

How to Cite:

Leon, J. A. D. P. (2022). Medical cannabis as a therapeutic alternative for Western and Mexican allopathic medicine algaeology clinic. *International Journal of Health Sciences*, 6(S2), 10796–10804. <https://doi.org/10.53730/ijhs.v6nS2.7665>

Medical cannabis as a therapeutic alternative for Western and Mexican allopathic medicine algaeology clinic

Juan Alberto Díaz Ponce Leon

Undergraduate General Psychologist, Universidad Iberoamericana Puebla, Departamento de Ciencias de la Salud

Abstract---Nowadays, medical cannabis is one of the most fruitful natural alternatives as far as pain management is concerned, besides, it acquires a relevant role in the organic intervention of a wide variety of pathologies, thanks to its beneficial effects and low levels of secondary reactions. In this sense, although many European and Western nations have legalized its free use, both therapeutic and recreational, in the United Mexican States there is still a long way to go in terms of public policy and legality. The present text intends to expose the advantages of its application within medicinal contexts, as well as its general implications in a variety of daily life circumstances.

Keywords---medical cannabis, pain clinic, analgesia, marijuana.

Introduction

Human beings are multicellular entities designed to interact, coexist, and survive on this planet. They have evolved over the years, where Homo sapiens have gone from chasing large beasts to survive, to constructing amazing buildings in which, through a system of sale, any kind of food products can be obtained quickly and efficiently. Within these large buildings, a long tangle of products has emerged that, with adequate monetary capacity, can be easily obtained. Among these are medicines, also called drugs, which according to the digital encyclopedia Medline plus (2015) “refer to certain substances that can treat diseases and improve health”. Considering the above, it is clear that countless medicines work every day to improve the health style of human beings.

Digging a little deeper into this fascinating world, it is pertinent to discuss a very popular class of drugs known as analgesics, “medicines that reduce or relieve headaches, muscle pain, arthritic pain, or many other aches and pains” (Medline plus, 2016). This niche of pharmacological substances is responsible for inhibiting the suffering that pain nerve signals cause in beings, whether it be from

a simple fall or even an injury caused by severe trauma. In modern allopathic medicine, various types of painkillers, mostly of a chemical and industrial nature, are commonly used. This can result in a factor full of energy and power to destroy any hint of allogenical presence; however, these in turn can represent multiple side effects not pleasant during its consumption.

In this way, primatological curiosity will likely lead to an investigation of various strategies that could represent better options to combat pain in its many expressions. Here, then, is the magic word to name the greatest enemy of industrial chemistry, the very presence of natural resources. Like the world, there is a sea of medicinal remedies to fight against pain, to which, within this grouping, there is the cannabis or marijuana plant, known for being the most popular expression of the so-called drugs. These substances are usually illicit, besides having a great addictive danger for those who consume them; although, is marijuana as risky as them? This text aims to analyze, from an economic, social, and global perspective, the impact that the marijuana plant can have as a natural alternative in the area of pain medicine, to expose, argumentatively, what it can do to represent a real competition for popular analgesic pharmacology.

The marijuana plant

This green daughter of nature is composed of “a mixture of leaves, stems, and flowers from the hemp plant” (National Institute on Drug Abuse, 2015, p,1). Its natural composition makes it a veridical blend free of chemicals and industrial materials. However, it is well known that, in its recreational use, it is the most common illicit drug today, with popularity figures ranging in age from 12 to 20 years, at least in the United States, so its distribution is extremely dynamic; although in recent times the number of consumers of this product has remained stable, which implies a flat curve in the graph of its consumption (National Institute of Drug Abuse, 2015, p, 1)

This plant can be consumed in several ways:

- Smoked or inhaled, with a touch of tobacco and sometimes only with marijuana.
- Orally or ingested in various foods such as candies, and cakes, among others. The leaves and stem of the plant usually accompany these creations.
- In combination with other drugs, in cocktails and similar preparations.

