What is CBD and why is it good?

Cannabidiol(CBD) is the less popular version to the incredibly popular tetrahydrocannabinol(THC) cannabis plant. The more popular THC version is the active ingredient that pot smokers use to induce a “high” on themselves. These two versions of the marijuana plant are apart of a family with more than 100 different cannabinoids. THC has been known to increase anxiety, in some cases, whereas, the lesser-known CBD is currently being studied if it can reduce anxiety or the effects of various illnesses. CBD is the main component to medical marijuana and it does not create this “high” effect on the user like it’s big brother, THC, does.

CBD is currently widely available in 33 states and the District of Columbia; however, the United States Congress is debating whether or not this cannabinoid is at the same drug class of marijuana. To this day, CBD is still regulated as the class as marijuana.

But is this CBD thing healthy? Well, according to the World Health Organization, “CBD exhibits no effects indicative of any abuse,” and WHO further says, “there is no evidence of public health related problems associated with the use of pure CBD.” CBD is commonly used to help anxiety and people who suffer from insomnia. But, this cannabinoid has been scientifically proven to be effective in treating childhood epilepsy syndromes like Dravet syndrome and Lennox-Gastaut syndrome, which are drug-resistant to a certain degree. This type of medication containing cannabis was the first FDA approved (Epidiolex). Furthermore, some studies done to test CBD’s property to help anxiety showed that indeed CBD helps calm the anxious user. The study was testing how well the users of the drug were able to speak in public with social anxiety immediately after taking the drug. It seemed to reduce their nervousness entirely.

There’s tons of other ways this CBD thing can be used to help people. Recently, there has also been CBD “ointment” that you apply on your skin where there is chronic pain. In a study by the European Journal of Pain, there was evidence of pain relieved and inflammation decreased due to rubbing a CBD paste on the skin (of an animal). If this type of treatment was popularized then CBD could help people with arthritis and other problems that lead to inflammation.

Maybe in the future this CBD thing will be legal everywhere for all ages and maybe people will be in less pain at no cost.