

Is CBD from hemp an adaptogen?

CBD - cannabidiol is not new on the herbal market and has a sudden surge in its popularity. CBD may be the hottest ingredient in the market place at the present time.

CBD has been studied but the science is open ended at this point. Though there are many reported benefits related to the proper use of CBD oils, **we cannot classify CBD as an adaptogen.**

Keep in mind that which qualifies something to be named an adaptogen:

1. Adaptogens must be safe at any level of use that is non-toxic to the recipient.
2. Adaptogens will have a non-specific response on the organism.
3. Adaptogens has a normalizing influence on physiology, irrespective of the direction of change from the physiological norms caused by the stressor.

There is yet far too much unknown about the long-term use of CBD oils. Dr. Israel Brekhman, the Father of Adaptogens, suggested that hemp extracts, while valuable for specific purpose, also contribute to what he called “dependolic behavior” patterns. That is, while not addictive per se, hemp extract and marijuana can create a dependency that could lead to addictive behavior causing the user to seek products that exceed that which the hemp extract alone can provide.

Another example of products that can cause addictive behavior or that are “dependolics” as Brekhman called them, are white sugar and products high in simple sugars.

Sorry if this answer is not what you wanted to hear however, we would not be faithful to Brekhman’s definition were we to classify hemp extract as adaptogenic.

[Michael Dowling, who composed this article, spent many hours with Dr. Brekhman in his home in Vladivostok, Russia and in his library, a room he called his “Thinkalorium”, where over the course of nearly three years, thoughts, concepts and many informative discussions were had about adaptogens and human health.]