



8th of March we celebrat the International Women ´s Day!

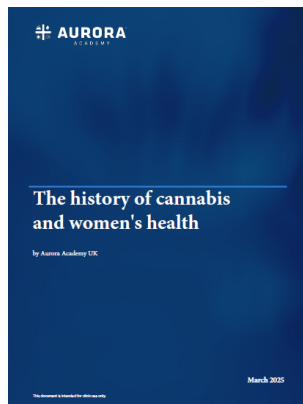


The history of cannabis and women's health.

On the occasion of the upcoming International Women's Day, we would like to take a look at the history of the medical use of cannabis in relation to women's health.

This is a fascinating story about the use of cannabis in the context of traditional medicinal practices. From its use in ancient medical systems, through to the rise in popularity of cannabis extracts in the 19th century.

Enjoy the article!



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The history of cannabis and women's health

by Aurora Academy UK

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While most people don't think of cannabis as anything other than a 'modern' trend, its use can be traced all the way back to antiquity.

Interestingly, cannabis has long been used as a folk remedy for a range of women's health conditions as well as in obstetrics and gynaecology.

Cannabis in the Ancient World

The earliest references to the use of cannabis for women's health date back to ancient Mesopotamia where women mixed cannabis with mint and saffron to create a botanical called Azallú to combat menstrual pain.

Ancient texts from China, Persia, Syria, and Israel recommended cannabis for a range of ailments affecting women, including painful cramps, bloating, abnormal bleeding, menopausal symptoms, and urinary tract infections.

In ancient Egypt, Hatshepsut, one of only a handful of female pharaohs known throughout history, paved the way for the medicinal use of cannabis. Hatshepsut herself used cannabis as a painkiller for menstrual symptoms.

Dating back to at least 1500 BC, a fragment of an ancient Egyptian medical text, the Ebers Papyrus, describes the medicinal use of cannabis by mixing it with honey to treat pain related to menstruation and childbirth. The Egyptian pharmacopoeia also documents the vaginal use of marijuana. Similarly, in ancient Europe women used a botanical consisting of cannabis and honey to relieve cramps during childbirth.

Modern clinical research on the effectiveness of cannabis for pain relief lends substance to the wide historical use of cannabis to ease labour pain.

Women of the Roman elite (c. 500-600 BC) are said to have used cannabis to relieve labour pains.

In 1992, the remains of a 14-year-old girl from the 4th century were found in a cave outside Jerusalem. Researchers, discovering that she had died in childbirth, also found ashes in her lower abdominal area containing THC. They concluded that she had inhaled cannabis to help with what was probably a difficult birth.

Cannabis in the Middle Ages

In the Middle Ages, cannabis was used in monastic medicine. Monks and nuns had interpretive authority over all aspects of medical science. As there was almost no research, this period could be considered as very conservative.

The first references to the use of cannabis can be found in the writings of Hildegard of Bingen (1098-1179). The Benedictine nun and expert in herbal medicine mentions hemp for the treatment of various diseases, such as ulcers and wounds, rheumatic and bronchial diseases, and stomach problems with nausea. In addition, hemp was used as an opium substitute in the Middle Ages..

Modern Era

Throughout the 19th century, Western medicine described the use of oral cannabis extracts and tinctures to treat uterine haemorrhage, menstrual bleeding, painful menstruation, and gonorrhoea, as well as to increase labour contractions.

In the 19th century, Queen Victoria used cannabis in the form of a liquid tincture to relieve menstrual cramps. Years later, in the mid-19th century, Victorian doctors even promoted the use of cannabis tinctures to relieve menstrual pain.

The role of medical marijuana in women's health has a long history. Although medical researchers are still assessing its full range of benefits, historical records indicate that our ancestors used cannabis to treat a range of women's conditions. Ancient peoples used all parts of the plant, including the flowers, roots, and seeds. Throughout history, many important figures from Emperor Shen Nung to the Greek physician Galen have extolled the medicinal potential of cannabis.

References

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