

Medical Marijuana Glossary



Many people may have experience with marijuana and know all the lingo. But for others, medical marijuana will be their first exposure to this world of phrases, varieties, and dosing methods.

It can be confusing, especially if you don't have anyone to guide you or you don't feel comfortable discussing the use of cannabis for treatment with others.

We have prepared this glossary to help you make sense of the common words and phrases you're likely to hear. It's a great way to start getting a better understanding of medical cannabis. As always, you can add even more knowledge by visiting a Sira Naturals dispensary location and speaking with one of our expert product specialists.



Cannabinoids

The active compounds derived from cannabis. More specifically, phytocannabinoids are the compounds found in plants, while the human body naturally produces endocannabinoids occur naturally in the human body, while phytocannabinoids are the compounds in plants such as cannabis. Cannabinoids provide relief from symptoms and can produce the "high" commonly associated with cannabis.

Cannabis

A type of flowering plant, also known as hemp. Its flowers are used for medicinal and recreational purposes because of the psychoactive compounds they contain.

CBD

Cannabidiol, or CBD, is one of the major active chemical compounds in cannabis. There is no "high" produced by CBD.

Concentrates

Concentrates have high levels of THC and are made by harvesting the trichomes from the plant and extracting the terpenes from the resin.

Edibles

Foods infused with cannabis which can provide an alternative dosing method to smoking or vaporizing. Because edibles must be digested, the effects of the cannabinoids occur more slowly than other dosing methods, but are much stronger. Careful dosing when is strongly advised when consuming edibles.

Endocannabinoids

Chemical compounds produced by the human body which bind with receptor cells in the brain to produce certain effects on both behavior and perception.

Flowers

In terms of medical cannabis, flowers refer to the large buds of the female plants, which contain no seeds and high concentrations of cannabinoids.

High

Refers to the psychoactive effects of THC, the most well-known cannabinoid. The commonly-reported sensations vary from increased stimulation and focus to intoxication similar to the effects of alcohol.

High CBD

Refers to strains of cannabis with cannabidiol (CBD) levels above 4%. High CBD strains typically provide relief without the psychoactive (“high”) effects of strains with higher THC levels.

Hybrid

Cannabis strains bred to have characteristics that fall between those commonly associated with Sativa or Indica.

Indica

Cannabis Indica, a strain of cannabis with smaller, bushier plants and thicker, shorter leaves versus *Cannabis Sativa*.

Infusions

A method of adding the active compounds from cannabis into other edible products for consumption. Cannabinoids are fat-soluble and can be added to cooking oils, baked goods, and chocolates.

Inhaling

The most common method of cannabis consumption. Similar to smoking a cigarette, but with inhalations held in the lungs longer so the body can absorb the active compounds more readily. Smoke-free methods of inhalation are also popular, including vaporization.

Phytocannabinoid

The psychoactive compounds, found in cannabis plants, which mimic similar chemicals naturally produced by the human body.

Psychoactive

A compound, such as THC, which produces a “high.”

Sativa

Cannabis Sativa, a strain of cannabis with taller plants and thinner, longer leaves than *Cannabis Indica*.

Shatter

Also known as wax, budder, and other nicknames - all refer to cannabis extracts with high cannabinoid concentrations. Usually consumed by vaporization.

Strain

Refers to well-known particular cannabis variants, such as Sour Kush, Rocklock, Lemon Skunk, etc. There are many different strains, all with different characteristics, effects, and benefits.

Sublingual

A method of consuming cannabis oil. Drops are placed under the tongue where the tissues quickly absorb the oil, producing effects quickly.

Terpenes

The hydrocarbon compounds accountable for the hundreds of nuances of flavor, smell, and medicinal benefits between strains.

THC

The best-known cannabinoid, tetrahydrocannabinol. THC is primarily responsible for the psychoactive effects (“high”) associated with cannabis.

Titrate

A dosing method of slowly and carefully increasing the amount of medicine consumed until the desired effect is achieved. Titration is the best way to start out with edibles because of the delayed onset of results, and can help patients avoid consuming more than is necessary for relief.

Topical

A substance applied to the skin rather than ingested. Topical cannabis consumption is a relatively new dosing method using balms, lotions, or oils that have been infused with cannabis. Topical cannabis products are not psychoactive, thus they provide relief without any “high.”

Transdermal

Refers to both the way cannabis-infused topicals are absorbed through the skin to provide relief as well as products such as patches similar to nicotine smoking-cessation aids.

Trichome

Tiny, crystalized glands of resinous oil on mature cannabis plants which contain the majority of cannabinoids. Their appearance is not unlike a “sugary” or “frosty” coating atop the cannabis plant’s major surfaces, but mostly on the buds.

Vaporizer

A device which heats either cannabis oil or dried cannabis in order to generate a vapor for inhalation. Cannabinoids are released from the plant material or liquid without combustion.

Vaporizing

A dosing method in which the user inhales from a vaporizer instead of smoking the cannabis. Provides the fast uptake of cannabinoids without the potentially-harmful components of smoke.

