

Cannabis compound reduces seizures

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Credit: Vanderbilt University

About one third of patients treated for epilepsy continue to have seizures. Cannabidiol (CBD), one of the many active compounds in the cannabis (marijuana) plant, has gained attention as a treatment for epilepsy. Purified CBD is being tested, but artisanal formulations of CBD (oils) are already available and being used by patients.

To evaluate the efficacy of artisanal CBD for patients with [epilepsy](#), Robert Carson, MD, PhD, and colleagues performed a [retrospective study](#) of [medical records](#) obtained from Vanderbilt's BioVU resource.

They found that among 108 pediatric patients with epilepsy, 39 percent who added CBD oil to their treatments experienced a 50 percent reduction in seizures, 10 percent became seizure-free, and 22 percent were able to decrease doses of other anti-seizure medications.

The findings, reported in *Epilepsy & Behavior*, support the efficacy of CBD oil for seizure reduction with few side effects. The authors suggest caution for patients who use unregulated natural products, such as artisanal CBD, and advise clinicians who treat epilepsy to actively inquire about CBD use.

More information: Giulia S. Porcari et al. Efficacy of artisanal preparations of cannabidiol for the treatment of epilepsy: Practical experiences in a tertiary medical center, *Epilepsy & Behavior* (2018). [DOI: 10.1016/j.yebeh.2018.01.026](https://doi.org/10.1016/j.yebeh.2018.01.026)

Provided by Vanderbilt University

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