This in turn can produce several kinds of effects:

- Alteration of the sense of time.
- Simplicity
- Overwhelming relaxation
- Flight of ideas and memory impairment
- Depersonalization or derealization of space
- Conjunctival irritation
- Tachycardia
- Sensory and perceptual sharpening

(Infodrogas, 2017, p, 4-6).

Following the above, it is of utmost relevance to demarcate the great danger that the marijuana plant can provide in its most recreational form, destroying the correct capacity to interact of the consumer and granting physiological changes that often come to put at risk the health and, even more, the well-being of those who opt for its ingestion. On the other hand, it is pertinent to reveal that Cannabis is not a single variable, that is to say, this plant hides numerous secrets in its consumption. It has been described how it is commonly developed, but it is still important to denote how it develops as a product destined for health.

Medical marijuana

All elements of nature have a dark side and a light side. The Marijuana plant is no exception in this field, since, thanks to the fact that it is composed of an enormous sphere of active substances, each one of them acts as a cause of different factors that characterize it. Among them are relaxation, analgesia, and the producer of happiness. In general terms, the digital medical encyclopedia, Medline plus (2017), explains that medical marijuana is “the use of marijuana to treat certain conditions... it can be smoked, vaporized, eaten, and consumed as a liquid extract.” This derivative of the marijuana plant is widely available for direct consumption.

Medical Cannabis can be used for various kinds of conditions, such as:

- Relieving pain
- Controlling nausea and vomiting
- Controlling eating problems

In more specific pathologies, according to some studies:

- Multiple sclerosis
 - Inflammatory bowel disease
 - Epilepsy
 - Crohn's disease
 - Ocular pressure caused by glaucoma.
- (Medline Plus, 2017)

Thanks to the above, it is possible to make known the enormous amount of benefits that medical Marijuana can bring, therefore, it is of great importance to explain exactly is the element that separates the illicit drug from the streets of the natural analgesic that struggles day by day to alleviate the discomfort that nerve terminals carry in different pathologies.

CBD: Cannabidiol

In the past, the term Marijuana could refer to a dirty individual, with dilated pupils, long hair, and an unkempt appearance, a person lost in the consumption of drugs. While this stereotype is curiously constant in the social cognition of the general population, it is vital to explain the protagonist of this section. Broadly

speaking, we can define the essence of CBD as “a cannabinoid from the marijuana plant, representing 40% of the plant, with properties that inhibit the nervous transmission of pain, reduce the occurrence of epileptic seizures, and possess antipsychotic properties” (Marín et al., 2006) al, 2017, p, 1). Esto demarca un importante potencial terapéutico para el CBD, especialmente en un entorno algológico crónico, para patologías que causan terribles dolores muy complicados de intervenir.

Analgesic therapeutic marijuana

In recent years, the analgesic efficacy of medical marijuana has been widely studied in different areas, being true that “although nations such as Spain have not yet legalized its use, countries like Holland and recently Germany have done so...recent surveys show that in the USA, deaths from opioid overdoses were more frequent in states where medical Cannabis was not legal” (Iriberry, 2019). This indicates a high prevalence of Cannabis consumption, especially from a therapeutic point of view, which is curious, taking into account how it is that the US law seems to propitiate that its consumption is much less controlled where it is prohibited. As stated by Iriberry, editor of the magazine Muy Interesante (2019), “it has been observed that people who regularly use medical marijuana are less likely to suffer an overdose of painkillers”. This reinforces the fact that therapeutic Cannabis represents a good alternative to relieve different kinds of pain, without falling into a harmful or addictive cycle.

As a complementary data, a health report made by the National Administration of Medicines, Food and Health Technology of the Argentine nation, (2017) points out that “cannabinoids Nabilone, THC, and CBD proved to be effective in the treatment of chronic pain... the use of cannabinoids allowed to reduce the dose of opioids, as well as to suspend other coadjuvant analgesic schemes” (P, 2). This proves the good therapeutic capacity that marijuana has in general, making it an excellent candidate to become a potent pain controller.

