

ANANDA DEVELOPMENTS PLC

Ananda's ambition is to be a leading provider of high-quality cannabinoid medicines for the treatment of complex, chronic inflammatory pain conditions in the UK and for international markets.

Medical Cannabis Research Roundup

Issue Twenty

Summary:

This month we have seen papers on anti-tumour mechanisms of CBD - including a list of 27 target cells and cytokines - more efficacy in epilepsy, beneficial effects of CBD for dementia sufferers, and interesting articles on the role of the endocannabinoid system (ECS) in axon regeneration and its involvement in the gut microbiome axis!

Most of this is either basic science, as get to better understand some of the mechanisms of the ECS and the activity of phytocannabinoids both within and without the basic ECS, or evidence from observational trials - most calling for more randomised controlled trials.

Two that we thought particularly interesting are summarised below - the benefits of a low dose CBD regime on dementia sufferers and a positive paper on medical cannabis in the UK for fibromyalgia - showing the increase in quality of life over a 12-month period.

CBD can be beneficial for behavioural symptoms of dementia.

One of the main problems in caring for dementia patients is their level of behavioural disturbance, which causes distress and fatigue for carers and family and leads to early institutionalisation for the patients.

A study in Greece demonstrated that a small dose of CBD oil sublingually - up to 10mg/day via a 3% CBD oil - had a significant effect on the level of behavioural disturbance.

Scores of Neuropsychiatric Inventory which measures 12 areas of behavioural and psychological symptoms of dementia (BPSD) - agitation, aberrant motor behaviour, anxiety, elation, irritability, depression, apathy, disinhibition, delusions, hallucinations, sleep, and appetite changes - went from an average of 60 to 15 over the six-month period of the trial.

60 indicates a very high level of behavioural disturbance while 15 is a low to moderate of behavioural disturbance.

The MMSE scores which measures cognitive function did not change - unsurprising, as these levels indicate neuronal death.

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The Effect of Cannabidiol 3% on Neuropsychiatric Symptoms in Dementia - Six-Month Follow-Up

<https://www.tandfonline.com/doi/full/10.1080/07317115.2023.2209563>



Treatment with cannabis-based medicinal products (CBMPs) improves quality of life scores significantly for Fibromyalgia.

An analysis of the clinical outcomes for patients taking medical cannabis (found on the UK Medical Cannabis Registry) shows improvements in fibromyalgia symptoms as well as those for sleep, anxiety and health-related quality of life.

All five domains of the EQ-5D-5L showed statistically significant improvement in 1-, 3-, and 6-month follow-ups.

The study stated that there is good cause for randomised controlled trials to be undertaken to better evidence the efficacy and safety of CBMPs.

Assessment of clinical outcomes in patients with fibromyalgia: Analysis from the UK Medical Cannabis Registry

<https://pubmed.ncbi.nlm.nih.gov/37199833/>



The Directors of the Company accept responsibility for the contents of this announcement.

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About Ananda Developments

Ananda is an AQSE-listed medical cannabis company with UK-based operations to grow and provide carbon zero, consistent, cannabinoid medicines for the UK and international markets.

For more information, please visit: <https://anandadevelopments.com/>