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Cannabis through the Ages: A Historical Basis of the Plant



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Ancient History of Cannabis

- Cannabis use originated in the Himalayan Vedic tradition about 5000 years ago
- Medicinal use was to create a strong, clear person to perform rituals of vagnas + homas
- Cannabis helped to create darna – the ability to concentrate





Ayurvedic Pharmacopeia

- Ayurveda is the medicinal facet of yoga
- Cannabis is an entheogen – a substance that generates inner experience for transformation or healing





Ancient Cultures + Cannabis

- Rawat civilization (2 million years ago) living in high Himalayas who likely grew Cannabis
- Sonan culture (500,000 years ago) were Cannabis users
- Neanderthals used herbs for selective, medicinal use





The Vedic Period

- Young Earth theory (based on Christian beliefs) dates Vedic culture to 1500 BC
- Astronomical data point toward Vedic culture beginning at 5000 BC
- Cannabis was used within the yogic culture





Cannabis Mythology

- God Shiva is purported to reflect our true, real self
- Cannabis was used as a tool to control the ego
- Cannabis used for acceleration of our consciousness
- Today, the practices of *bhang lassis* – Cannabis smoothie exists to honor Shiva





Cannabis Use + Misuse

- Cannabis can help with spiritual progress, if one is in tune with Shiva
- Inebriation with Cannabis is considered a sin in the Vedic practice
- Utilize the herb properly, do not let it utilize you





Cannabis as a Vedic

- Cannabis is 1 of the 4 Vedas – Tarva Veda
- Vedic practitioner David Frawley suggests Cannabis is a sacred entheogenic plant
- Cannabis leaves were offered in ritual fires to purify the environment
- Cannabis has been used to remove fear from the mind + distractions that inhibit meditation





Energy Medicine Appears

- Ayurveda, unani, siddha + perphic spirit medicines all appeared at 4000 BC
- All these practices share a common focus
 - Treating the person as energy is a primary focus
 - The physical mass of the person is secondary





Western versus Eastern Medicine

- Western healing uses tools + devices to treat the physical mass of a person
- Vedic tools focus on the spirit + psychic energy to promote healing with Cannabis often integrated



Cannabis Treats All 3 Realms

- Cannabis is one of the rare botanicals that can address the spiritual, psychic + physical needs of the person
- Example: angry mind + physiological inflammation + skin rash are 3 facets of the same disease
- All 3 realms must be addressed to insure true healing





Cannabis + Ayurveda

- More than 50 traditional Ayurveda formulas that include Cannabis
- Analgesic, anticonvulsant, tranquilizer, anti-inflammatory, antibiotic
- Cannabis ability to heal must be used with discipline
- Beware of overuse which can create weakness in a person





Cannabis + Sexual Health

- Panini + Katyani, scholars in 400 BC wrote in Sanskrit about the use of cannabis for love + sex
- Kama Sutra – classic text promoting Cannabis as an aphrodisiac for healthy sexuality, a fundamental facet of wellness





Buddhist Teachings + Cannabis

- Naga Juna (important Buddhist teacher) created Ayurvedic alchemy using purified forms of mercury, sulfur, lead, gold + gems to create medicines
- Cannabis is often formulated into these medicine





Cannabis in Modern India

- British Indian Hemp Drug Commission Report (1894) determined Cannabis was safe in moderation, more so than alcohol
- Today, ancient Vedic traditions are observed using Cannabis as a sacrament to achieve a clear, blue sky of consciousness





Cannabis in China

- Oldest archeological evidence in Taiwan 10,000 years ago
- Cannabis was grown 1000 years before rice for rope, fabric, paper, medicine
- Typically used for constipation, rheumatic pain, female problems
- Though China + India were not connected, their use of cannabis was similar





Cannabis in Middle East

- Assyria in 2000 BC was home to opium poppy
- Word for Cannabis in Cuneiform language “cu-nu-woo,” morphed into “canaboo” by Greeks
- Assyrians used Cannabis for psychoactive action + incense





Cannabis in Europe

- Cannabis made its way to Greece + Europe via Hippocrates about 200 AD
- Mohammed was an herbalist using Cannabis in Islamic medicine





Illegality is a Historical Anomaly

- All ancient cultures + religions revered Cannabis
- Cannabis as an evil drug is a relatively new concept
- Need to re-evaluate current, simplistic view of the plant to consider the more harmonious relationship with the herb