CBD and THC: Competition against contemporary pharmaceuticals

It is quite clear that Marijuana is a case of analgesic monkey business because apart from Cannabidiol, you will find the famous THC (tetrahydrocannabinol), known to be “the main psychoactive substance of Cannabis... it is the main cause of so much controversy surrounding the legalization of Marijuana” (Canna Foundation, 2019). The above could be seen insistently worrying; although, it is fundamental to point out all the therapeutic and, above all, analgesic benefits it brings:

- Analgesic action
- Anti-inflammatory action
- Neuroprotective action
- Antioxidant action
- Muscle relaxant
- Anti-emesis action
- Antitumor action (Canna Foundation, 2019)

After understanding the present, it is evident the clear therapeutic potential that the Marijuana plant in general possesses, even in its most psychoactive and controversial components. Nevertheless, it is strictly necessary to analyze the great competition that these represent for the pain-controlling drugs that abound in the daily clinic.

Smoking Map, an organization specializing in medical sciences, (2020) distinguishes the following observations between the use of medicinal Cannabis and common analgesics:

- THC has 20 times more potential to inhibit the enzyme called cyclooxygenase than acetylsalicylic acid (aspirin). This enzyme is responsible for regulating inflammation in the body.

- Approximately 20% of older adults suffer from chronic pain and 1 in 3 of them suffer from sleep disorders, conditions that can be effectively treated by Cannabidiol and Tetrahydrocannabinol. In contrast to other drugs such as opioids, which present the risk of depressing the respiratory system.
- Benzodiazepines are drugs widely used as sedatives and painkillers in clinical practice, which also have a high risk of causing brain damage, respiratory depression, and withdrawal syndrome. On the other hand, the use of cannabinoids as substitutes greatly reduces the occurrence of complications secondary to their use (Smoking Map, 2020).

In line with the above, the present data suppose a large arsenal of ammunition against current pain medicine, being certain that Medical Marijuana is making its way into this pharmacological market. Perhaps the current legal regulations could be those that are limiting the path of Cannabis in the daily management of algological expressions.

Cannabis: The western market's bet

Today, there are still countless nations that disapprove of the use of marijuana as a therapeutic resource, much more in recreational situations, therefore, its expansion has been limited to the clandestine and illegal trafficking of the same; however, currently, the process of legalization of the drug in MEXICO is at its peak, therefore, foreign companies like CBD life have come to seek their luck in neighboring nations.

Since 1976, this company has been characterized as being a pioneer in terms of innovation, always focusing on personal care and the integral well-being of the population. CBD life's main objective is to be a great milestone for the cannabinoid industry in MEXICO, being the owner of 5 of the 21 products approved by COFEPRIS, carrying cannabinoids (CBD life, 2020; Ochoa, 2019; Rivera, 2019):

- Marihuanol: it is a special balm created based on Cannabis and Cannabidiol mostly.
- Hemp Oils: are designed to satisfy the physiotherapy and massage therapy industry.
- Other Balms: are specifically made with industrial Hemp.

- Muscle relaxants: they are intended for the general public, which require to control the levels of anxiety and nervousness derived from the daily rhythm of life.
- Beverages: the most outstanding is known as green juice, a product designed from marijuana compounds for therapeutic purposes.

This company has marked a before and after within the Mexican market, from a purely economic perspective, “with sales of up to 2000000000 million Mexican pesos” (Ochoa, 2019), to an entire social point of view, where the population can be aware of the great benefits that this plant can provide, thus, broadening the general perspective of Mexican society and thus promoting the evolution of Cannabis in Mexico.

Science and Addictions: Marihuana

As has been glimpsed beforehand, this plant has both benign and therapeutic components as well as dangerously psychoactive and, more than anything else, addictive substances. THC tends to be the greatest exponent of the latter; despite having numerous varieties of therapeutic attitudes, such as control of the sleep cycle and inflammation, which makes it the subject of criticism and controversy. While this is true, it is also true that everything in excess is harmful to health. Thus, there is cocoa. This element of nature is one of the most popular foods that exist today, thanks to its unique flavor, its many variants, and its enormous range of presentations. This makes it a very famous product in the world of gastronomy and its most illustrative aspects.

