

# History of Cannabis

## From Ancient Plant to Modern Policy

### Early Use

Cannabis has been used for thousands of years for fiber (hemp), traditional medicine, and ceremonial practices.

Historical records from multiple regions describe preparations for pain, appetite, and mood long before modern regulation.

### Prohibition and Stigma

In the 20th century, propaganda, racism, and political campaigns drove criminalization in many countries.

This created legal risks, blocked research, and disproportionately harmed communities of color.

### The Shift Toward Regulation

In recent decades, patient advocacy and emerging data have led to medical and adult-use programs in many states.

The conversation has shifted from “good or bad” to questions of dose, timing, safety, and who benefits.

### Where CARTA Fits

CARTA is part of a new wave focused on clinically literate, equity-minded, and data-guided adult use.

We emphasize education, safe storage, youth prevention, and community reinvestment alongside product quality.

### Key Takeaway

Understanding history explains both stigma and opportunity—and underscores why responsible, transparent practices matter now.

**LEGAL DISCLAIMER** These materials are for educational purposes only and are not intended as medical advice, diagnosis, or treatment. Cannabis affects individuals differently. Effects may vary depending on dose, setting, and individual biology. Always consult with a qualified healthcare professional before starting or changing cannabis use, particularly if you are pregnant, breastfeeding, have underlying medical or psychiatric conditions, or are taking prescription medications. CARTA products are designed for responsible adult use only. Keep out of reach of children and pets. Do not drive or operate heavy machinery under the influence of THC. Compliance with all local, state, and federal laws is the responsibility of the user.