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Breaking Research: Citrus-Smelling Terpene in Cannabis Identified as Anxiety and Paranoia Reducer in THC, Federally Funded Study Reports

Citrus-Scented Terpene in Marijuana Found to Ease THC-Linked Anxiety and Paranoia, Federal Study Reveals

A recent study, financially backed by the National Institute on Drug Abuse (NIDA), has unveiled promising findings regarding the potential of a citrusy-smelling terpene found in marijuana to alleviate anxiety and paranoia associated with THC consumption. Researchers anticipate that these discoveries could optimize the therapeutic benefits of THC while safeguarding public health.

Study Details

Published in the latest issue of the journal Drug and Alcohol Dependence, the study demonstrates that individuals who vaporized the terpene D-limonene alongside THC experienced reduced levels of anxiety and paranoia in comparison to those who solely consumed THC.

Impact of D-limonene

The report indicates a qualitative decrease in anxiety-like subjective effects with increasing doses of D-limonene. Notably, concurrent administration of 30 mg THC and 15 mg D-limonene significantly decreased ratings of ‘anxious/nervous’ and ‘paranoid’ feelings compared to consuming 30 mg THC alone.

Limited Effects

Despite its effectiveness in modulating anxiety-like effects, D-limonene exhibited minimal impact on other aspects of participants’ experiences. Inhalation of vaporized D-limonene alone did not produce discernible acute effects differing from a placebo.

Experimental Procedure

Researchers administered vaporized D-limonene alone, THC alone, THC with D-limonene, or a placebo (distilled water) to participants. Subsequently, they monitored vital signs, cognitive performance, and subjective drug effects and mood immediately post-exposure and periodically over a span of six hours.

Implications and Future Directions

The study underscores D-limonene’s potential to selectively attenuate THC-induced anxiety, potentially widening the therapeutic index of THC. It contributes to the growing body of evidence supporting the entourage effect in cannabis, emphasizing the significance of understanding how various constituents interact to modify acute cannabis effects.

Broader Significance

The study’s authors, hailing from esteemed institutions such as Johns Hopkins University School of Medicine and the University of Colorado Anschutz Medical Campus, assert that these findings advance both medical treatment and public policy related to cannabis. They stress the importance of further research to develop novel THC-based medications that mitigate adverse effects, consequently broadening the therapeutic window of medicinal cannabis and THC.

In Conclusion

As investigations into the entourage effect in cannabis continue to expand, it becomes increasingly evident that the interactions between various chemical components of the plant play a pivotal role in determining its therapeutic potential. This study offers valuable insights into leveraging these interactions to enhance the therapeutic benefits of cannabis while minimizing adverse effects, thus paving the way for improved medical interventions and regulatory frameworks.

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