

THE THERAPEUTIC USE OF CANNABIS
THE RATIONALE FOR
OTHER MAJOR INFLAMMATORY, IMMUNOLOGICAL
AND NEURODEGENERATIVE DISEASES

The rationale for using Cannabis in most of our ailments today is quite simple if we think that deep in the bottom of many, if not all of them and regardless of the cause is always a triad of Inflammation, Oxidation and Excitotoxicity. The cannabis plant acts in these three basic responses through the effects of all of its bioactive compounds, be them Cannabinoids, Terpenoids, Flavonoids and others. But not only there, it is now also known that the plant can also act at the genetic level causing up or down regulation of genes through the Epigenetic changes

And why Cannabis is such a beneficial plant for us and not a killer one, like so many out there, is perhaps a mystery that is open to speculations of all kind. It has been called a “Miraculous” plant, and let us not be deceived, this is has been very well known by the health responsible since quite a long time now; like the fact that the antioxidant properties of CBD, more potent in this than ascorbate or Vitamin E, was patented by the Department of Health despite its classification of Cannabis as Schedule I substance: “having no currently accepted medical use”.

And even today, the governments are having a hard time to legalize and regulate the many forms and uses of the Cannabis, because there are many economic interests at stake. And so, in the sacred Indian text, the Bhagavad Gita, in its Chapter 9, verse 16 we can read: *“I am the seven Vedic fire rituals, I am the five daily acts of sacrifice, I am the oblations offered to the departed ancestors, **I am the healing herb**, I am the transcendental incantation, I am clarified cow ghee, I am the fire and I am the act of offering”*.

So, when we have inflammation we have an accumulation of bad substances called cytokines, that do no good to our cells, (and it is not the case to name all of them here) and Cannabinoids are good because they stop the production of them.

Inflammation is not always bad, it is a first response of our body to an injury, the problem is, when it is sustained in time when it becomes pathological, and it is then when Cannabis acts suppressing this response, so that it is said that it works as an immunosuppressor, like suppressing lymphocytes T and thus helping with autoimmune diseases; and it is such a wonderful and good plant that it will not damage the good cells but only the bad ones or those produced in excess, and even more, it will promote the production of good cells to help us fight the enemy, like it does with the so called Natural killer cells in cancer and virus infections, or promoting neurogenesis.

And the same happens with the oxidation inside our cells, where cannabis will increase mitochondrial activity and thus produce more ROS to attack the cancer cells, but will also act as a scavenger to eliminate excess of ROS and give neuroprotection and reduce oxidative stress in other damaged tissues.

So the spectrum of diseases that these cellular damaging processes can bring about is well known: There is no organ function that will not be altered if Inflammation, Oxidation, autoimmunity and excitotoxicity come into action and are not stopped or modulated. From the brain with Alzheimer and Parkinson diseases, Multiple Sclerosis, and Epilepsy, where the well known effects of CBD have led its recently approved use for refractory children epilepsy.

To the inflammation of the lungs causing asthma or chronic obstructive pulmonary disease in long time heavy smokers. To the intestinal inflammatory diseases like Ulcerative colitis and Crohn disease, following with Arthritis and all the autoimmune diseases like Psoriasis, Systemic Lupus, and Thyroiditis. Also Retinal inflammatory disorders like uveitis, age-related macular degeneration, diabetic retinopathy and glaucoma.

Diabetes in itself is also an inflammatory disease, both type I and II and CBD can delay the initiation and reduce the development or overt or latent diabetes. Even

depression and cancer are inflammatory processes at some point in their development.

But one may say, where do we get all this inflammation, oxidation and excitotoxicity other than by age itself? Well we all know that our lives are filled with excesses of all kind, be it overthinking, lack of faith, lost of hope, and sadness, injustice at the personal and social level, plus the daily insults we infringe ourselves through our toxic habits, sedentary indoors way of living, and last but not least, our eating habits.

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