

Evaluating the Therapeutic Potential of Cannabis in Parkinson's Disease Management

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Introduction

Parkinson's disease (PD) is a progressive neurodegenerative disorder characterized by motor symptoms such as tremors, rigidity, and bradykinesia, as well as non-motor symptoms including sleep disturbances and mood disorders. Traditional treatments primarily focus on dopaminergic therapies, which may not adequately address all symptom domains. Recent interest has emerged regarding the use of cannabis and its derivatives as potential adjunctive therapies for PD symptom management.

Methods

A review of current literature was conducted, focusing on studies and clinical observations related to the use of cannabis in PD patients. Sources included peer-reviewed journals, clinical trials, and patient-reported outcomes to assess the efficacy and safety profiles of cannabis-based interventions.

Results

Preliminary findings suggest that certain cannabinoids may offer symptomatic relief for PD patients, particularly in alleviating tremors, improving sleep quality, and reducing anxiety. However, the evidence remains inconclusive due to limited sample sizes, variability in cannabis formulations, and lack of standardized dosing regimens. Adverse effects, such as cognitive impairment and dizziness, have also been reported, underscoring the need for cautious application.

Conclusion

While cannabis presents a promising avenue for PD symptom management, comprehensive clinical trials are essential to establish its efficacy, optimal dosing, and safety profile. Healthcare providers should remain informed about emerging evidence to guide patient discussions and treatment considerations.

Keywords: Parkinson's Disease, Cannabis, Cannabinoids, Symptom Management, Neurodegenerative Disorders

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