Uses of Cannabis Seeds and its Effects

Cannabis is grown in across the world. In Asia it’s been cultivated for over 4000 years for both purposes-as a fiber plant as well as a drug. The therapeutic uses are described in Indian medical texts even before the 5th century BC.

Though today in many countries the possession and use of cannabis are considered illegal, it’s still being used under strict controls for many medical purposes. Cannabis contains more than 60 different kinds of cannabinoids; one of them is delta 9-tetrahydrocannabinol (THC), which is believed to be responsible for the psychoactive effects.

Various modern researches confirm that use of cannabis is very effective for many medical treatments. The therapeutic use of cannabis is well known but because of many wrong notions and misuse of its usefulness is under-recognition.

Some of the Properties of cannabis: Cannabis has analgesic, anti-inflammatory, anti-emetic, and sedative properties.

Uses of Cannabis:

A - Medical use: Cannabis is used to control and reduce the side effects of cancer chemotherapy. As this is used to reduce nausea and vomiting that are associated with chemotherapy treatments.

Cannabis is also used to reduce ocular pressure in glaucoma, in order to ease tremors and muscular stiffness in multiple sclerosis as well. Moreover, cannabis can help AIDS patients gain weight.

Cannabis is also used for external problems such as corns, sores, varicose ulcers that occur in case of varicose veins. Cannabis seeds are also used in many traditional Chinese medicines to treat deceases like constipation and fluid deficiency etc.

Apart from these problems, the researches have shown that cannabis is useful in the treatment of diseases such as depression, anti-nausea, appetite stimulant, muscle spasm in multiple sclerosis, pain relief in spinal injury, sprains, arthritis, rheumatics, asthma, and many more.

Cannabis is also used in the treatment of some psychological problems such as epilepsy, alcoholism etc. moreover, the latest researches have proved that cannabis can be used in treatments of drug addiction as well. There are many instances when cannabis is used to treat cocaine addicts help get rid of the abuse.

B - Culinary uses: Cannabis seeds are widely used in whole food cuisine and beers as well. These seeds are also used in Japanese foods such as in the spice mixture shichimi. Cannabis seed oil is also used for culinary purposes.

C - Economic uses: Cannabis is an excellent source of fibers. The fibers are used for rope making. Oil extracted from cannabis seeds is added in some cosmetics as well.

Above discussion is sufficient to suggest that the proper and supervised use of cannabis could be very useful in various aspects of human. Now it must be clear that the some notions about the use of cannabis seeds are not correct and are just the myths. However, improper, excessive, and unethical use of cannabis can be as harmful as using any other medication.

About the Author

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