

Diana Rangaves

CBD is an acronym for cannabidiol, and it's a type of compound found in cannabis. The effects of CBD are different from the effects of THC, which is a compound found in cannabis that does produce mind-altering effects. The human body produces cannabinoids and has cannabinoid receptors. Current research assumes that ingestion of CBD can help the human body produce its own cannabinoids.

## CBD and Arthritis

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Because research is sparse and largely focuses on animal studies, there is no clear answer about whether CBD can have a positive effect on those suffering from arthritis. Many supporters believe that its fast-acting effecting and the lack of addictive properties make CBD the clear choice for dealing with chronic joint pain.

Current population samples indicate that 54 million people in the US have some form of arthritis. Pain, joint stiffness, and decreased movement are all common arthritis-related complaints. CBD can help augment those symptoms through its interaction with the body's cannabinoid system.

A 2017 study found that CBD can decrease joint inflammation and can also serve as a protectant for nerve endings, suggesting that future pain can be diminished with long-term use.

A study published in the journal Rheumatology reports that the use of CBD to decrease inflammation can be achieved through the activation of the body's existing cannabinoids receptors. Because CBD affects the body's immune system, most advocates encourage its use for autoimmune related conditions like arthritis.

## How to Use CBD

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One of the most alluring aspects of CBD as a treatment option for those who have arthritis is that it can be used in a variety of ways. Topical salves are of exceptional benefit because the salve can be placed directly on the source of discomfort. Tinctures and edibles also make CBD accessible to all because they are easy to use and do not require being smoked. Most tincture use is more effective than smoking or salves, making it a good choice for those suffering from arthritis. Most people can experience all day relief with an appropriately dosed tincture.

CBD is enjoying some well-deserved acclaim right now, and for good reason. In addition to being a viable solution for those who want the benefits of cannabis without eating or smoking it, CBD is also an excellent treatment option for those who want to target specific medical conditions. For those who have chronic arthritis and arthritic related symptoms, it is worth investigating if CBD is a good treatment option.