



# What Cannabis means for Your Body and Brain: Impacts of Weed Uses

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## DESCRIPTION

Cannabis, a psychoactive substance derived from the Cannabis plant, is sometimes referred to as marijuana and other names. The cannabis plant, which is local to Focal and South Asia, has been utilized for millennia in customary cures as well as a prescription for entheogenic and recreational purposes. Common methods of smoking marijuana include rolling it into cigarettes (joints or doobies), stuffing it into hollowed-out cigars (blunts), using pipes (bowls), or using water pipes (bongs). People have been using vaporizers more frequently lately to ingest marijuana or potent marijuana extracts (called "vaping" or "dabbing"). Some people prepare it as a tea or put it into cuisine. Red eyes are one of the effects that are immediately evident after using the medicine. The marijuana compound THC (tetrahydrocannabinol) reduces blood pressure, which widens blood vessels and improves blood flow throughout the body. The blood vessels in the eyes enlarge as a result, resulting in redness or bloodshot eyes. The effects of marijuana smoking include an immediate tachycardia and raised supine blood pressure. According to a study by Beaconsfield et al., smoking marijuana has a 20%-100% instantaneous rise in heart rate. Within 10 minutes of marijuana smoking, impacts on heart rate can be felt, and they can linger for two to three hours. Immediately following consumption, marijuana might increase blood pressure and speed up heartbeat. Additionally, it might raise the risk of vascular disorders like heart disease, stroke, and others. Activation of the endo cannabinoid receptors has been linked to elevated blood pressure and a faster heart rate, according to some study, even though the precise effects of edible cannabis have not been investigated as thoroughly as those of inhaled cannabis smoke. Previous research has revealed

that women are more likely than men to abuse and become dependent on cannabis. Women have been found to experience more severe symptoms of cannabis withdrawal, including irritability, sleep disturbance, and decreased food intake. Women are also more likely to relapse after stopping the substance. Both male and female smokers have infertility rates that are around twice as high as those of nonsmokers. The more cigarettes smoked, the higher the risk of having fertility issues.

Activation of the endo cannabinoid receptors has been linked to elevated blood pressure and a faster heart rate, according to some study, even though the precise effects of edible cannabis have not been investigated as thoroughly as those of inhaled cannabis smoke. Marijuana has a few uses in medicine. THC and other cannabinoids, which are chemical compounds that are related to THC, have been approved by the U.S. Food and Drug Administration (FDA) as a means of treating pain, nausea, muscular stiffness, and mobility issues. However, there is still a lot of debate about marijuana's medical use. Only few states have access to THC and other cannabis tablets, which also need a prescription from a physician. There is currently insufficient data to conclusively state if smoking marijuana is any more beneficial than ingesting THC or other cannabinoids as a tablet. Researchers are still looking into this.

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## CONFLICT OF INTEREST

Authors declare no conflict of interest.

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