

Epilepsy and CBD

Human studies with cannabidiol in epilepsy have been promising. Elixinol CBD has been very effective in my clinical experience. Unlike pharmaceutical drugs Elixinol CBD is a blend of naturally occurring cannabinoids and enhancers which appears to be more effective and safer with some surprising benefits especially in children.

- **Acute Dose:** Definitive studies are lacking. Medical literature suggests that many respond to 1mg/kg others may require as much as 10mg/kg. Many are seizure free although the main goal is to substantially reduce the frequency. To initiate therapy start with a small amount to become accustom to CBD, then increase the dose rapidly over several days to achieve control. If other medications are being used, side effects may occur from THOSE medications and indicate the need to reduce that drug dosage, not Elixinol.
- **Management:** I recommend you chart your daily progress on a single document including sz, CBD dose, other med dose, symptoms and anything else you believe important to help make decisions on your treatment plan. It's a big help to your doc as well. If you need to share then take a picture with your smart phone and share.

More about epilepsy and CBD

Plant-derived cannabinoids (phytocannabinoids) are compounds with clear therapeutic benefit. Studies suggest that cannabidiol (CBD) has anticonvulsant properties and reduced seizure frequency in human trials. It has a 13-19% bioavailability orally and 9 hour half life.

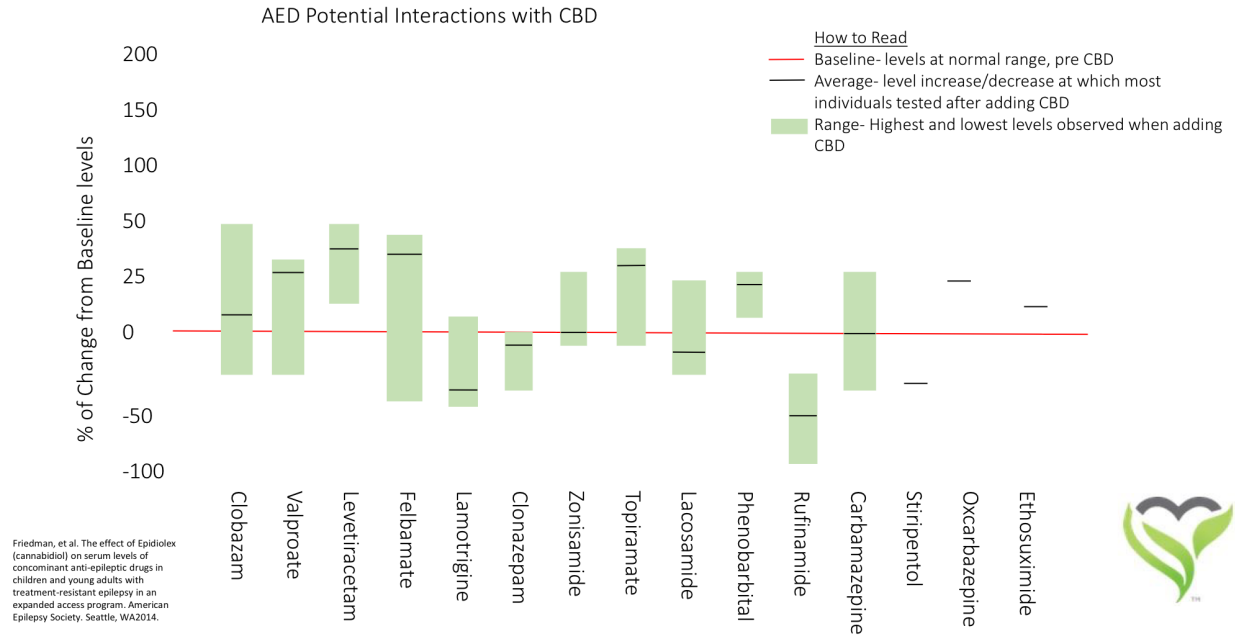
Consroe and Wolkin (1977) demonstrated that CBD has a high protective index comparable to that of phenobarbital and a spectrum of anticonvulsant activity similar to that of phenytoin. CBD also enhances the anti-convulsant potency of both phenytoin and phenobarbital. In addition to its favorable anticonvulsant effects and absence of toxicity in animals, CBD seems to be devoid of psychotropic activity and other undesirable side effects in humans with a no adverse effects or toxicity.

Cunha J. et al studied CBD in 8 adults with generalized epilepsy refractory to known drugs in 1980 for 30 days using 3mg/kg/day dosing orally. 4/8 were seizure free and 3 more improved. Only one patient did not improve. Pharmacology 21: 175-185 (1980)

CBD exerts a cumulative anti-convulsant effect; this may be achieved by a poly-pharmacological profile, with CBD simultaneously regulating several endogenous systems to prevent epileptic hyperexcitability. CBD has an excellent side-effect profile, as revealed in all investigation. Moreover, CBD may have additive effects when used with currently prescribed anti-epileptic drugs (AED). Therefore, CBD treatment may have beneficial effects as an anti-convulsant, as well as decreasing the necessary dose, and the undesirable side-effects of current AED treatments.

All the evidence points to a major improvement in management of epilepsy using CBD without significant side effects as well as improvement in quality of life.

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Checklist of CBD effects observed:	Date								
CBD Product and Dose									
1 Pain									
2 anxiety									
3 neuropathy									
4 swelling of joints									
5 muscle tension									
6 facial expression									
7 memory									
8 mental clarity									
9 task orientation or focus									
10 rate of speech									
11 reaction time									
12 appetite									
13 abdominal cramping									
14 elimination									
15 weight change									
16 feelings of well-being									
17 movement & activity									
18 expression of emotions									
19 sense of taste or smell									
20 vision quality									
21 sleep									
22 skin									
23 hair									
24 changes in BP or pulse									
25 Other									
Comments									

Use 1-5 scale, 5 worst

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