



## MARIJUANA AND MEDICINE

Kiran Bitla  
Administrator

### ABSTRACT

**M**arijuana (*cannabis*) is among the most widely used of all psychoactive drugs. Despite the fact that its possession and use is illegal in most countries, cannabis is used regularly by as many as 20 million people in the United States and Europe, and by millions more in other parts of the world. In recent years thousands of patients with acquired immunodeficiency syndrome (AIDS), multiple sclerosis, and a variety of other disabling diseases have begun to smoke marijuana illegally in the firm belief that it makes their symptoms better, despite the relative paucity of medical evidence to substantiate such belief. The writer Stephen Jay Gould described his use of marijuana in suppressing the nausea associated with cancer treatment:



**KEYWORDS:** *psychoactive drugs , acquired immunodeficiency syndrome (AIDS), multiple sclerosis.*

### WHAT IS MEDICAL MARIJUANA?

The term medical marijuana refers to utilizing the entire, natural cannabis plant or its fundamental concentrates to treat manifestations of ailment and different conditions. The U.S. Nourishment and Drug Administration (FDA) has not perceived or endorsed the pot plant as pharmaceutical.

In any case, logical investigation of the chemicals in pot, called cannabinoids, has prompted two FDA-affirmed prescriptions that contain cannabinoid chemicals in pill shape. Proceeded with research may prompt more solutions. Since the pot plant contains chemicals that may help treat a scope of ailments and manifestations, many individuals contend that it ought to be legitimate for therapeutic purposes. Truth be told, a developing number of states have authorized weed for medicinal utilize.

### Why isn't the marijuana plant an FDA-approved medicine?

The FDA requires deliberately led examinations (clinical trials) in hundreds to thousands of human subjects to decide the advantages and dangers of a conceivable prescription. Up until this point, scientists haven't sufficiently directed vast scale clinical trials that demonstrate that the advantages of the weed plant (instead of its cannabinoid fixings) exceed its dangers in patients it's intended to treat.

### What are the other health effects of marijuana?

Marijuana utilize may have an extensive variety of impacts, both physical and mental.

### What are cannabinoids?

Cannabinoids are chemicals identified with delta-9-tetrahydrocannabinol (THC), weed's fundamental personality changing fixing. Other than THC, the pot plant contains more than 100 different cannabinoids. Researchers and in addition unlawful makers have created numerous cannabinoids in the lab. Some of these cannabinoids are to a great degree intense and have prompted genuine wellbeing impacts when manhandled.

The body additionally creates its own particular cannabinoid chemicals. They assume a part in controlling joy, memory, considering, focus, body development, attention to time, hunger, torment, and the faculties (taste, touch, notice, hearing, and sight).

### How might cannabinoids be useful as medicine?

As of now, the two fundamental cannabinoids from the cannabis plant that are of restorative intrigue are THC and CBD. THC expands craving and lessens queasiness. The FDA-affirmed THC-based solutions are utilized for these reasons. THC may likewise diminish torment, irritation (swelling and redness), and muscle control issues.

CBD is a cannabinoid that does not influence the psyche or conduct. It might be valuable in diminishing torment and aggravation, controlling epileptic seizures, and perhaps notwithstanding treating emotional sickness and addictions.

NIH-subsidized and different scientists are proceeding to investigate the conceivable employments of THC, CBD, and different cannabinoids for restorative treatment.

### Physical Effects

- Breathing problems. smoke bothers the lungs, and individuals who smoke maryjane often can have an indistinguishable breathing issues from the individuals who smoke tobacco. These issues incorporate day by day hack and mucus, more incessant lung disease, and a higher danger of lung contaminations. Specialists still don't know whether individuals who smoke pot have a higher hazard for lung disease.
- Increased heart rate. Marijuana raises heart rate for up to 3 hours in the wake of smoking. This impact may build the shot of heart assault. More established individuals and those with heart issues might be at higher hazard.
- Problems with child development during and after pregnancy. Marijuana use during pregnancy is connected to bring down birth weight<sup>6</sup> and expanded danger of both cerebrum and behavioral issues in babies. On the off chance that a pregnant lady utilizes cannabis, the medication may influence certain creating parts of the hatchling's cerebrum. Coming about difficulties for the tyke may incorporate issues with attention,<sup>7</sup> memory, and issue solving.<sup>8</sup> Some examination additionally proposes that direct measures of THC are discharged into the bosom drain of nursing mothers.<sup>9</sup> With consistent utilize, THC can achieve sums in bosom drain that could influence the infant's creating cerebrum. More research is required. Read our Marijuana Research Report for more data about maryjane and pregnancy

### Mental Effects

Long-term marijuana utilize has been connected to emotional instability in a few clients, for example,



- temporary mind flights—sensations and pictures that appear to be genuine however they are definitely not
- temporary suspicion—extraordinary and nonsensical doubt of others
- worsening side effects in patients with schizophrenia (an extreme mental issue with indications, for example, mind flights, neurosis, and confused considering)

Marijuana use has likewise been connected to other psychological wellness issues, for example, despondency, nervousness, and self-destructive contemplations among youngsters. In any case, think about discoveries have been blended.

#### SIDE EFFECTS

According to the National Cancer Institute (NCI), possible side effects of marijuana use include:

- increased heart rate
- low blood pressure
- dizziness, light-headedness, or fainting
- short-term reduced memory
- short-term reduced attention span
- decreased problem-solving skills

Cognitive side effects of marijuana use include impaired:

- memory
- sense of time
- sensory perception
- attention span
- problem solving
- speaking
- reaction time
- motor control

Other side effects of marijuana use are:

- lowered blood sugar levels
- drowsiness
- increased bleeding
- adverse interaction with other medications or herbs

People with mental or emotional disorders may have paranoia or hallucinations. It could also make their depression or mania worse.

## RISKS AND LIMITS

Medical marijuana is not checked like FDA-affirmed drugs. When utilizing it, you don't have the foggiest idea about its capability to cause disease, its immaculateness, intensity, or symptoms.

Just individuals who have a card from a specialist should utilize restorative cannabis. Specialists won't recommend restorative weed to anybody under 18. Other people who ought not utilize it:

- People with heart disease
- Pregnant women
- People with a history of psychosis

## How Is It Used?

Medical marijuana may be:

- Smoked
- Vaporized (heated until active ingredients are released, but no smoke is formed)
- Eaten (usually in the form of cookies or candy)
- Taken as a liquid extract

## CONCLUSION:

The recreational use of cannabis has become common in most Western countries. Up until now it has been an activity indulged in mainly by those under the age of 30, but this pattern may change as cannabis becomes more and more accepted as a part of our culture. It has been accepted and widely used, often as an alternative to alcohol, in many parts of the world.

There are health risks associated with cannabis use, particularly with smoked marijuana, but earlier reports of the dangers of cannabis have been proven to be exaggerated. There is a genuine risk of developing dependence on cannabis, and for some people it can come to dominate their lives and have a very negative impact. To many people it is regarded, rightly or wrongly, as a harmless weekend indulgence.

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