

Naftali, Timna et al. (2013). Cannabis Induces a Clinical Response in Patients With Crohn's Disease: A Prospective Placebo-Controlled Study. *Clinical Gastroenterology and Hepatology*, Volume 11, Issue 10, 1276 – 1280.
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Summary:

The purpose of the article was to assess if a short course of treatment with Cannabis can induce remission in individuals with Crohn's disease. A randomized controlled trial was performed using individuals who had both failed current therapy and whose Crohn's disease Activity index (CDAI) score was >200. A small sample of 21 individuals, both male and female, between 26 and 54 years old were randomly assigned to two groups; one group was given Cannabis two times per day and the other was given placebo; Researchers measured CDAI scores after treatment and found that 45% of the cannabis group and 10% of the control group achieved a CDAI score of <150, which they identified as significant remission. Although complete remission was not achieved, they found that a short course of Cannabis treatment in participants with Crohn's disease did produce significant benefits without side effects.

This study has been reviewed by Anthony Aceto, RN on 3/19/20.