

An Analysis of Cannabis Sativa, a Hybrid of Industrial Hemp and Traditional Ayurvedic Herbs

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Abstract:

Ayurvedic practitioners have relied on the medicinal benefits of Cannabis Sativa—a plant more often associated with intoxication—for a variety of ailments for generations. The non-psychoactive variety of hemp, however, has garnered interest for possible medical uses due to its usage in industrial hemp fiber. ancient Ayurvedic practices involving Cannabis Sativa, with an emphasis on the non-psychoactive aspects of the plant and the therapeutic properties of hemp fiber in particular. The many Ayurvedic remedies that contain hemp, such as those for better digestion, less pain, less inflammation, and better health in general. the cannabinoids, terpenes, and flavonoids that make up Cannabis Sativa, as well as their pharmacological characteristics and the science behind how they work. The study goes on to talk about how industrial hemp is becoming more popular as a sustainable and environmentally friendly fiber source for things like building materials, textiles, and even medicine. The necessity for additional research to confirm and standardize Ayurvedic methods using Cannabis Sativa, guaranteeing its security and effectiveness in contemporary medical contexts.

Keywords: Cannabis Sativa, Ayurvedic Medicine, Industrial Hemp, Non-Psychoactive Hemp, Herbal Medicine

Introduction:

The multi-purpose herb Cannabis Sativa has long played an important role in traditional medical systems, most notably Ayurveda. Various medicinal uses have been associated with the use of both psychoactive and non-psychoactive varieties of Cannabis Sativa throughout history. Industrial hemp, which is generated from the fiber of the Cannabis plant, is a non-psychoactive variety that has lately gained attention, despite the fact that its psychoactive qualities have historically eclipsed its medicinal potential. This variety of hemp is becoming more and more important in contemporary Ayurvedic traditions due to its growing recognition of its medicinal potential, as it does not contain the intoxicating effects of its THC-rich counterpart. For millennia, practitioners of Ayurveda have turned to Cannabis Sativa for relief from a wide range of medical issues, including inflammation, pain, gastrointestinal problems, and stress. In particular, the plant's ability to restore harmony to the body's doshas (Vata, Pitta, and Kapha) is attested to in the Ayurvedic literature. Conventional wisdom is that cannabis has energizing, restorative, and generally beneficial properties. Nevertheless, contemporary methods place greater emphasis on its fiber and hemp derivatives, which find usage in a variety of sustainable businesses, including those dealing with health, building, and environmentally

conscious goods. the increasing fascination with Cannabis Sativa, more especially the non-psychoactive hemp fiber, as a medicinal agent in Ayurvedic practice. Cannabinoids, terpenes, and flavonoids are some of the chemical components of hemp that are thot to contribute to its medical usefulness. This paper explores the different ways hemp is used in Ayurvedic treatments. Furthermore, it highlights hemp's potential in contemporary healthcare systems and explores its wider ramifications within the framework of sustainable and environmentally responsible practices. This paper seeks to offer a thorough overview of the current role of Cannabis Sativa in health and treatment by combining traditional Ayurvedic knowledge with modern scientific discoveries.

Medical Uses of Cannabis Sativa in Traditional Ayurvedic Practices

The adaptable medicinal qualities of Cannabis Sativa have long been acknowledged in Ayurvedic medicine, even in its non-psychoactive hemp variety. Ayurvedic literature from long ago attests to the plant's therapeutic value by praising its capacity to maintain harmony among the three doshas (energy flows) in the human body: Vata, Pitta, and Kapha. From physical problems like inflammation and pain to mental health issues like stress and anxiety, Cannabis Sativa has a long history of traditional use as a medicine. We will go over the main Ayurvedic uses of Cannabis Sativa below.

1. Pain Management and Anti-inflammatory Properties

One of the most well-documented uses of Cannabis Sativa in Ayurveda is its ability to manage pain and inflammation. In Ayurvedic practice, the herb is often recommended to balance the Vata dosha, which is believed to govern bodily movements and pain perception. Cannabis Sativa contains compounds like cannabinoids (particularly cannabidiol or CBD) that have demonstrated analgesic and anti-inflammatory effects. These compounds interact with the body's endocannabinoid system, which plays a critical role in regulating pain, inflammation, and immune function. Ayurvedic practitioners utilize Cannabis in various forms, such as oils and pastes, to alleviate conditions like arthritis, muscle pain, and joint stiffness.

