

Leaf
OF Life

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THE SCIENCE OF HEMP AND SLEEP: HOW IT INFLUENCES SLEEP PATTERN

If you're desperate for sleep, then you're not alone, more than fifty per cent of India's population is suffering from sleeplessness. Here is your shot at managing it Ayurvedically.



Do you have erratic sleeping patterns? Probably you have problems falling asleep. Perhaps you wake up in the middle of the night, trying vainly to get back to sleep. Or do you tend to sleep longer than is biologically necessary, resulting in too much sleep which may be har?

The truth is that irregular sleep habits may be extremely depressing, if not crippling, and getting back on track can seem like an impossible undertaking. However, finding and regaining equilibrium is feasible with the correct set of tools.

HEMP TO HELP REGAIN SLEEP

Although the effects of each dosha on sleep patterns and imbalances vary, getting a good night's sleep is crucial for everyone. Discovering our innate tendencies and separating them from our unique sensitivities to different sleep imbalances can be done with the aid of Ayurveda.

Among the many tools for attaining sleep, a super herb used potentially in Ayurveda is Vijaya or hemp, botanically called *Cannabis sativa*.

The ECS or the Endocannabinoid System is a neuronal network that exists in every cell of our bodies and controls several bodily processes, including mood, pain, sentiments, sleep, and more. Although our bodies do make some endocannabinoids, exogenous cannabinoids like hemp can help this system more productive, making hemp useful for addressing sleep disorders. Hemp also has an impact on the hypothalamus, a region of the brain that maintains our circadian rhythm, or 24-hour sleep cycles, another way it may indirectly help with sleep management.

Looking at this Hemp through an Ayurvedic eye, Vijaya has the potential to reduce vitiated Vata and Kapha and induce sleep. Its derangements in these entities are understood as the primary cause of sleep disturbances in man.

HEMP AND SLEEP: SCIENTIFIC APPROACH

Multiple research studies indicate that CBD, the second-most prevalent component in *cannabis sativa*, may indirectly help with sleep. According to studies, CBD may help people with a variety of sleep ailments, including insomnia and restless leg syndrome, as well as other conditions known to adversely affect sleep.



According to a recent study done on the efficiency of hemp in managing cognitive stability. It was found that hemp activates CBD receptors present in the central nervous system and decreases the release of neurotransmitters glutamate, gamma-aminobutyric acid (GABA), serotonin and norepinephrine and provides synaptic control of upstream neurotransmission, thereby reducing the impact of negative emotions on the body.

Another study conducted on the therapeutic efficacy of hemp concluded that CBD and CBD-containing compounds such as nabiximols were helpful in alleviating psychotic symptoms and cognitive impairment in patients with a variety of conditions, and several studies provided evidence of effectiveness in the treatment of cannabis withdrawal and moderate to severe cannabis use disorder with Grade B recommendation. There is a Grade B recommendation supporting the use of CBD for the treatment of schizophrenia, social anxiety disorder autism spectrum disorder (ASD), and attention deficit hyperactivity disorder (ADHD).

ANANTA HEMP WORKS

By far you might have understood the importance of hemp in helping you get rid of your restless nights. But from where do you get the right hemp?

This is where Ananta Hemp works, a 2020 startup comes to your rescue. Here we combine the traditional knowledge of Ayurveda with the potential qualities of hemp under AYUSH guidelines to offer our Customers the best quality hemp products.

CANNAEASE SLEEP WELL:

Here at Ananta Hemp Works, we have come up with an optimal formulation using the potential drug Hemp or Cannabis sativa to improve your constant turmoils of sleeplessness.

Cannaease Sleep Well in an Ayurvedic plant-based formulation that combines the goodness of Vijaya leaf extract and hemp seed oil with the fruitiness of strawberry extract.

Benefits:

The advantages of considering sleep well are as follows

- Improves the quality of sleep
- Optimizes sleep-wake cycle
- Reduces anxiety and stress
- Reduces anxiety-induced symptoms
- Has natural anti-inflammatory action



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