legalizeindia
magzine***

DOSAGE GUIDELINES AND ADMINISTRATION

Please note:

Dosage guidelines and administration of medical cannabis can vary depending on several factors, including the patient's individual needs, medical condition, tolerance, and the specific product being used. It is important to note that dosing cannabis for medical purposes is a complex and individualized process.

when ever you Start Low and Go Slow : When initiating medical cannabis use or trying a new product, it is advisable to start with a low dose and gradually increase it over time. This allows you to assess your tolerance and minimize the risk of adverse effects.

Always Consider THC and CBD Ratios: The ratio of THC to CBD in a cannabis product can significantly impact its effects. CBD is non-psychoactive and may counteract some of the psychoactive effects of THC. Products with higher CBD content or balanced THC:CBD ratios are often recommended for individuals sensitive to THC or seeking more therapeutic effects without significant intoxication.

Very important please pay attention to the potency and labeling of the cannabis product you are using. Look for information on the concentration of THC, CBD, and other cannabinoids

(Smoking or Vaping): Inhalation provides rapid onset of effects but may also have a shorter duration. Start with a small inhalation, observe the effects, and adjust as necessary. It is important to note that smoking cannabis may have potential risks to lung health, and vaporizing is considered a safer alternative.

Edibles and oral cannabis products have delayed onset and longer-lasting effects. Start with a low dose (usually 2.5-5 mg of THC) and wait at least two hours before considering additional consumption.

Sublingual Administration: Sublingual cannabis products, such as tinctures or sprays, are absorbed under the tongue for faster onset. Follow the product instructions for dosing and hold the liquid under the tongue for the recommended duration before swallowing.

Its very essential to Monitor and Adjust Keep track of your cannabis use, including dosage, timing, effects, and any side effects. This information can help you and your healthcare professional make informed decisions about adjusting your dosage or trying different products.



THE POTENTIAL SIDE EFFECTS

The use of medical cannabis, like any medication, carries potential side effects and risks that users should be aware of. Common side effects of cannabis can include dry mouth, dizziness, impaired motor skills, and increased heart rate. Additionally, some individuals may experience changes in mood or cognition, such as anxiety, paranoia, or memory impairment. While these effects are generally mild and temporary, they can be concerning for some individuals, especially those who are new to cannabis use or have a low tolerance.

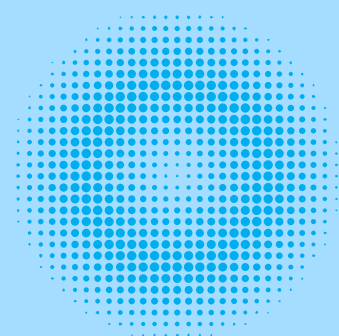
Long-term and heavy use of cannabis may lead to more significant risks, such as cannabis use disorder or cannabis dependence. This condition can result in problematic patterns of cannabis use, affecting daily life and responsibilities. Moreover, smoking cannabis, whether for medical or recreational purposes, can have negative effects on lung health, similar to smoking tobacco.

Another consideration is the potential for interactions with other medications. Cannabis may interact with certain medications, either enhancing or inhibiting their effects. Therefore, it is crucial for individuals using medical cannabis to inform their healthcare providers about their cannabis use to prevent adverse drug interactions.

For some vulnerable populations, such as adolescents, pregnant or breastfeeding individuals, and those with a history of mental health conditions, the risks associated with cannabis use can be more pronounced. Adolescents using cannabis may experience impairments in cognitive development, and its use during pregnancy can pose potential risks to the developing fetus.

Furthermore, because the legal status of cannabis varies globally and even within different regions of a country, there may be legal risks associated with the possession, purchase, or use of cannabis for medical purposes.

To mitigate these potential side effects and risks, it is essential for individuals considering medical cannabis to consult with a qualified healthcare professional or medical cannabis specialist. Healthcare providers can offer personalized guidance, assess individual risk factors, and help determine whether medical cannabis is an appropriate and safe treatment option. Responsible and informed use, along with open communication with healthcare professionals, can help individuals make well-informed decisions about using medical cannabis as part of their treatment plan.



Adverse Reactions and Precautions

06 things to remember

01 Although weed is a wonderful wellness herb, it is best to avoid it if you want to minimize any negative effects or just ask a doctor for the proper doses.

Some people are lactose intolerant and Like any substance, some individuals may be allergic to components of cannabis, such as pollen or specific cannabinoids. Allergic reactions can range from mild symptoms like itching or rash



02

Objective

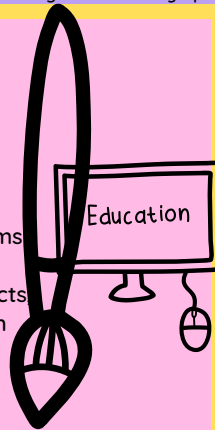
OUR OBJECTIVE IS Make you all aware of reactions and some precautions to take to always avoid "KHANNNNNADDDD"



03

Observations

allergic responses, psychiatric symptoms exacerbation, cardiovascular effects respiratory irritation



04

Don't hesitate to ask for professional healthcare

It is crucial to consult with healthcare professionals to evaluate individual circumstances and determine the appropriateness and safety of medical cannabis use.



05 potential drug interactions.

Cannabis has the potential to interact with various medications. While the specific interactions can vary depending on the individual and the medications involved, here are some examples of possible medication interactions with cannabis:

- Sedatives and Sleep Medications
- Antidepressants
- Antipsychotics
- Blood Thinners
- Blood Pressure Medications



07 Pregnancy and Breastfeeding

Pregnant individuals and breastfeeding mothers should be cautious due to potential risks to the fetus or infant. It is crucial to consult with healthcare professionals to evaluate individual circumstances and determine the appropriateness and safety of medical cannabis use.



Best Practices for Safe Usage of Medical Cannabis

To ensure safe usage of medical cannabis, it is important to follow best practices such as consulting with a healthcare professional, starting with a low dosage, understanding the product, choosing reputable sources, considering different administration methods, keeping a usage journal, being aware of potential side effects, storing cannabis securely, and complying with local laws and regulations. These practices help minimize risks, ensure appropriate dosing, and promote responsible usage, ultimately maximizing the potential benefits of medical cannabis while prioritizing safety.

Monitoring and Evaluating Treatment Progress

It is essential to track and evaluate treatment progress when using any medicine to just cannabis to determine its efficacy and guarantee the best results. Maintain open lines of communication with your medical provider, keep a log of your symptoms and cannabis use, and show up for follow-up appointments to assess your progress. To monitor progress, objective evaluations like pain measures or mood questionnaires may be utilized. Depending on your response, changes may be made to doses or delivery systems. It is possible to make changes and maximize the therapeutic advantages of medical cannabis by tracking and analyzing treatment results.

CONCLUSION

FUTURE

PERSPECTIVES

Final words, medical cannabis holds significant potential as a therapeutic option for a lot medical conditions and ailments Its use is supported by growing evidence and anecdotal reports to understand the full scope of medical cannabis applications and its potential benefits and risks. Even though there is no ongoing research because of legal restrictions, this never ceases to pique our interest. Prohibition might be abolished someday. And tests to determine effectiveness will be permitted.

Support Legalizeindia to continue its studies in the medical and scientific fields so that it can improve the healthcare system and the quality of people's lives.

the best is yet to come".

TOGETHER WE WALK



Make India Green again.

Get medicated

Make life easy and
enjoyable

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