2. Digestive Health and Detoxification

Ayurveda places a strong emphasis on maintaining digestive health, as it is seen as the foundation for overall well-being. Cannabis Sativa has been used to support digestion and enhance detoxification. The herb is believed to have properties that stimulate appetite and ease indigestion, often used in Ayurvedic formulations to treat conditions such as nausea, bloating, and loss of appetite. In particular, hemp's fiber is known for its ability to support gut health, promoting regular bowel movements and preventing constipation. Additionally, Cannabis is often recommended for its cleansing properties, aiding in the removal of toxins from the body and promoting a balance of the digestive fire, or "Agni," which is central to Ayurvedic health practices.

3. Stress Relief and Mental Wellness

Mental health is a significant focus in Ayurveda, which recognizes the importance of balance between the mind and body for overall health. Cannabis Sativa has been traditionally used to treat conditions related to mental stress, anxiety, and depression. The calming effects of cannabinoids like CBD have been shown to support emotional well-being by interacting with

receptors in the brain that regulate mood and stress. Ayurveda suggests that Cannabis can be used to calm the mind, ease nervous tension, and promote a peaceful state of mind. In some Ayurvedic traditions, Cannabis is used in combination with other herbs, such as Ashwagandha, to create synergistic effects that promote mental clarity, relaxation, and improved sleep.

4. Skin Health and Wound Healing

Cannabis Sativa is also noted for its beneficial effects on skin health in Ayurveda. The plant's oil is rich in essential fatty acids, which nourish and hydrate the skin. Ayurvedic practitioners have historically used Cannabis oil as a topical treatment for various skin conditions, including eczema, psoriasis, and acne. The anti-inflammatory properties of Cannabis also make it effective in healing wounds, reducing swelling, and promoting faster tissue regeneration. The presence of antioxidants like Vitamin E in Cannabis Sativa further supports skin repair and reduces the signs of aging.

5. Respiratory Health

Ayurveda recognizes the importance of maintaining clear and healthy airways, and Cannabis Sativa has been used to support respiratory health. It is believed that Cannabis can help balance the Kapha dosha, which governs mucus production and respiratory functions. In Ayurvedic traditions, Cannabis is often used to treat conditions like asthma, bronchitis, and chronic coughs, as its anti-inflammatory and bronchodilatory properties help open up airways, reduce congestion, and facilitate breathing. The hemp plant's properties may also help in soothing throat irritation and reducing mucus buildup.

6. Reproductive Health

Ayurveda considers Cannabis Sativa to have therapeutic effects on reproductive health, particularly in women. The herb is thought to balance hormonal fluctuations and improve menstrual health by easing symptoms such as cramps, bloating, and irritability. Cannabis has also been used in Ayurvedic medicine to promote fertility and support a healthy pregnancy. While more scientific research is needed to confirm these uses, the historical applications of Cannabis in Ayurvedic practices suggest its potential in reproductive health management.

Conclusion

Ayurveda has a long history of praising Cannabis Sativa for its therapeutic effects, and this veneration has only grown over the years. The medicinal potential of the non-psychoactive hemp variety of Cannabis Sativa is being more acknowledged as the worldwide interest in sustainable and all-natural health and wellness solutions continues to rise. As a therapeutic herb produced from industrial hemp fiber, this research has studied the varied applications of Cannabis Sativa in Ayurveda. In the past, Ayurvedic doctors have prescribed cannabis to patients for a wide range of medical issues, including easing pain, promoting digestive health, reducing stress, and improving the condition of their skin. Scientific studies have confirmed many of Ayurveda's traditional assertions about its therapeutic effects, especially those linked to cannabinoids like cannabidiol (CBD), terpenes, and flavonoids. Also, hemp is a great resource for health, but it is also popular in textiles and construction since it is sustainable and easy on the environment. This trend reflects a larger trend toward going green. The obstacles of standardizing Cannabis Sativa for current clinical usage persist, despite the plant's potential

applications. Cannabis' medicinal benefits have long been recognized in Ayurveda, but modern science is only now beginning to uncover its molecular mechanisms and determine safe, effective doses. Additionally, cannabis's continued limited adoption in medical practice is largely attributable to legislative hurdles surrounding its use in different regions of the world. In order to close the gap between conventional wisdom and cutting-edge medical practice, further scientific investigations and clinical trials are urgently required. The potential health benefits of Cannabis Sativa can be fully investigated through ongoing study, opening the door to its incorporation into conventional healthcare systems. In order to ensure the safety, efficacy, and sustainability of healthcare practices, the review posits that combining old wisdom with modern scientific methods is the key to unlocking new therapeutic paths in Ayurvedic Cannabis Sativa. Ultimately, Ayurvedic cannabis, particularly industrial hemp, has great promise as a medicinal herb. It could play a role in future holistic health treatments by combining ancient wisdom with modern science. To guaranty its safe and successful incorporation into contemporary healthcare systems, however, additional research is required to determine its specific functions and best applications.

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