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INTRO TO CANNABIS

# CANNABIS 101

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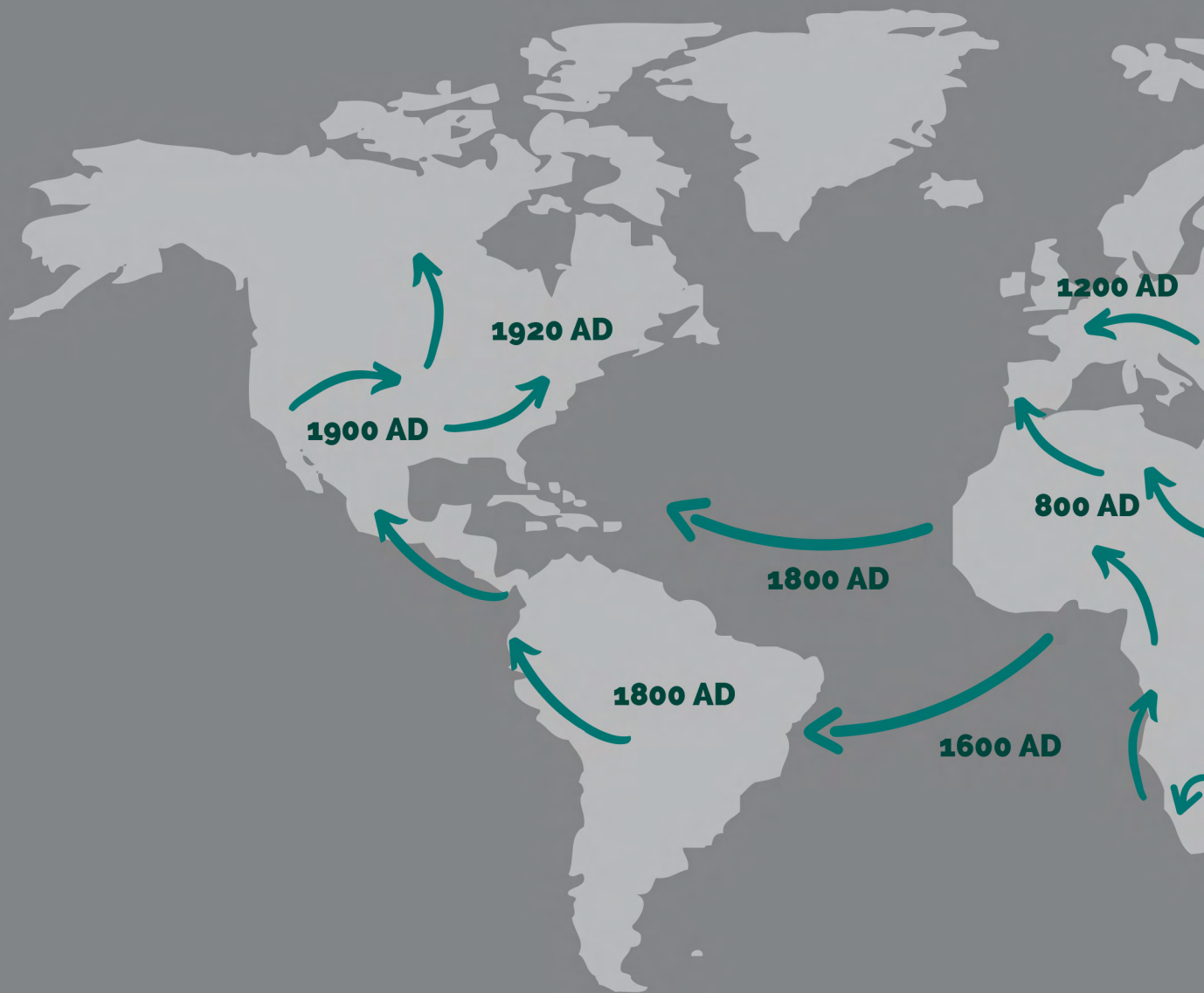
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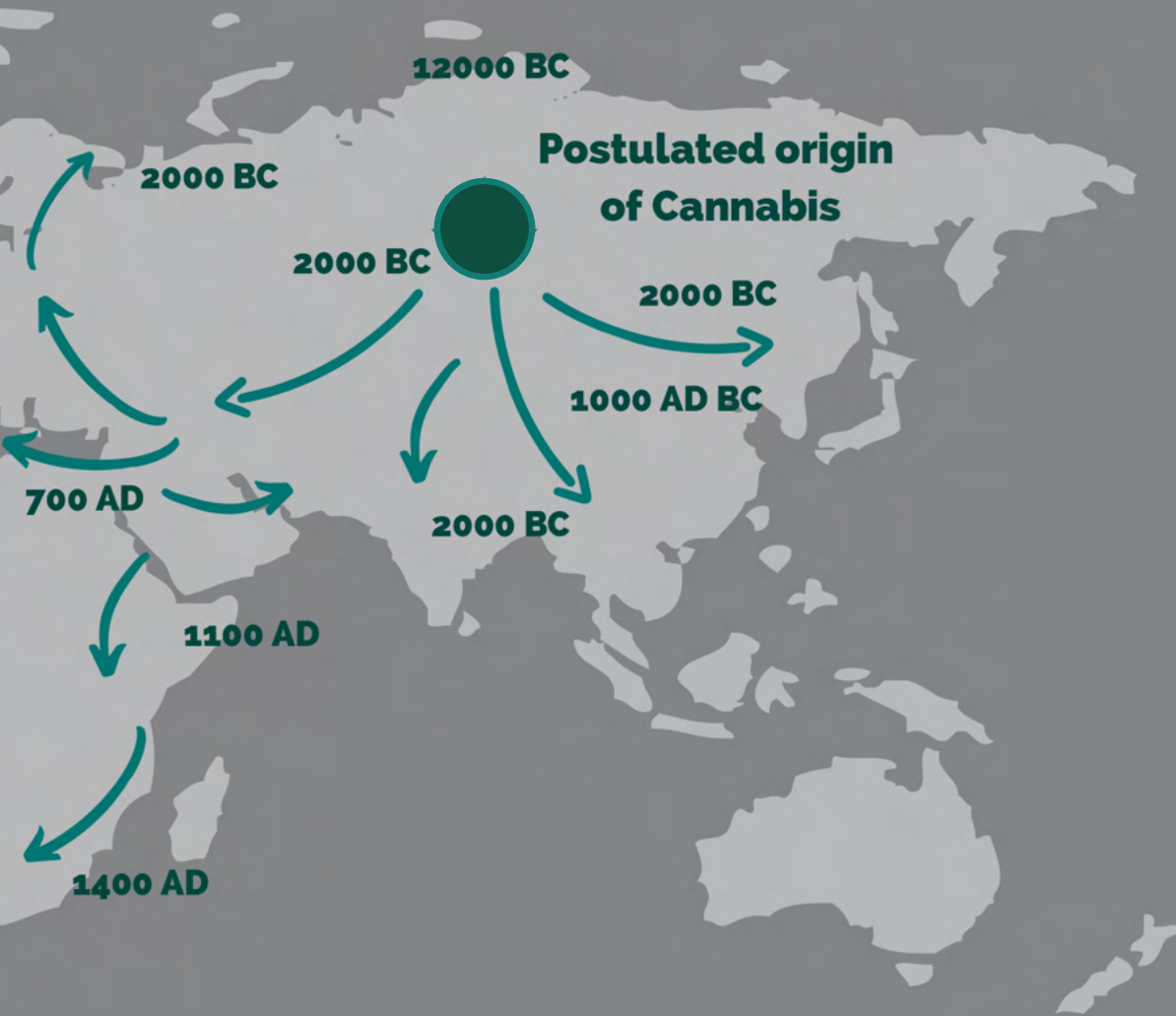
# History

