**6 Top uses of Medical Marijuana for Better Health**

Is the medical use of cannabis beneficial? For which conditions is it useful and in which cases are further studies needed? Here is what scientists think about the use of medical marijuana for the treatment of eight common ailments.

1. **Chronic pain: compelling results**

In 2013, 65% of Canadians who used medical cannabis had severe arthritis. Patients often try it for the first time for pain relief. With more than 30 randomized controlled trials on the use of cannabinoids for pain, this is one of its best-documented applications. However, the results are contradictory: some studies have concluded that cannabis or cannabinoids are effective against pain; others, that they are no better than a placebo. In any case, more and more doctors are giving their approval.

1. **Multiple sclerosis: compelling results**

With nearly 100,000 cases, Canada has one of the highest rates of multiple sclerosis (MS) in the world. Cannabinoids have been shown to be effective against one of the major symptoms of MS, spasticity - that stiffness that makes movement difficult and causes painful muscle spasms. According to evaluation studies by physicians, these improvements are so small that they may have been accidental; patient testimonials are more favorable.

1. **Nausea and vomiting due to chemotherapy: the results speak for themselves**

The interaction between cannabis and chemotherapy has also been the subject of numerous studies. In 1915, Cochrane an international nonprofit that analyzes evidence for medical decision-making found that patients taking cannabinoids during chemotherapy were three times less likely to experience nausea and five times less vomiting than those on placebo. In some patients, medical marijuana is believed to be as effective in some patients as the antiemetics traditionally prescribed for nausea.

1. **Insomnia: the results speak for themselves**

It is common to use marijuana to overcome a sleep disorder; the data on the effect of cannabinoid drugs are encouraging and should make insomniacs happy. Until now, research has mainly focused on the effectiveness of marijuana on sleep disturbed by apnea, fibromyalgia or multiple sclerosis for example. It also appears to improve the duration and restorative quality of sleep, many patients report being less tired during the day. While researchers don't know the reason, some believe the tetrahydrocannabinol (THC) in marijuana the substance that gets you high - has a sedative effect.

1. **Epilepsy: eloquent results**

The efficacy of marijuana against epileptic seizures aroused enormous interest after the 2013 CNN broadcast of Weed, a documentary about Charlotte Figi. The girl, victim of hundreds of seizures per week, could neither walk, nor speak, nor even eat. When she was five, her parents convinced doctors to prescribe cannabis oil for her. Since then, she has only had two or three seizures per month.

1. **Dementia - questionable results**

Studies have shown that cannabinoids help break down amyloid aggregates those protein build-ups in the brain that are characteristic of Alzheimer's disease in lab mice and increase their ability to learn. However, there are no trials in humans and it is not uncommon for a drug effective in animals to have no effect on them. Heavy marijuana users have also been shown to perform worse on cognitive tests when under its control, with poor memory and attention. So much remains to be learned about the effect of medical marijuana use on our mental capacities.

