

What Are The Benefits OF CBD?

Cannabidiol, or CBD, is a chemical compound found in the cannabis sativa plant.

When applied topically or consumed by inhaling smoke or eating an edible substance, CBD interacts with neuroreceptors in your endocannabinoid system, which sends signals between your cells to help regulate your movement, mood, homeostasis, and immune system.

CBD is often extracted from the hemp sativa plant in oil form and mixed with an inert carrier oil such as hemp seed oil for consumption.

In fact, of the 60% of US adults who report having used CBD, 55% specifically use CBD oils and tinctures.

CBD research is also growing. The following are 5 [benefits of CBD](#) oil that could help your health.

1. Offset Tension And Sadness

CBD's ability to calm is perhaps its most well-known effect, and the explanations for its use are thus limitless.

A recent report in the Brazilian Diary of Psychiatry tested the anxiety levels of 57 men in a reproduced public speaking test.

Some received a placebo, while others received either 150 milligrams, 300 milligrams, or 600 milligrams of CBD before their speeches.

Subjects who received 300 milligrams of CBD experienced significantly reduced nervousness during the test compared to people who received a placebo.

Interestingly, participants who received either 150 or 600 milligrams of CBD experienced more tension during the test than the 300-milligram group.

Meanwhile, something like one concentrate in mice exposed to CBD had effects similar to the stimulant imipramine.

However, preliminary human tests are needed to confirm whether CBD can produce this equivalent energizing response in our bodies.

2. Treatment Of Selected Epileptic Disorders

In some cases, the **benefits of CBD** can be used to treat epileptic seizures.

In 2018, the Food and Medication Administration (FDA) approved the use of CBD under the trade name Epidiolex to treat seizures caused by Lennox-Gastaut condition and Dravet disorder—two uncommon forms of epilepsy—in patients at least 2 years old.

Three comprehensively validated examinations provide the premise of supporting the FDA's decision.

In these preliminary tests, 516 patients with Lennox-Gastaut disorder or Dravet condition received either Epidiolex or a placebo.

Epidiolex, when given with other prescribed medications, reduced the frequency of participants' seizures compared to a placebo.

3. Reduce PTSD Symptoms

In a small 2018 study in the Journal of Alternative and Complementary Medicine, 11 individuals with post-traumatic stress disorder (PTSD) received CBD along with usual psychiatric care for eight weeks at a short-term psychiatric clinic.

Ten of the 11 experienced a reduction in PTSD symptoms. CBD was generally tolerated, the researchers said.

Margaret Rajnic, a Doctor of Nursing Practice with expertise in medical cannabis and the **benefits of CBD**, emphasizes the importance of using cannabis-related therapy, or CBD, for PTSD.

"There is a certain amount of therapy that is necessary for PTSD," he says. "However, CBD will give you a little bit of reduced tension.

Four other human preliminary trials from 2012 to 2016 recommend that CBD alleviates PTSD symptoms, although some include THC, or tetrahydrocannabinol, the main mind-altering component of cannabis.

When THC and CBD work together, they create what's called the "entourage effect," complementing each other's benefits and potency.

For example, taking a similar dose of THC and CBD together results in a THC "high", while just a little THC combined with more CBD enhances the effects of CBD.

4. Treatment Of Opioid Addiction

Several tests—both preclinical in animals and humans—suggest that the **benefits of CBD** can be used to help treat individuals who are exposed to opioids.

In one such review, researchers administered CBD to individuals with heroin use disorder.

For a week, CBD significantly reduced clients' heroin-induced craving, withdrawal jitters, resting heart rate, and salivary cortisol levels. No serious adverse effects were observed.

Further investigations have found that CBD promotes the reduction of various psychiatric and medical symptoms such as nervousness, insomnia, and pain in patients with substance use disorders, suggesting that CBD may be an effective therapy for opioid addiction.

However, further investigations are needed.

5. Alleviate ALS Symptoms

Amyotrophic lateral sclerosis (ALS) is a disease that causes damage to nerve cells in the brain and spinal cord, resulting in a loss of muscle control that worsens over time.

It is not yet understood exactly why ALS occurs, although it may sometimes be genetic.

There is no known cure, and there are only two FDA-approved medications to help treat the symptoms of ALS.

Research suggests that individuals with ALS may benefit from the accompanying effect created by the combination of THC and the **benefits of CBD** for individuals with PTSD.

In a recent report, patients received a combination of THC and CBD at varying doses depending on their needs and preferences.