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The Ayurvedic + Vedic Constituents of Cannabis



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Birth of Vedic + Ayurvedic Culture

- Cannabis use in Northern India 8000 years ago
- Comprehensive wisdom + wellness system
- Vedic: energy based spiritual enlightenment
- Ayurvedic: energy based wellness





Setting Intentions

- Focuses + flavors consciousness for potent medicine
- Optimize foundation of medical marijuana + empower users
- Support sustainable ethical cannabis practices
- Support clinician training in reframing cannabis





Ecological Medicine

- Medicine for all – consumers + farmers
- Ethical supply chain without harm to planet or people
- Includes setting an intention – goal, strategies, protocols





Preparing for Cannabis Use

- To access full plant power one must prepare with a mantra
- Vedic: mantra is primary, herb is second
- Ayurvedic: herb is first supported by mantra





Special Mantras

- Key to full access of cannabis activity
- Add more energy into herbal formulas
- Empower innate density of vitality – ojas
- Support creative will of medicine maker – tejas





Empowering Canna Culture

- Mass, spirit + energy centric worldview
- Support consumers to create therapeutic efficacy
- Developing spirit will help your cannabis practice





Cultural Differences

- Today's culture is mass-based
- Yoga, Ayurveda, Chinese medicine are energy-based
- Cannabis supports mass, energy and excels with spirit





Cannabis as an Entheogen

- Entheogen (god generator) – plant generating inner experience
- Spirit soars, so does probability of wellness + authentic identity
- Cannabis is a triple herb – mind, body, spirit





Dissecting Cannabis

- Ganja – flower
- Charas – hash-like resin
- Bhang – leaves
- Bhang lassi – spiced yogurt drink used by entire family





Purification of Cannabis – Shodhana

- Vijaya common cannabis term in India + Sanskrit
- Soak, dry, fry in true ghee to purify
- No purification = delirium, dizziness, the high
- True ghee amplifies facets of cannabis





Energetics-Dravyaguna

- Method to find medicinal quality of anything
- Guna is the quality
- Bitter taste of cannabis is the herb's metabolites
- Many traditional cannabis therapies for digestive disorders, diarrhea, asthma





Ayurvedic Wellness

- Launch a well person to their potential versus repair sick person to health
- Traditional cannabis – herbal formulas optimize healing of disease + imbalances
- Herbs can amplify or antidote an effect





A Different Paradigm

- Ayurveda frames choices by functionality , not morality (best choice by situation)
- Discernment – no right or wrong but you discern appropriate options
- Cannabis apothecaries in the future to focus on traditional herbal formulas





Language of Energetics

- Discern by functionality – spirit of the law is positive + potent
- Amplify or attenuate (dampen) effect of cannabis with optimal herbs
- Use cannabis to optimize effect of other herbs
- Cannabis is rarely the primary constituent in a formula





Etymological Ethnopharmacology

- Vijaya (victory) cognition, meditation, yoga supported by tulsi, calamus, blue lotus
- Camada (giving what is wished) aphrodisiac supported by ashwagandha, shitavari
- Harshani (mind's desire) supported by tulsi, ashwagandha, influencing libido





More Uses of Ashwagandha

- Adaptogen, earth element, warming
- To calm nervousness (mohini), use with brahami, tulsi
- All support growth of neural network





Herbs to Use with Cannabis

- Bhang (cannabis) – bursting, breaking
- Tulsi, brahmi, Australian sandalwood, jatamansi break through delusional aspects
- Modini (cannabis) can amplify intoxicant property with gotu kola (dilates microcapillaries)
- Optimize brain function with calamus, gotu kola, tulsi
- Optimize digestion with fennel, cumin coriander (cooling) or (warming) cinnamon, ginger, cardamom





Biphasic Nature of Cannabis

- Calms or freaks you out
- Can make you strong or diminish vitality
- True ghee helps to achieve a balance
- Vyavric – removal of pain, analgesic
- Ganja – storeroom of treasure as the root of wellness
- Chakrasana – food of the gods
- Arjuna – strong heart + spirit





Herbs to Use with Cannabis

- Respiratory health – edible cannabis, tulsi, turmeric, pushkarmool
- Female cardiovascular health – arjuna, turmeric, cardamom, hawthorn, saffron
- Immunity – kutki, turmeric





Resources

- Vijaya, The Perennial Knowledge of Medicinal Cannabis
- Tumeric: The Ayurvedic Spice of Life
- Standards of Identity, Analysis and Quality Control, American Herbal Pharmacopeia
- Soma, David Frawley

