

## Effects of Cannabis

Cannabis refers to a group of three plants with psychoactive properties, known as cannabis sativa, cannabis indica, and cannabis ruderalis. Illegal in many countries, cannabis is made from the dried leaves and flowers of the hemp plant.

The main psychoactive component of cannabis is tetrahydrocannabinol (THC), which is one of the 483 known compounds in the plant, including at least 65 other cannabinoids, including cannabidiol (CBD).

Cannabis is commonly ingested by smoking, vaporizing, within food, or as an extract.

### Brain

---

Selective impairment of cognitive functioning  
Forgetfulness  
Confusion  
Psychological distress  
Anxiety  
Paranoia  
Auditory and visual hallucinations  
Impairs motor coordination and operative tasks  
Can exacerbate schizophrenia in affected individuals

### Body

---

Airway injury  
Lung inflammation  
Impaired pulmonary defence against infection  
Chronic and acute bronchitis  
Oral, throat and lung cancer  
Increased pulse rate  
Decreased blood pressure  
Bloodshot eyes  
Increased appetite  
Tiredness  
Dizziness

