

# Cultural Daily

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## Is Medical Marijuana Useful For Treating Sciatica

Our Friends · Wednesday, May 5th, 2021

Sciatica is a painful health condition caused due to problems with the sciatic nerve. Different stimuli can irritate the sciatic nerve, including a compressed nerve in the lower spine, which triggers pain. And the intensity of this pain can range from mild to excruciating levels. The pain due to sciatica usually occurs in the lower part of the body. People who are into professions that require lifting weighty objects or prolonged sitting are usually more prone to this condition.

### Treating sciatica

There are different treatment methods for sciatica, including over-the-counter medications, stretching exercises, physiotherapy, and in extreme cases, surgery. Another non-conventional way of treatment is by consuming [medical cannabis for sciatica](#). Scientists say that medical marijuana can be **highly effective in managing chronic pain** and can also be used for pain management in sciatica patients. Besides, it comes with fewer side effects than strong opioids that are often potential for causing addiction or fatalities.

Another study indicates that using medical marijuana with opioid drugs can prove effective. It has also shown reduced or controlled usage of opioid medications in managing pain. Researches have also indicated that THC, an important compound found in cannabis, is efficient in alleviating pain from sciatica. It is done by disrupting the pathways of the pain signals. If you are concerned about the high caused by THC, go for [CBD](#), another important compound present in marijuana. You will find many CBD products that can lower the inflammation, ultimately reducing the pain, without causing the 'high' effects. CBD has strong anti-inflammatory properties, and it works on the site of the pain directly, which might help in curing the pain.

### Consulting an expert

If medical marijuana is legal in your state and you are thinking about using it for sciatica, you should always do it under the supervision of an expert. The benefits of medical marijuana are undoubtedly overwhelming, but if you are a first-time user, it is advisable to follow the instructions of an expert. They would have a look at your problems and decide what would rightfully work for you.

Visiting a doctor and procuring medical marijuana involves the following steps –

- You would first be asked to fill up a form. Here you will have to write about your medical history, current medications, and concerns about using medical marijuana.

- After that, you will have a one-on-one consultation with the expert. They would try to understand the extent of sciatica you have, your preferences, etc. They will also review your medical history and conditions of your other present health issues, if any.
- Once they have a clear understanding of your problems, they will design a treatment plan exclusively for your needs. The cannabis counselor will also help to decide the correct ratio of CBD and THC for your intake.

In case you have any concerns, make sure to clarify them before you start consuming [medical marijuana](#). The regulated use of medical marijuana has shown excellent results when used on different health disorders. It can help you, also, to lead a pain-free, active life.

*Photo by [Nicole Plunkett](#) on [Unsplash](#)*

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