

The Medical Marijuana Benefits Based On The Scientific Evidence And Research

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Medical marijuana is a term used to refer to unprocessed marijuana extracts or plants. It is a plant that can be used to treat either the symptoms of a disease or other conditions. In 2737 BC, the Chinese emperor Shen Nung wrote that cannabis was first used as a psychoactive agent. In this writing, cannabis had power against malaria, gout, rheumatism as well as absent-mindedness. The importance of medical value was centred more on its intoxication properties. Eventually, the use of cannabis also spread to India, then parts of North Africa, and later in AD500 to Europe. From 1850 to 1942, **medical marijuana** was listed among the Pharmacopeia in the U.S. It was used for various medical conditions such as nausea, rheumatism as well as labour pain (Pacula and Smart 66). This paper is entirely based on the medical marijuana benefits based on the scientific evidence and research done in various parts of the world and documented.

Medical Uses

From 1850 till 1930, cannabis began to be common for recreational reasons and purposes. While the use of this medical marijuana increased in the 1970 Control Substance Act, it was categorized as a Scheduled I Drug. Later, the natural marijuana medical use controversy arose. The THC active ingredient was synthesized in the laboratory in 1966, and the United States Food and Drug Administration approved it in early 1985 (Pacula and Smart 66).

The Institute of Medicine disclosed in a 1999 United States Government Sponsored study that medical marijuana benefits in some medical issues such as waste resulting from AIDs and nausea resulting from chemotherapy drugs. Since 1999, numerous types of research have revealed that marijuana that is smoked has pain-reducing properties. Numerous pieces of research and scientific studies have revealed many other medical benefits of marijuana (Pacula and Smart 66).

Marijuana Stops Or Slows The Spread Of Cancer Cells

A study published in a Molecular Cancer Therapeutics journal explains that Cannabis has the capability of stopping cancer by turning off the Id-1 gene. In 2007, the California Pacific Medical Center, found in San Francisco researchers, reported that cannabis can prevent the spreading of cancer cells. These researchers did a test on breast cancer that contained high Id-1 levels in the laboratory. They treated this breast with cannabidiol. The results were positive. They showed a

decrease in the Id-1 expression in the cells and the spreading of these cancerous cells. The American Association for Cancer Research, in fact, found that marijuana has the ability to slow down the growth of cancer cells or tumours in the breast, lungs and brain considerably. Therefore, medical marijuana has the benefit and property of suppressing the Id-1 expression as well as preventing the spread of cancerous cells in the body (Abrams 66).

Prevents Alzheimer's Disease

The active agent, THC, in medical marijuana, slowed Alzheimer's disease progression in a study that was conducted by the research institute. In this research, it was found that THC slows amyloid plaque formation. It blocks the enzymes in the human brain, which results in the formation of Alzheimer's disease. Plaque is the one that destroys the cells of the brain, resulting in Alzheimer's disease. Therefore, medical marijuana has the ability to stop the development of this plaque (Collins and Workman 44).

Treats Glaucoma

Cannabis has the ability to treat any type of glaucoma. Glaucoma causes eyeball pressure to increase, thus damaging nerves and resulting in vision loss. The National Eye Institute states that medical marijuana aids in lowering the pressure in the eyes (Gieringer and Gregory 67). 1970s studies revealed that smoking medical marijuana resulted in decreased intraocular pressure (IOP) in both individuals with glaucoma as well as normal eye pressure. These impacts of the drugs prevent blindness.

Relieves Arthritis

Research conducted in 2011 indicated that marijuana reduces inflammation and pain as well as promotes sleep. These properties of cannabis can aid in relieving discomfort and pain for individuals having rheumatoid arthritis. For instance, the rheumatology unit researchers in many hospitals gave Sativex, a cannabinoid-based-pain-relieving drug, to their patients. After fourteen days, patients on this drug had a considerable pain reduction effect as well as slept well more than the patients who were using the Placebo drug. Therefore, it is evident that medical marijuana has a medical benefit in reducing pain and promoting sleep in rheumatoid arthritis patients (Gieringer and Gregory 67).

