

Medical Cannabis: Rational Guidelines for Dosing

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Abstract

**The medicinal value of cannabis (marijuana) is well documented
in the medical literature. Cannabinoids, the active ingredients in
cannabis, have many distinct pharmacological properties. These
include analgesic, anti-emetic, anti-oxidative, neuroprotective,
and anti-inflammatory actions, as well as modulation of glial cells
and tumor growth regulation. Concurrent with all these advances
in the understanding of physiological and pharmacological
mechanisms of cannabis, there is a strong need for developing ra-
tional guidelines for dosing. This paper will review the known
chemistry and pharmacology of cannabis and then, on that basis,
discuss rational guidelines for dosing.**