Despite this, there are of course multiple dark secrets that accompany this product (Bernácer, 2018):

- Its high caloric content, especially in its most outstanding versions, produces a high content of sugars and fats that can propitiate an undesired increase of adipocytes in the organism.
- It has also been related to the risk of developing dermatological pathologies, specifically ACNE, due to its high caloric content.
- It has certain addictive properties, thanks to its rich content in theobromine and caffeine, which are directly related to the perceptive areas of the brain that cause pleasure.
- Its consumption in excess can also be detrimental to the optimal functioning of the cardiovascular system, especially if we take into account, once again, the high caloric intake that it provides to its consumer.

This does not mean that the consumption of chocolate is bad it is more like a prevention than a prohibition, since, if it were compared to Cannabis, it is clear that they provide different side effects concerning its consumption, however, with a balanced and conscious diet, absent of addictions and excessive consumption, neither of the two products would cause any harm at all, even less in the case of medical Cannabis, the protagonist of this research, so, is the consumption of chocolate or medical Marijuana terrible? The answer is limited to three words: no, with measure, and responsibility. Much less therapeutic marijuana, it is

reiterated, since, in contrast to the spectrum of cocoa, the medicinal plant is used exclusively in the treatment of a variety of affections.

Regulations and cannabis

Legislation in several nations of the world tends to be accessible to medical marijuana, however, Mexico still does not fully accept this product, since there are multiple processes and debates on laws, which are still in process at present. Despite this, there has certainly been considerable progress in this area, such as the acceptance of cannabidiol in public policy.

Fortunately, as stated by Torres (2019) “the medicinal use of Marijuana was approved on November 13, 2019, by the Chamber of Deputies. With 300 votes in favor and leaving it in the care of the secretary of health” (p, 1). This is one of the biggest steps the nation has taken regarding the topic of the Marijuana plant, opening doors for it as a new natural drug available for everyday clinical practice. It is vital to demarcate this great difference between Marijuana and medical Cannabis, as mentioned in previous paragraphs. This is why it is important to understand that Marijuana for recreational use still represents an illegal framework for the nation, which is why, it is reiterated, only a few products such as Hemp oil and CBD balms have been able to step on the shelves of Mexican department stores, which certainly marks an important prelude for the cannabinoid industry.

Discussion and Conclusions

The whole world of mysteries surrounding the Cannabis plant is fascinating, from its more obscure and obvious implications, such as the case of the harmful substances that surround it, to the enormous benefits that it could bring to modern medicine, especially in the area of pain science or also known as Algology. Medical marijuana is a shining diamond in the mine of treasures of clinical naturalization, that is, natural resources that function as an auxiliary to integral human health. From the broad clinical settings where it can act, relieving pain, modulating appetite, treating sleep disorders, destroying emesis, and even functioning as a powerful antipsychotic.

Thanks to the above, it can be noted that therapeutic Cannabis represents a great competitor in the analgesia race, proving to be more effective than a wide range of drugs, as well as a variety of non-steroidal anti-inflammatory drugs. This makes the protagonist of this research a powerful botanical and natural product capable of largely replacing several pharmacological chemicals that are often accompanied by a host of terrible side effects on health. Among the most remarkable compounds of this one, THC and CBD are located, best known for their therapeutic effects in various conditions. Of this pair, tetrahydrocannabinol is characterized by strong psychoactive and stimulant properties, which can affect the cognition and social development of those who consume it.

In contrast to this, Cannabidiol is a very benign substance, which does not represent any kind of threat to the psyche of the consumer, since it is responsible for promoting the most therapeutic effects of the marijuana plant, possessing in

nullity adverse effects such as alterations of perception or other consequences that THC gives. CBD has taken a certain relevance for the cannabinoid market in recent years, especially in the Mexican nation, because CBD life has been the first company that has bet on the business of Marijuana and its variants in Mexico. This represents a giant step for the Cannabis industry and its derivatives, thus promoting greater awareness and dissemination of information among the general population.

