CANNABIS SATIVA L. A NATURAL, LOCAL SOURCE OF CANNABINOIDS IN STRENGTHENING HUMAN HEALTH

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Abstract

This article provides a bibliographic synthesis regarding the importance of endocannabinoids from the species Cannabis sativa. Cannabinoids are the most intensively studied group of compounds, particularly because of their wide range of pharmacological effects on humans, including psychotropic activities. Most of the biological properties associated with cannabinoids are related to their interactions with the human endocannabinoid system. Endocannabinoids regulate or modulate a variety of physiological processes, including appetite, pain perception, mood, memory, inflammation, insulin sensitivity, and fat and energy metabolism. CBD (cannabidiol) exhibits anti-anxiety, anti-nausea, anti-arthritis, antipsychotic, anti-inflammatory, and immunomodulatory properties. In preclinical models of central nervous system diseases (such as epilepsy, neurodegenerative diseases, schizophrenia, multiple sclerosis), mood disorders, and central modulation of feeding behavior, CBD has also demonstrated strong antifungal and antibacterial properties, including remarkable efficacy against methicillin-resistant Staphylococcus aureus (MRSA). Additionally, cannabidiol possesses anti-inflammatory and anticancer properties. We believe that Cannabis sativa holds particular interest for cultivation and utilization aimed at enhancing human health.

Key words: *Cannabis sativa*, endocannabinoids, human health