

## Crohn's disease and ulcerative colitis

Evidence from pre-clinical trials and clinical studies indicates cannabis may have some effectiveness in treating inflammatory bowel disease (IBD) symptoms such as abdominal pain, diarrhea and inflammation.<sup>1</sup> Again, correlation with the body's endocannabinoid system is proposed as a factor.<sup>2,3</sup> Animal testing has shown a slowing of weight loss, reduction of colon inflammation<sup>4</sup> and a significant decrease in macroscopic damage.<sup>5</sup>

Studies on human subjects have compelled researchers to urge further investigation of the efficacy of cannabis in the treatment of colitis and Crohn's disease.<sup>6</sup> Significantly, subjects report improvements in quality of life, relating to their ability to perform daily activities and maintain a social life.<sup>6</sup>

"THC was the most effective drug. The effects of these phytocannabinoids were additive, and CBD increased some effects of an ineffective THC dose to the level of an effective one. THC alone and in combination with CBD protected cholinergic nerves whereas sulphasalazine did not."<sup>5</sup>

### - J. M. Jamontt

"The results indicate that cannabis may have a positive effect on disease activity, as reflected by reduction in disease activity index and in the need for other drugs and surgery. Prospective placebo-controlled studies are warranted to fully evaluate the efficacy and side effects of cannabis in CD."<sup>6</sup>

### - T. Naftali et al.

"Three months' treatment with inhaled cannabis improves quality of life measurements, disease activity index, and causes weight gain and rise in BMI in long-standing IBD patients."<sup>7</sup>

### - A. Lahat et al.

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