Truly, the consumption of Marijuana in excess tends to be greatly harmful, however, as well as the addictive consumption of cocoa, everything in excess represents a terrible threat to human health; although, specifically medical Cannabis usually does not cause any kind of negative side effects to the psyche or the organism. That is why therapeutic Cannabis can boast of being a legal product in the Mexican nation, currently regulated by the Health Secretariat. Thanks to this, the country has taken another step in the race to unveil the great mysteries and benefits of therapeutic Cannabis, which today shines for its promising future, pointing directly to a tomorrow full of discoveries that encourage pain medicine to expand its horizons to reach a better scientific development.

References

- ANMAT, (2017), (p, 2), Cannabinoides y dolor, recuperado de http://www.anmat.gov.ar/ets/ETS_cannabis_y_dolor.pdf, consultado el 15 de Noviembre del 2020.
- Bernácer R., (2018), Chocolate: placer saludable, recuperado de <https://www.webconsultas.com/dieta-y-nutricion/dieta-equilibrada/composicion-y-efectos-del-chocolate-sobre-la-salud-5424>, consultado el 15 de Noviembre del 2020.
- CBD life, (2020), Nosotros, recuperado de <https://cbdlife.com.mx/>, consultado el 15 de Noviembre del 2020.
- Fundación Canna, (2019), El tetrahidrocannabinol: THC, recuperado de <https://www.google.com/search?q=que+es+el+THC%3F&ie=UTF-8&oe=UTF-8&hl=es-419&client=safari>, consultado el 15 de Noviembre del 2020.
- Instituto nacional del abuso de drogas, (2015), (p, 1), La Marihuana, recuperado de https://www.drugabuse.gov/sites/default/files/drugfacts_marijuana_sp_9_2015.pdf, consultado el 15 de Noviembre del 2020.
- Iriberry A., (2019), La Marihuana: una alternativa a los analgésicos, recuperado de <https://www.muyinteresante.es/revista-muy/noticias-muy/articulo/la-marihuana-una-alternativa-a-los-analgescicos-431489576322>, consultado el 15 de Noviembre del 2020.
- Marín I., Hinojosa M., (2017), (p, 1), El descubrimiento del Cannabidiol: el principal componente del Cannabis, recuperado de https://www.researchgate.net/publication/317237790_El_descubrimiento_del_cannabidiol_el_principal_componente_del_cannabi, consultado el 15 de Noviembre del 2020.
- Medline plus, (2015), los medicamentos, recuperado de <https://medlineplus.gov/spanish/medicines.html>, consultado el 15 de Noviembre del 2020.

- Medline plus, (2016), analgésicos, recuperado de <https://medlineplus.gov/spanish/painrelievers.html>, consultado el 15 de Noviembre del 2020.
- Medline plus, (2017), Mariguana medicinal, recuperado de <https://medlineplus.gov/spanish/ency/patientinstructions/000899.htm>, consultado el 15 de Noviembre del 2020.
- Ochoa C., (2019), CBD life Lanza marihuanol y otros 4 productos con Cannabis en México, recuperado de <https://www.milenio.com/negocios/cbd-life-lanza-mariguanol-4-productos-cannabis-mexico>, consultado el 15 de Noviembre del 2020.
- Organización Infodrogas, (2017), (p, 4-6), La planta de Mariguana, recuperado de <https://www.infodrogas.org/drogas/cannabis?showall=1>, consultado el 15 de Noviembre del 2020.
- Rivera D., (2019), Llega CBD life a México: una revolucionaria opción para un estilo de vida saludable, recuperado de <https://geeknrun.com/cbd-life-mexico/>, consultado el 15 de Noviembre del 2020.
- Smoking Map, (2020), El cannabis es una medicina más segura que la aspirina, el ibuprofeno y otros medicamentos, recuperado de <http://smokingmap.org/programa-cannabis-medicinal/el-cannabis-es-una-medicina-mas-segura-que-la-aspirina-el-ibuprofeno-y-otros-medicamentos/>, consultado el 15 de Noviembre del 2020.
- Torres N., (2019), USO medicinal de la Mariguana, *ISSN, Vol. 31, No. 2*, (p, 1.)