Controls Epileptic Seizures

A study that was done in 2003 indicated that medical marijuana had the ability to control epileptic seizures. For instance, Robert J. DeLorenzo from Virginia University injected epileptic rats with synthetic marijuana and marijuana extract. These drugs controlled epileptic for around ten hours. It

was discovered that the active agent in marijuana, THC, controlled seizures by binding all cells of the brain that are in charge of regulating relaxation and controlling excitability. The Pharmacology and Experimental Therapeutics journal published these results, indicating that medical marijuana has the potential to control epileptic seizures in patients (Hill 56).

Eases The Multiple Sclerosis Pain

Medical marijuana stops negative neurological impacts as well as muscle spasms resulting from multiple sclerosis. The Canadian Medical Association study reported that marijuana can ease multiple sclerosis's painful symptoms. For example, a study was done on thirty patients suffering from multiple sclerosis having painful muscle contractions. The patient was not improving from this condition even after taking medication. However, after smoking this marijuana for some days, they said that the pain had decreased. Therefore, the marijuana active agent, THC, binds the receptors in nerves as well as muscles to dismiss the pain.

Soothes Tremors For Parkinson's Disease Patients

In a research that was conducted in Israel, smoking marijuana helps. It extraordinarily reduces tremors and pain. Medical marijuana also promotes sleep in patients with Parkinson's disease. This research proved that medical marijuana improves motor skills in these patients. This made the government of Israel legalize marijuana usage in medicine (Amar 67).

Helps In Crohn's Disease

Cannabis has the ability to cure Crohn's disease. Crohn's disease is a disorder of the bowel characterized by inflammation that causes vomiting, pain, weight loss, and diarrhoea, among other symptoms. A current study that was conducted in Israel revealed that smoking a considerable amount of medical marijuana results in a reduction of the symptoms of Crohn's disease in 10 out of 11 victims. At the same time, marijuana causes a complete termination of this disease in 5 of those victims. At the same time, the cannabinoids obtained from cannabis appear to aid in controlling gut bacteria as well as intestinal functions.

Decreases The Dravet's Syndrome Symptoms

Severe developmental, as well as seizure, are caused by Dravet's Syndrome. For instance, a young girl with Dravet's Syndrome was treated with marijuana. After some days of treatment, the seizures reduced from three hundred per week to one every week. Other 40 children as well used the drug, and it aided them as well. The doctors say that cannabidiol in the marijuana plant interacts with the cells of the brain to silence the unnecessary activities in the human brain that result in seizures.

Lessons Side Impacts From Hepatitis C Treatment And Increases the Effectiveness Of Treatment

Hepatitis C treatment has several side effects that are very severe. This side effect makes many people opt for withdrawal. This side effect ranges from muscle pains, nausea, appetite loss, depression as well as fatigue. These side effects last for many months. A study done in 2006 by Gastroenterology and Hepatology realized that 86 per cent of the patients who were using marijuana finished the therapies successfully. On the other hand, only 29 per cent of non-smoking patients finished the treatment (Hill 56). Similarly, 54 per cent of those using marijuana got their levels of viral low as well as keeping them low compared to the non-smokers, who were only 8 per cent with these characteristics. Therefore, marijuana helps in reducing the side effects of Hepatitis C treatment as well as improves the effectiveness of its treatment.

Decreases Anxiety

Harvard University researchers in 1010 suggested that medical marijuana can reduce anxiety. This property enables this drug to be used as a sedative when used in low doses. However, high doses of medical marijuana can lead to increased anxiety. Therefore, the low doses aid in the medical field in sedating as well as reducing patient anxiety.

Helps Reverse The Tobacco Carcinogen Effect As Well As Improve The Health Of The Lungs

The American Medical Association in January 2012 showed that medical marijuana has the ability to improve the functions of the lung as well as increase its capacity. For example, research that was done in search of heart disease risks found coincidentally that children who were using marijuana had an increased lung capacity compared to the ones who were using tobacco. However, some researchers say that the increase in lung capacity is a result of deep breathing when inhaling and not the treatment properties of medical marijuana.

