

Cannabis, commonly known as marijuana, has been shown to have benefits and to treat a number of illnesses. According to one study, medical cannabis can help with the symptoms of chronic pain. Participants who took cannabis reported significantly less pain than those who did not (Ware, Wang, Shapiro, Robinson, & Ducruet, 2010). Additionally, patients who use medical cannabis report a significant decrease in spasms, making it a promising therapy for the muscle spasms related to multiple sclerosis (Zajicek et al., 2012).

Additionally, it has been discovered that cannabis may reduce the signs of sadness and anxiety. Cannabis use was linked to lower levels of anxiety and depression in individuals with chronic illnesses including cancer, together with MS (Katzman, Smith, & Mason, 2018). Another study also revealed that cannabis use may reduce the signs and symptoms of post-traumatic stress disorder (PTSD), with patients who used cannabis reporting much fewer symptoms than those who did not (Wilkinson et al., 2019). These studies illustrate the potential advantages of using cannabis for medicinal purposes to treat a variety of illnesses.