

## **CBD OIL AS A TREATMENT PROCEDURE**

My name is **Obioma Evelyn Agoziem**, the **Executive Director, Centre for Corrections and Human Development**. It's a non-governmental organization located in Lagos, Nigeria. We work on Youth Development and Empowerment. We pay particular attention to social deviants, that's why we have been at the fore front of the campaign on Mental health issues, we tagged "Say no to drug addiction, depression and suicide".

Following the WHO recommendations on cannabis and cannabis-related substances and the emerging therapeutic use of CBD oil as treatment of drug related issues, there is need for continued emphasis so as to prevent diversion, mis use and other public health related harms.

CBD oil has gained acceptance all over the world and may more people are beginning to use it and the results seem evident on the positive impact made in the lives of the people. CBD oil is also attributed to have healed so many other ailments.

### **What is CBD oil?**

CBD oil is derived from cannabis and it is a chemical naturally found in marijuana or hemp plant. CBD oil is one of the over one hundred psychoactive chemicals that does not intoxicate. It is non-intoxicating cannabis compound that offer anti-inflammatory, pain-relieving and anti-anxiety effects as well as other beneficial benefits. It is important to note that our body produces cannabinoids on by itself. The human body system has endocannabinoids system that is responsible for creating and receiving cannabinoids. So, CBD oil works through the endocannabinoids system indirectly to relax the body, reduce pain and inflammation. This is the main distinguishing factor between CBD oil the THC.

### **Tetrahydrocannabinol – THC**

THC is at least one of the one hundred and thirteen cannabinoids identified in cannabis. THC is the principal psychoactive constituent of cannabis that causes the "**high**" effect. It has the intoxicating compound that alters the normal brain response. It affects the neurotransmitters directly. It attaches itself to CBD receptors and interferes on how information is processed in the hippocampus, the part of the brain where memory is formed. It affects sense of judgement, concentration, pleasure. It can induce hallucination, affects how a person thinks and can be delusional. It is the presence of THC causes all these problems.

All these problems are the major symptoms of a drug addicted person. They feel high, they are restless and do not concentrate, cannot give sound judgement and sometimes incoherent. So, if THC, because of the intoxicating compound shows these problems and CBD oil no the other hand does not make one to feel high, rather it's relaxing and calming, and actually blocks the "**high**" associated with THC. CBD oil is already a solution to the THC challenges. It means that the problems have been taken care of and that process of treatment and healing has already taken place.

CBD oil should therefore be emphasized and be encouraged to be used as a means of treatment for drugs/cannabis and cannabis-related issues. Although with a caveat, it should be controlled and well moderated. The dosage, usage, who administers it and who is being administer to, should be clearly understood. It should not merely be in the hand of Network Marketing businesses, where marketers

who do not understand it should lead. There must be a way to monitor and possibly train them appropriately. It is more serious than buying and selling CBD oil.

In conclusion, CBD oil should be used as a treatment procedure for cannabis and cannabis-related issues.