Reducing The Severe Pain As Well As Nausea From Chemotherapy And Stimulates Appetite

People undergoing chemotherapy are recommended to use marijuana. Patients undergoing chemotherapy experience severe pains, vomiting, and loss of appetite, as well as painful nausea. The THC agent in marijuana can aid in counteracting the side effects of chemotherapy. It reduces pain, stirs up appetite and decreases nausea. Likewise, the FDA has approved other cannabinoid

medications that use THC for similar reasons.

Improves Lupus Symptoms, An Autoimmune Disorder

Systemic Lupus is treated by the use of marijuana. Lupus is a disease whereby the body attacks its cells for reasons that are not known. The various chemicals present in marijuana aid in calming the immune system down. This property aids the body in dealing with Lupus symptoms. Other benefits of marijuana on lupus symptoms result from its ability to reduce pain as well as nausea.

Protects The Brain After Stroke

The University of Nottingham research (that was done on mice, monkeys, and rats) showed that marijuana may aid in protecting the brain from an injury that a stroke causes. Cannabis reduces the size of the region that is affected by a stroke. Other researchers have provided evidence of marijuana protecting the cells of the brain from even traumatic incidences such as concussions (Hill 56). Therefore, marijuana has the medical potential to protect the cells of the brain from traumatic events or even a stroke.

Controls Vary Kinds Of Muscle Spasms

Muscle spasms of different types also respond to marijuana. For instance, a patient having Myoclonus Diaphragmatic Flutter or Leeuwenhoek's Disease used marijuana that aided in calming the attacks. Leeuwenhoek's disease causes a continuous spasm in the muscles of the abdomen. This spasm causes pain and interferes with speaking and talking. Various strong medications have no positive effect on these activities. Therefore, marijuana calms these attacks immediately, causing the diaphragmatic muscles to relax.

Helps In Eliminating Nightmares

Marijuana has the ability to alter the sleep cycle. It interferes with rapid eye movement (REM) sleep in later stages. This is helpful, especially for nightmare victims or PTSD patients. Nightmares occur during this later stage of REM sleep. Active agencies such as THC have evidently reduced the frequency of nightmares in PTSD patients. Therefore, marijuana aids in preventing nightmares in various patients. However, it also has some negative effects when used for this purpose on patients, and thus, more research needs to be done (Hill 56).

Protects The Brain From Trauma And Concussion

A study in the Cerebral Cortex journal explains that marijuana can aid in healing the brain cells after trauma or concussion. For example, in an experiment that was done on rats, marijuana reduced brain bruising. It also aided with the mechanism of healing after an injury that resulted from trauma. A psychology professor at Harvard wrote that the National Football League should stop marijuana tests on players since it aids in the traumatic injury healing process. Doctors believe that a dose of marijuana has very high neuro-protective properties and thus has medical benefits (Pacula and Smart 66).

Conclusion

In conclusion, medical marijuana has numerous benefits. The medical benefits are the most amazing ones. It is a plant that has active agents that aid in treating various medical conditions. Marijuana has the ability to treat Alzheimer's disease and protect the brain from concussion, nightmares and muscle spasms. Not only these conditions but also Lupus Symptoms, Dravet's Syndrome, Glaucoma, Multiple Sclerosis Pain, Crohn's disease, Parkinson's Diseases and Reducing severe pain as well as nausea from chemotherapy and stimulates appetite. Even though the United States Food and Drugs Administration has neither recognized nor approved the use of marijuana plants as a drug in hospitals, it has medical benefits (Pacula and Smart 69). The scientific studies of a chemical component in marijuana known as cannabinoid have shown it is potential medicinal uses. The Food and Drugs Administration Food has approved the drugs containing the cannabinoid in the form of pills. As many researchers have proved, marijuana has many other medical benefits.

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