



Cannabis + Ayurveda

Complementing medicinal marijuana with traditional herbal co-factors

Ayurveda Facts about Cannabis:

- Used for over 2400 years as medicine – mentioned 2400 years ago by Katyanana, famous scholar + priest.
- Over 2000 years ago its use spread to Greece + hundreds of formulas using it were used between Burma + the Balkans (Discorides + Ayurveda mention this).
- Used for at least 12,000 years as part of Shaivite + Shaktiya spiritual practices, including widely used by everybody on Shivaratri.

Traditional Usage + Dose of Cannabis:

Purify dry leaves to prepare for internal use by frying with ghee under moderate heat. Combine with other herbs suitable to amplify or antidote required action. Tulsi tea, organically produced by Organic India, is one of the best all-around herbs to use with medical marijuana.

How to Use this Chart:

In Ayurveda there is no right or wrong, rather functional or dysfunctional given a particular situation. For example, a meal is great to nourish, but not great for a cleansing fast. Ayurveda simply describes the actions of a substance + allows you to decide if it's right for you at a given time. If you see an action of Cannabis you want, take the amplifier of that action with it. If you see an action of Cannabis you do not want, choose the antidote to it.

Cannabis Effects	Ayurvedic Cannabis Names	Herbs to Amplify Positive Effects	Herbs to Decrease Negative Effects	Comments + Explanation
Aphrodisiac	Kamada ("giving what is wished")	Ashwagandha, Shatavari		15 out of the 50 classic formulas that include Cannabis are aphrodisiac formulas. A combination of ashwangdha and shatavri is a well test aphrodisiac.
Calming nervousness	Vatajit ("conquering Vata")	Ashwagandha, Memory, Brahmi, Joy		Ashwangdha is one of the main herbs used to build + calm the immune system as it supports the growth of axons, dendrites, myelin, and neural networks.
Causing nervous, confusion + paranoia	Mohini ("infatuated with delusion")		Ashwagandha, Memory, Brahmi, Joy	Ashwagandha, Brahmi + Tulsi are among the best adaptogens, helping people cope + be stable in body + mind.



Mediation + Yoga Aid	Vijaya (victory)	Tulsi, Memory, Gotu Kola		Cannabis can assist in meditation. The term Brahmi refers to its ability to assist in meditation. Tulsi has been used to enhance mediation for millennia.
Optimize Brain Function	Shirorogo (Head Imbalance)	Tulsi, Gotu Kola, Memory, Ashwagandha		About 5 of the 50 formulas using Cannabis are for brain impairments. Gotu Kola, Brahmi + Tulsi are classic supports for brain/mind function.
Appetite + Metabolism	Pachani (cooking)	Trikatu, Tulsi, Complete Flexibility		Many traditional digestive formulas include Cannabis. Trikatu, Tulsi + Complete Flexibility also are thermogenic medicines that improve digestion.
Anodyne + Antispasmodic	Vyavrt (remove pain)	Ashwagandha, Peaceful		For pain associated with joints + the nervous system. Ashwagandha is great for calming nerves + muscles.
Improves Sleep	Madini (sleep goddess)	Ashwagandha, Peaceful		The Latin name for Ashwagandha is W. somnifera. Somnifera means sleep supporting. Ashwagandha is not dulling, but strengthening.
Superfood	ShakraShana (food of gods)	Joy, Tulsi, Triphala, HeartGuard		Cannabis is used in some Rasayana formulas + with formulas that are superfoods. Triphala is a superfood formula. Another name of Arjuna (in the HeartGuard formula) is the herb of ruler gods.
Respiratory Function	Smoking Cannabis may adversely affect the lungs.		BreatheFree, Tulsi Turmeric	The herbs, especially the Himalayan Elecampane, in BreatheFree have many mechanisms. Tulsi is a first-reach herb for the lungs in general.
Cardiovascular	Smoking Cannabis can adversely effect the heart + circulatory system.		HeartGuard, Turmeric	The Arjuna in the HeartGuard formula has at least 7 major mechanisms of protecting heart health.
Immunity	Cannabis can suppress the immune system.		Immunity, Tulsi, Turmeric	There are many mechanisms of how these herbs support immunity + protect from imbalances.
Oxidation	Cannabis delivers millions of oxidative molecules		Turmeric, Tulsi, Vitality, Joy	Turmeric is one of the best systemic anti-oxidant herbs – a true ally in our true wellness.