

# Current Applications

Contemporary research suggests cannabis may alleviate symptoms of a wide range of medical conditions. The following is a list of the most prominent current applications:

## Arthritis

In the first-ever controlled trial of a cannabis-based medicine (Sativex) in the treatment of pain due to rheumatoid arthritis, a significant analgesic effect was observed. Compared to a placebo, the patients administered cannabis reported significant improvements in pain and quality of sleep.<sup>1</sup>

"The spinal cord is loaded with cannabinoid receptors. These cannabinoid compounds [from marijuana] apparently reduce swelling from inflammation [a major symptom of arthritis]. But more than that, they kill the pain from inflammation specifically. They work on the peripheral nerves that carry pain from your joint into the spinal cord."<sup>2</sup>

- **J. Michael Walker, PhD**

"Studies from chronic cannabis smokers have provided much of the evidence for immunomodulatory [modifying or regulating the immune system] effects of cannabis in humans...Cannabinoids can modulate both the function and secretion of cytokines [regulatory proteins] from immune cells. Therefore, cannabinoids may be considered for treatment of inflammatory disease."<sup>3</sup>

- **J. Ludovic Croxford**

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1. Blake D.R., Robson P., Ho M., Jubb R.W., McCabe C.S. Preliminary assessment of the efficacy, tolerability and safety of a cannabis-based medicine (Sativex) in the treatment of pain caused by rheumatoid arthritis. *Rheumatology* (Oxford) 2006 Jan;45(1):50-2.
  2. J. Michael Walker. *Arthritis Today* Dec. 2000.
  3. J. Ludovic Croxford, Takashi Yamamura. Cannabinoids and the immune system: Potential for the treatment of inflammatory diseases? *Department of Immunology, National Institute of Neuroscience, Tokyo* 187-8502p  
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