# Marijuana CBD and Blood Pressure – New Study

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The scientific debate has been going on for years whether marijuana has an effect on the cardiovascular system. There was no clinical consensus and most of the studies focused primarily on THC, the psychoactive component in cannabis. But a study released earlier this month examined the effect that cannabidiol, or CBD, has on blood pressure and the results were encouraging.

According to the abstract from the, “[Journal of Clinical Investigation](https://insight.jci.org/articles/view/93760)” Cannabidiol (CBD) is a nonpsychoactive phytocannabinoid used in multiple sclerosis and intractable epilepsies. Preclinical studies show CBD has numerous cardiovascular benefits, including a reduced blood pressure (BP) response to stress. The aim of this study was to Nine healthy male volunteers were given 600 mg of CBD or placebo in a randomized, placebo-controlled, double-blind, crossover study. Cardiovascular parameters were monitored using a finometer and laser Doppler. The results varied but participants had a decrease of about 6 mm HG.

“Our data show that a single dose of CBD reduces resting blood pressure and the blood pressure response to stress, particularly cold stress, and especially in the post-test periods. This may reflect the anxiolytic and analgesic effects of CBD, as well as any potential direct cardiovascular effects. … Further research is also required to establish whether CBD has any role in the treatment of cardiovascular disorders such as a hypertension.”

Now Epidemiological studies have shown a positive relationship between long-term stress and the development of cardiovascular disease. Factors like social isolation, low socioeconomic status, depression, stressful family and work life, and anxiety are associated with an increased risk of the development and accelerated the progression of existing cardiovascular disease.

Current European guidelines on the prevention of cardiovascular disease have emphasized the importance of tackling these factors. Mental stress induces myocardial ischemia in patients with stable coronary artery disease, and this appears to be mediated by the adrenal release of catecholamines.

But what exactly is CBD? Cannabidiol (CBD) is one of the most prevalent chemical compounds in the cannabis plant. Unlike the more famous molecule, tetra-hydrocannabinol (THC), CBD is completely nonpsychoactive. Don’t expect to get “high” off of this organic chemical, however. CBD is all relaxation without intoxication.

While CBD still has an effect on your body, consuming CBD by itself isn’t going to send you on the cerebral adventure associated with THC. For decades, medical professionals and the general public overlooked CBD because psychoactive cannabis took center stage.

Now, the medical potential of CBD has taken cannabis to mainstream audiences. Preclinical trials over the past four decades have found that the cannabinoid shows promise as an anti-hypertensive.