

7th International Conference and Exhibition on

Pain Research and Management

October 11-12, 2018 | Zurich, Switzerland

CBD oil for future prospect of pain management

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Statement of the Problem: The increase in dependency and overuse of opioids in chronic pain patients leaves us needing to explore alternative natural treatments. During long-term treatment, the effective opioid dose can remain constant for prolonged periods. Some patients need intermittent dose escalation, typically in the setting of physical changes that suggest an increase in the pain (eg, progressive neoplasm). Opioid medications present some risk of abuse by patients as well. A structured review of 67 studies found that 3 percent of chronic non-cancer pain patients regularly taking opioids developed opioid abuse or addiction, while 12 percent developed aberrant drug-related behavior. In the US, Cannabidiol (CBD) is a schedule 1 controlled substance. These are defined as drugs with no medical use and likely to be abused. However, more research needs to be done to determine the benefits of CBD oil in the treatment of chronic pain.

Methodology & Theoretical Orientation: Researchers compiled the results of multiple systematic reviews covering dozens of trials and studies. Their research concluded that there is substantial evidence that cannabis is an effective treatment for chronic pain in adults. Research suggests pain and inflammation can be reduced through CBD use. Researchers also noted cannabinoids such as CBD could be a helpful new treatment for people with chronic pain. The animal model to see if CBD could help people with arthritis manages their pain. Researchers applied a topical gel containing CBD to rats with arthritis for 4 days. Their research noted a significant drop in inflammation and signs of pain, without additional side effects.

Findings: CBD oil is especially promising due to its lack of intoxicating effects and a possible lower potential for side effects than many other pain medications. They also found that subjects were not likely to build up a tolerance to the effects of CBD, so they would not need to continually increase their dose. Researchers noted cannabinoids such as CBD could be a helpful new treatment for people with chronic pain. A compound found in the cannabis plant is not harmful, has health benefits, and does not have abuse potential, experts at the World Health Organization say. After reviewing evidence from animal and human studies, the committee concludes that in humans, CBD exhibits no effects indicative of any abuse or dependence potential.

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