

<http://news.therawfoodworld.com/marijuana-effective-treating-depression-related-chronic-stress/>

(TRFW News) Marijuana has been reported to be effective in treating pain and post-traumatic stress disorder (<http://news.therawfoodworld.com/cannabis-consumption-wide-range-positive-effects-may-not-even-unhealthy-smoke/>) in prior studies. A new study shows that marijuana can treat depression. (1)

## **Marijuana found to increase the brains endocannabinoids production.**

A team of neuroscientists from University of Buffalo's Research Institute on Addictions recently published a study that explains that endocannabinoids are a chemical compound that is found in the brain that activates the same receptors as THC, an active compound in marijuana. The study showed that these endocannabinoids are helpful in treating depression that results from heightened stress. (1,2)

## **Healthy endocannabinoid production can lead to healthy cognition, emotions, behaviors, reduction of pain and anxiety, and healthy appetite and feelings of well-being.**

Researchers found that chronic stress reduced the natural production of endocannabinoids, which in turn impact cognition, emotions, behaviors, and feelings of pain and anxiety, and affects appetite and feelings of well-being. Reduction of endocannabinoids may explain why heightened stress often results in depression. (1,2)

When researchers administered marijuana cannabinoids to rats, they found that this restored endocannabinoid levels in their brains and alleviated the rat's symptoms of depression. (1,2)

"Chronic stress is one of the major causes of depression," said lead researcher Dr. Samir Haj-Dahmane says. "Using compounds derived from cannabis — marijuana — to restore normal endocannabinoid function could potentially help stabilize moods and ease depression. (2)

Research published last year reported marijuana was effective in treating post-traumatic stress disorder. Both of these studies focus on the brain's response to stress. The prior study reported that cannabinoids triggered changes in the brain centers associated with traumatic memories in rats. These changes prevented behavioral and physiological symptoms of PTSD. (1,3) Another study that was published in 2014 reported that those who smoked marijuana reported a 75 percent reduction in PTSD symptoms. (1,4)

**Sources for this article include:**

- (1) [www.huffingtonpost.com](http://www.huffingtonpost.com) ([http://www.huffingtonpost.com/2015/02/06/marijuana-depression\\_n\\_6622126.html](http://www.huffingtonpost.com/2015/02/06/marijuana-depression_n_6622126.html))
- (2) [www.buffalo.edu](http://www.buffalo.edu) (<http://www.buffalo.edu/news/releases/2015/02/004.html>)
- (3) [www.dailymail.co.uk](http://www.dailymail.co.uk) (<http://www.dailymail.co.uk/health/article-2848670/Could-CANNABIS-prevent-PTSD-Drug-alters-area-brain-associated-traumatic-memories.html>)
- (4) [www.sciencedaily.com](http://www.sciencedaily.com) (<http://www.sciencedaily.com/releases/2014/05/140522104850.htm>)

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