Table 1. A List of Some of the Principal Health Benefits of Cannabis (adapted from references[1-4, 10-13]). Comprehensive review at reference 13.

Disease/Disorder	Comment
Glaucoma	Lowers intraocular pressure and may inhibit disease progression in glaucoma.
Lung Disorders	Arguments prevail but some studies imply that cannabis does not affect lung function in an adverse manner and may increase lung capacity. Overall, smoking is best avoided as the primary mode of cannabis delivery, and vaping is becoming very popular.
Epilepsy	The anti-epileptic effects of cannabis are well described with a potential role for CBD and THC. These components of cannabis may be useful in refractory epilepsy e.g. Dravet Syndrome, with variable outcome.
Anti-Metastatic Effect	Tumor spread may be inhibited by CBD, which turns off the gene id-1. Other tumor-killing mechanisms may be promoted by cannabis (CBD) e.g. apoptosis, anti-angiogenesis etc.
Anxiety Relief	"A double edged" sword. May be sedative at low dosages but THC may precipitate anxiety and paranoia.
Pain Relief/ Anti-Nausea Effects	Valuable with chemotherapy-induced nausea and vomiting and some other causes of upper digestive upset.
Alzheimer's Disease	Interference with amyloid plaque formation by enzymatic inhibition.
Pain in Multiple Sclerosis	Marijuana smoking may relieve painful muscle contractions (spasms). Other causes of painful muscle contractions or myoclonus may respond.
Hepatitis C	Standard treatment of Hepatitis C causes several adverse effects. Cannabis use can result in reduction of side effects and improve patient compliance with Hepatitis C treatments. Cannabis may have an antiviral effect, but some studies suggest that cannabis may promote hepatic fibrosis (arguable).
Inflammatory Bowel Disease	THC and CBD have benefits on gut function and immune activities. Enhanced intestinal permeability (leaky gut) may be present due to endocannabinoids, which can be modulated by phytocannabinoids. Specific benefits noted in reducing Crohn's disease activity and ulcerative colitis.
Arthritis	Value described in several types of arthritis e.g. rheumatoid disease and osteoarthritis. Main effect is pain reduction with variable improvements in mobility.
Metabolic Support	Improved glucose tolerance with cannabis and weight control, despite increased calorie intake as a consequence of the munchies.
Autoimmune Disease	Reduces the autoimmune attack on tissues (immune suppression) and assists with general symptoms of pain, nausea, and loss of appetite.
Positive Effect on Creativity, but Negative Effect on Short-Term Memory	Along with loss of short-term memory, individuals may make mental associations more efficiently when not in the status of being "high."
Parkinson's Disease	Smoking marijuana relieves pain and tremors with associated improvements in sleep and fine (motor) movements (tremors).
PTSD	Post traumatic stress disorder causes fear, anxiety, and flashbacks. Improvement in symptoms, undergoing further substantiation.
Post Stroke Protection	Neuroprotective effects of cannabis are well documented in animals. Cannabis may also reduce ischemic injury to heart muscle.
Brain Trauma, Concussions, and Chronic Traumatic Encephalopathy	Rodent studies show a benefit in cerebral healing after traumatic injury. Strong recommendations made to permit low-dose cannabis use to treat or prevent concussions (or toxic or vascular brain injuries).
Sleep Disturbances	Cannabis disturbs sleep cycles by interrupting REM sleep, but serious nightmares can be abolished, e.g. in PTSD patients. Also, variably effective in stopping sleep apnea.
Alcohol Intake Reduction	Substitution of cannabis for alcohol may result in harm reduction, but it is not a cure for alcohol addiction.
Appetite Stimulation in Wasting Syndromes, Vomiting, and Adverse Effects of Chemotherapy	Marijuana and certain drugs (e.g. Marinolcan relieve nausea and vomiting with (® appetite-stimulating effects. Evidence for these effects is strong.