

# Medicinal Cannabis

## BOTANICAL & COMPOUNDS

### CBD, THC & TERPENES

We learnt previously that CBD and THC are the active compounds in medicinal cannabis that interact with the endocannabinoid system providing medicinal benefits. You may also have heard of terpenes. You already know what terpenes are because you've experienced them all your life. They are chemicals that determine how things smell.

There are over 400 strains of terpenes identified, and research is still in its infancy to make any definitive claims on its benefits. It is thought that terpenes can intensify or downplay the effects of cannabinoids and the combination provides synergistic benefits, termed 'the entourage effect.'



#### Entourage effect



A theory that all the compounds in cannabis work together, and when taken together, they produce a better effect than when taken alone.



### SATIVA VS INDICA



Different strains of medicinal cannabis were traditionally classified as either Sativa or Indica. Sativa strains were known for their uplifting effects and considered better for daytime use to help with pain and anxiety. On the other hand, Indica strains were considered more suitable for nighttime use as they helped with sleep and relaxation.

However, this classification system is no longer used as widely since most strains are actually hybrids, with qualities falling somewhere between Sativa and Indica. The focus has shifted to understanding the typical effects of each specific strain type rather than relying solely on the traditional classifications.

### MORE INFORMATION

If you're confused about cannabis products and which one to choose, consult your doctor or pharmacist. They can help determine which product is best for you based on your medical history and symptoms. If your doctor is not knowledgeable about medicinal cannabis, they can usually point you to another doctor who is. You can also visit the TGA Medicinal Cannabis Hub online for reliable and up-to-date information.

