



# ANANDA

## DEVELOPMENTS

***Ananda's ambition is to be a leading UK grower and provider of consistent, high quality, carbon zero medical cannabis to UK patients.***

### STRAIN STABILISATION

Ananda is working to create stable strains of cannabis by self-crossing over five generations.

Self-crossing has not been used widely in cannabis to date, but Ananda's research programme has shown that self-pollination of cannabis plants can be successfully achieved.

### PATIENT FOCUS

The UK patient experience is central to our ambition.

We have been working closely with patients and prescribers to interrogate the existing medical cannabis framework and find ways to address existing issues and concerns.

### SHARING EVIDENCE

As part of our commitment to the science of medical cannabis we stay abreast of global research.

As part of our commitment to clinicians, patients and interested parties we make our findings available to all.

### UK CULTIVATION

Ananda has chosen to cultivate during the natural growing season, to optimise the cannabinoid and terpene profile of the plants, whilst minimising energy use.

Initial field trials have confirmed that, with minimal intervention, our natural season cultivation conditions in the East Midlands provide an excellent environment for growing medical cannabis.



## A SNAPSHOT OF ARTICLES WE PROVIDE FOR YOU:

### **CANNABIDIOL IS EFFECTIVE FOR TREATMENT-RESISTANT ANXIETY DISORDERS IN YOUNG POPULATIONS.**

In the UK, over 8 million people experience anxiety at any time and 6 in 100 people are diagnosed with generalised anxiety disorder weekly. Several treatments, such as psychological therapies can ease these symptoms.

However, a significant proportion of patients do not respond to these treatments, this response is known as treatment-resistance and is prevalent across multiple mental health conditions.

Young individuals between the ages of 12 and 25 years suffering from treatment-resistant anxiety participated in an open-labelled study. They were given up to 800 mg/day of CBD for 12 weeks in addition to their regular medications and therapies. Anxiety severity was measured using the Overall Anxiety Severity and Impairment Scale (OASIS).

The average OASIS scores were reduced by 42.6% from baseline to week 12.

### **CBD FOR ANXIETY**



### **CBD FOR FIBROMYALGIA**



### **STUDY SHOWS A CBD-BASED BROAD-SPECTRUM CANNABIS OIL WITH MINIMAL THC LEVELS IMPROVES FIBROMYALGIA SYMPTOMS.**

The present study demonstrated that oral, intraplantar (injected into the paw), spinal and cerebroventricular (inside the brain) administration of broad-spectrum cannabis oil (CBD:THC proportion of 11:1, total cannabinoids of 40.2%) reduced mechanical and thermal allodynia (abnormal and exaggerated response to mechanical stimuli and heat, respectively) and depressive-like behaviour in a fibromyalgia mice model.

### **WANT TO LEARN MORE ABOUT MEDICAL CANNABIS?**

Simply scan the QR code and enter your details at [anandadevelopments.com](http://anandadevelopments.com) to receive the latest research in medical cannabis and Updates which highlight our progress to growing medical cannabis in the UK. join our community and stay updated.



*We welcome all feedback (please email Lorena at [lrc@anandadevelopments.com](mailto:lrc@anandadevelopments.com)) including suggestions for research you think we should review.*

*We also invite you to send this roundup to anyone who might be interested.*