## **What are the benefits of marijuana?**

Currently, there are [two synthetic versions of marijuana](https://nccih.nih.gov/health/marijuana-cannabinoids). Doctors prescribe them for the treatment of severe epilepsy and chemotherapy side effects.

The following list of marijuana benefits are some of the most commonly discussed in scientific research, as well as anecdotally.

### **Pain management**

The cannabinoids in marijuana may reduce pain by altering pain perception pathways in the brain. This may be helpful to treat conditions that cause chronic pain, such as:

* arthritis
* fibromyalgia
* endometriosis
* migraine

It may also minimize cancer treatment side effects, like loss of appetite. In some instances, medical marijuana is reported to help replace the long-term use of nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen, which can have negative side effects.

### **Reduced inflammation**

### CBD in marijuana is thought to help reduce inflammation. In theory, this may benefit inflammatory conditions, such as:

* Crohn’s disease
* irritable bowel syndrome
* rheumatoid arthritis
* Ulcerative colitis
* Hepatitis C

Decreasing inflammation in the body can also improve overall health.

### **Neurological and mental disorders**

Due to its effects on the limbic system, doctors sometimes prescribe marijuana to treat the following neurological and mental health conditions:

* Anxiety
* epilepsy
* multiple sclerosis
* Parkinson’s disease
* post-traumatic stress disorder (PTSD)
* Tourette and Tic syndrome
* Obsessive Compulsive Disorder
* ADHD

### **Sleep management**

The relaxing effects of marijuana may help improve sleep disorders, such as insomnia. And improved sleep may also occur when pain is reduced from marijuana usage.