

Title: Cannabidiol as an Alternative Treatment Method for Schizophrenic Disorder

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Schizophrenia is a mental disorder which has disabling effects that impact daily life and typically requires lifelong treatment. Common treatment methods such as first and second-generation antipsychotics are regularly used and have debilitating side effects. The purpose of this literature review is to examine the comparison of cannabidiol (CBD) to traditional schizophrenia treatment. Over the years, numerous psychological, emotional, and physical benefits have been discovered with the use of CBD. Recently, the impact of CBD on schizophrenic patients has been studied as treatment alternatives are being discovered. The discovery of the benefits of CBD began in the 1990s as specific membrane receptors were located which allowed for identification of the endocannabinoid system (ECS), the body's control center for reactions to cannabinoids (Bost & Maroon, 2018). The discovery of the ECS has led to various neurological uses for brain tumors, Parkinson's disease, Alzheimer's disease, seizure disorders, and now schizophrenia. Leweke et al. (2012) stated that there is a negative correlation between anandamide levels and psychotic symptoms. Their study found that cannabidiol treatment was accompanied by a significant increase in anandamide levels, which was significantly associated with clinical improvement. They also compared the effectiveness of a commonly used medication for schizophrenia, amisulpride, to CBD and concluded that both methods offered the same efficacy in treatment. Thus, CBD is a potential alternative to other treatments with potentially fewer side effects. With continued research of the effectiveness of CBD in treatment of schizophrenia, a more natural and holistic option may be increasingly available.

References

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