<https://www.ecocann.life/post/cbd-can-it-alleviate-anxiety-part-a> - למאמר שפורסם א'

<https://www.ecocann.life/post/cbd-can-it-alleviate-anxiety-part-b> - למאמר שפורסם ב'

**CBD – Can it alleviate anxiety?**

Cannabidiol, also known as CBD, is a cannabinoid – a naturally occurring active constituent in the cannabis plant, which, unlike THC has no psychoactive effect, nor does it induce any sense of intoxication (“high”). Accumulative scientific evidence supports its potential use for alleviating symptoms of various anxiety disorders, with recent trial results looking very promising.

**CBD for Generalized Anxiety**

A number of studies support CBD's benefits for generalized anxiety Disorder (GAD). This is a relatively common disorder, which induces frequent, excessive anxiety regarding mundane, daily matters that could go wrong, in a manner which causes distress and impairs the quality of life.

The American National Institute on Drug Abuse (NIDA) states that research in animal models and pilot clinical studies are indicative of CBD's effectiveness in lowering stress and anxiety levels, including those related to GAD. Participants in clinical studies manifested both lower behavioral anxiety sighs as well as reduced physiological symptoms (such as a lower heart rate). The probable mechanism of action relates to CBD's effect on the neurotransmitter serotonin (as further explained below).

**Can CBD help with other anxiety disorders?**

CBD might exert beneficial effects on people suffering from either Social Anxiety Disorder (SAD) or from Post-Traumatic Stress disorder (PSTD) – a stress response to a traumatic experience involving long term anxiety and emotional instability. It's worth mentioning that current medications for PTSD are considered inefficient and produce considerable side effects. Additionally, CBD may also help in cases of anxiety-induced sleep deprivation.

In a placebo controlled clinical trial, which examined the effect of CBD on people with SAD, participants who ingested 400 mg CBD, had experienced a significant reduction in anxiety symptoms in comparison to placebo.

A few studies have also demonstrated the ability of CBD to alleviate the common symptoms associated with PSTD. For instance, its ingestion considerably ameliorated associated nightmares and likewise facilitated the extinction of traumatic memories possibly by blocking their reconsolidation and long-term preservation.

Its probable mechanism of action includes the potentiation of the human endo-cannabinoid system, which is involved in the emotional processing of memories.

In a separate trial, researchers assessed the effect of CBD treatment on 72 adult patients suffering from anxiety or sleep problems. The majority of participants received 25 mg CBD daily, and some got 50-75mg/day. One patient with a history of trauma and a schizoaffective disorder (which involves symptoms of 2 mental disorders: a mood disorder and psychosis), received 175 mg/day CBD. Following 2 months of treatment, 80-90% of the patients reported significant improvement in anxiety symptoms. However, 15-19% of the patients experienced symptom worsening.

In a more recent trial (2020), 397 patients with various symptoms, such as pain, cancer-related symptoms, neurological and mental symptoms, received CBD based treatment. Following 3 weeks, patients from all treatment groups reported improvements in their overall quality of life. Patients who received CBD treatment for anxiety or depression, reported reduction in anxiety, depression and pain symptoms and a commensurate improvement in the ability to perform daily functions. 70% of the patients reported satisfaction with treatment on a scale between "good" to "excellent". Only 9.9% of the patients reported adverse effects such as sedation and vivid dreams. A very small number of patients – 0.8% - reported symptom worsening.

 Additionally, a recent clinical trials' review (2020) examined the results of 8 studies in connection to CBD and its effect on various anxiety disorders.

The authors concluded that there is solid evidence supporting CBD use as an effective therapy, whether on its own or as complementary treatment of GAD, SAD and PSTD. However, considering the significant variation in CBD dosing, ranging from 6mg to 400mg, larger scale trials are still required in order to establish the most effective and safe treatment regime.

**How does CBD work?**

Scientists hypothesize that CBD interacts with CBD1, serotonin and other receptors in the brain, responsible for modulating fear and anxiety-based behaviors. The exact mechanism of action is yet unknown, but researchers assume that CBD can bind and activate a serotonin receptor named **5HT1A**, and thereby influence conditions including anxiety, addictions, appetite, sleep, pain and nausea. It likewise has an effect, though a lesser one, on another serotonin receptor, namely: **5HT1A,** that affects conditions such as stress, anxiety and headaches.

To conclude, existing scientific evidence seems very promising, though more clinical trials are needed to support an indication that CBD is effective for treating anxiety disorders.

**We think that CBD, as a treatment option, for anxiety is a fascinating area of research. What are your thoughts about the trials' results?**