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For over 12,000 years human beings have been cultivating the cannabis plant for food, medicine, fiber, fuel, and religious purposes. Cannabis is believed to have first evolved around 20 to 30 million years ago, in the southwestern Himalayas and Central Asia. The earliest written accounts of cannabis originate in ancient China, where the legendary emperor and father of Chinese Medicine, Shen Nung, promoted cannabis as a powerful herbal remedy, and called it the “liberator of sin.” His teachings and other oral traditions were passed down for generations and expanded upon by other healers until cannabis’ use covered over 100 medical conditions, as evidenced in the first Chinese pharmacopeia, Pen-ts’ao Ching.



# World Migration of Cannabis



From 1500 to 200 BCE cannabis' use as a medicine spread across the world, from China to India, Persia, Egypt and Greece. Evidence suggests the plant may have played a vital role in the development of agriculture, which had a profound impact on both human beings and our planet. Cannabis first appeared in the Western Hemisphere during the colonization of the Americas, where its sturdy fibers were used in the production of rope, paper and clothing. By that time, cannabis was wide-

ly used as an herbal medicine across the world, and eventually added to the U.S. Pharmacopeia in 1850. Every major pharmacy in America offered medicinal cannabis tinctures until its prohibition began in the 1930s.



# Biology

One of the most unexpected controversies around cannabis concerns its species - experts are divided on whether there is only one species of cannabis, or whether there are several distinct species. The most widely accepted description of the cannabis plant breaks it down into three subspecies: Cannabis Sativa, Cannabis Indica, and Cannabis Ruderalis.

These descriptions have been embraced by the cannabis community who commonly distinguish "sativa" strains from "indica" strains based on the perceived differences of effects. Most strains today are hybrids, a result of crossbreeding sativa and indica strains together, the primary effects of which are determined by the most dominant strain.

## Cannabis Ruderalis

Short, branchless, and grows wild in parts of Europe and central Asia.

- Short and stalky plants that grows between 1 and 2.5 ft.
- Effect: The effects of cannabis ruderalis alone are minimized by its naturally low concentrations of THC. However, ruderalis genes offer the ability for breeders to create an autoflowering hybrid with the advanced potency and flavor profile from its genetic partner.

## Cannabis Sativa

Tall and open branched with narrow, spindly leaflets.

- Plants grow tall and are usually around 6 ft. tall
- Effect: Broadly categorized as having stimulating, expansive mind-altering effects.

## Cannabis Indica

Shorter, bushier and conical in shape, with relatively wide leaflets.

- Broad and short leaves
- Plants are short and grow between 2 and 4 ft
- Effect: Indica strains are known for their sedating, mellow body effects.

# Spirituality

Of the 400+ identifiable chemicals known to exist in the plant, and at least 85 different cannabinoids, only THC has been found to be psychoactive. Remarkably, this makes cannabis one of a handful of plants with the power to affect human consciousness. Since ancient times, shamans (spiritual healers) from a diverse array of cultures around the world have used cannabis in their work. From the Scythians to the Rastafari, the alchemists to the Curanderos, cannabis has found a place in healing traditions across the world.

## **Spiritual Uses of Cannabis:**

- Quieting the mind for meditation
- Seeing through delusions and shifting perspective
- Diagnosing and treating diseases of the body, mind and spirit
- Achieving transcendence, unity and spiritual bliss