

# Which cannabis product type is recommended for specific conditions?

There aren't any specific guidelines recommending a specific cannabis strain or administration method for a specific condition. Many cannabis experts have developed preferred cannabinoid combinations in patients with certain symptoms or conditions.

The following table provides you with some expert guidance on selecting starting strains for specific medical conditions

 <p><b>CHRONIC PAIN</b></p> <hr/> <p><b>THC:CBD</b></p> <p>Pain conditions with a neuropathic component (e.g., post-herpetic neuralgia, diabetic neuropathy, chemotherapy induced peripheral neuropathy, and complex regional pain syndrome) likely require cannabis therapy with at least a moderate THC content. The recommended starting product is a balanced THC:CBD.</p>	 <p><b>INFLAMMATORY CONDITIONS.</b></p> <hr/> <p><b>EPILEPSY - SEIZURES</b></p> <hr/> <p><b>High CBD</b></p> <p>For most inflammatory conditions (e.g. rheumatoid arthritis and osteoarthritis and inflammatory bowel disease, and ankylosing spondylitis), initiate a trial of CBD only or high CBD to THC ratio cannabis.</p> <p>CBD has very significant anti-inflammatory effects that may improve symptoms related to the underlying condition.</p>	 <p><b>SPASTICITY</b></p> <hr/> <p><b>THC:CBD - High THC</b></p> <p>These patients should use balanced THC:CBD products.</p> <p>If this fails, consider cannabis with a higher THC and little or no CBD content.</p>
 <p><b>CHEMOTHERAPY INDUCED NAUSEA AND VOMITING (CINV)</b></p> <hr/> <p><b>Balanced THC:CBD - High THC</b></p> <p>These patients should use balanced THC:CBD products. If this fails, consider cannabis with a higher THC and little or no CBD content.</p>	 <p><b>ANOREXIA-CACHEXIA SYNDROME</b></p> <hr/> <p><b>Balanced THC:CBD - High THC</b></p> <p>These patients should use balanced THC:CBD products. If this fails, consider cannabis with a higher THC and little or no CBD content.</p>	 <p><b>OTHER CONDITIONS</b></p> <hr/> <p><b>Balanced THC:CBD</b></p> <p>Most other conditions require a balanced THC:CBD ratio. Adjusting the ratio up or down, depending on the patient's symptom response, is an appropriate strategy.</p>
 <p><b>SLEEP</b></p> <hr/> <p><b>THC:CBD - High THC</b></p> <p>Patients with primary insomnia should use a combination of THC and CBD. Despite limited scientific data, it's usually recommended to use an Indica strain. On occasion, patients report that balanced cannabis strains aren't very effective for sleep. If these strains fail, a higher THC strain is recommended. Administration method can have an impact on cannabis' role in sleep: Vaporized cannabis can be used by patients with delayed sleep onset (due to its rapid onset of action). It should be inhaled 15-30 minutes before bed. Cannabis oil, with its long duration of action, is preferred by patients who have difficulty staying asleep. It should be ingested 60-90 minutes before bed. Consider a combination of vaporization and oil for people with mixed symptoms.</p>		