



Cannabinoids: Most Abused Drug

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COMMENTARY

Natural Product is any chemical compound produced by organism found in nature and thus Cannabinoid is a drug (Compound) which was developed from Cannabis plant as it occurs naturally in Cannabis sativa plant. These are the gaining more popularity in almost all the ages and has become legal for consumption. Cannabis plant produces 80-100 cannabinoids and 300 non-cannabinoid chemicals [1]. Two important cannabinoids includes: delta-9-TetraHydroCannabinol (Δ^9 -THC) is most psychoactive effects of Cannabis plant and CANNABIDIOL (CBD). THC has strong psychoactive effects which makes a person high (body high and head high) whereas CBD has an anti-psychoactive effect which controls the highness caused by THC. CBD (CANNABIDIOL) minimizes all the negative effects like anxiety etc. caused by THC. Marijuana is a part of Cannabis Sativa which contains TetraHydroCannabinol (THC) [2-4]. THC also produces feelings of euphoria and relaxation in addition to loss of memory and lack of attention. There are several types of Cannabinoids found in Cannabis plants such as Tetrahydrocannabinolic acid, Tetrahydrocannabinol, Cannabidiol, Cannabinol, Cannabigerol, Cannabichromene, Tetrahydrocannabivarin, Cannabivarin. These cannabinoids can be consumed in different ways like smoking, eating, or using gel for applying on skin [5].

Effects of consuming cannabinoids

Cannabinoids effects are immediate when they are smoked and are shown in two hours when eaten. Effects includes: euphoria, spontaneous laughter and excitement, increased appetite, dry mouth and quiet, reflective mood, rapid heartbeat, dizziness, depression, hallucination, low blood pressure, paranoia, panic attacks and food cravings. Cannabinoids shows their effects when they react with specific receptors located in Central Nervous System. Cannabinoid (Chemical substance) binds to cannabinoid receptors of the body and brain. The receptors are CB1 and CB2 which binds to types of cannabinoid. Synthetic cannabinoids are molecules which are designed to mimic the effects of THC. They also target the same receptor which THC targets and thus gives same psychoactive effects which have less harmful effects. Regular dosage of Cannabinoids especially in adult age leads to lower IQ, poor educational outcome, diminished life satisfaction and achievement and an increased risk of psychotic disorders. Usage of cannabinoids does more harm when: It is taken in addition to alcohol or other drugs (such as crystal methamphetamine or ecstasy), if person is having mental problems, the person has an existing heart problem [6].

Cannabinoids abuse

Any drug if taken for long period of time it impacts body in negative way and sometimes leads to death of the person. Prolonged dosage of Cannabinoids damages endocrine and reproductive systems of the body. Indicators of Abuse includes: Having strong desire to use substance when feeling stressed or anxious, Lack of motivation to participate in other activities, etc. [7].

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