

THC vs CBD: The Difference Explained

While both TCH (Tetrahydrocannabinol) and CBD (Cannabidiol) come from the cannabis plant, the misinformation surrounding the plant's drug-like effects has led to the belief that any product related to cannabis is negative and potentially harmful. However, a closer look at the [biological structure and chemical composition of the cannabis plant](#) itself reveals significant differences between its TCH and CBD compounds. These differences mean that both TCH and CBD have widely different usages, properties, effects, and benefits.

Cannabinoids and Cannabis - What's the relationship?

Before going into depth about the differences between CBD and THC, it's important to grasp an overview of the cannabis plant structure itself. The cannabis plant produces 483 known compounds, the most prominent (and sought-after) of which are THC and CBD. The two primary classifications of the cannabis plant family are Cannabis Indica and Cannabis Sativa.

A cannabinoid is a class of chemical compounds, that attach and respond to cannabinoid receptors within your body. There are two types of receptors in our bodies, type 1 and type 2, which determine the effect which will be produced once a certain cannabinoid attaches to them. In fact, our bodies produce their own cannabinoids as well, which promote a variety of healthy functionalities.

In the context of Cannabis, cannabinoids refer to the different compounds which form the Cannabis plant's chemical composition, found in the Cannabis Sativa plant. THC and CBD are two of 67 cannabinoids derived from the cannabis plant. The CBD compound of the plant has non-psychoactive properties, in comparison to TCH, which produces the "high-like" effect for which cannabis is generally known.

[Hemp and Marijuana are both species of cannabis, and fall under the Sativa tree.](#)

However, they each contain different amounts of THC and CBD, which accounts for the difference in the after-effect produced when consumed. Hemp is a CBD product, while Marijuana has strong THC properties.

Cannabinoids are the different compounds which make up the Cannabis plant and form part of its chemical composition. THC and CBD are two of 67 Cannabinoids compounds found in Cannabis.

THC vs CBD - Properties, Benefits, Usages

CBD

CBD is generally the [second-most abundant cannabinoid](#) found in the cannabis plant, after its THC counterpart. It represents a non-psychoactive strain. CBD products, such as CBD oil and hemp, do not produce a “stoned,” “high,” or “drug-like” effect when consumed.

For decades, only TCH products were available in North America and worldwide. [CBD is now a legal substance available to medical users](#), and is also patented by the U.S. government as a neuroprotectant and antioxidant. However, its close association with the term “cannabis” has given the resulting products a negative connotation, even though they have none of the same properties or effects as Marijuana, for example - which as we have mentioned, also comes from the Cannabis plant.

CBD is used for medicinal and health purposes, and has become a valid option for individuals seeking relief from conditions such as inflammation, pain, anxiety, seizures, mental health issues, spasms, among other chronic conditions. As it does not produce feelings of dysphoria, it is a safe option for those wishing to avoid any relation to drug or weed use. CBD’s potential in treating various illnesses has been [supported by much scientific and clinical research](#), which has been sponsored on many occasions by the US government itself.

Unlike the euphoric high associated with THC strains, [CBD substances promote clarity of mind and induce clear-headed, functional effects](#). This is a result of cannabinoids which act on the cannabinoid receptors present throughout the human body, which also accounts for their pain-relieving and anti-inflammatory properties. Overall, this regulates the body’s central nervous system and boosts the immune system.

Hemp is a well-known example of a high-CBD Cannabis strain, and contains only 0.3% psychoactive content, as opposed to the 10% which makes up THC strains. However,

hemp is a less efficient source of CBD compared to CBD oil, for example, as it lacks the beneficial chemical diversity of cannabis-derived CBD products. This is why it is often used for products such as clothing, food, and beauty.

There are various ways to consume CBD, in the same way you would consume a THC strain, whether using a vaporizer, smoking it, eating an infused edible, swallowing a capsule, or by sublingual application as a lotion or tincture.

THC

THC is the psychoactive cannabinoid, found in euphoria-inducing substances such as Marijuana. It is banned throughout most of the United States, with the exception of several states where recreational and medical use of Marijuana has been legalized (Alaska, California, Colorado, Washington, Maine, Massachusetts, Nevada, Oregon, Vermont, and District of Columbia). Laws otherwise restrict the THC content of a substance, ranging from 0.2% to 0.3%.

In terms of medical use, THC has been known to relieve nausea, appetite loss, insomnia, and many of the conditions treatable by CBD. However, whether recreational or medical, THC may have unpleasant side-effects such as anxiety, paranoia, and dizziness, though this is often offset when mixed with CBD strains.

THC is generally smoked, ingested, inhaled, or vaporized. It induces a “high” effect because it attaches to different receptors in your body than CBD cannabinoids. It is Cannabis’ most desired compound, and users look for high THC percentages when determining the quality of the plant.

Research has shown that THC intoxication affects the prefrontal cortex of the brain, where decision-making and attention skills take place. This accounts for the possible change in behavior, perspective, and mood of an individual under the influence of THC, especially for recreational purposes. The strain also activates the brain's reward pathway, which is [why users experience euphoric and pleasant sensations](#) when consuming THC rich substances like Marijuana.

Some patients and users report that a mixture and balance of the two strains offers optimal symptom relief, or that it provides a more enjoyable experience. Research continues to be carried out into the intricacies and complex make up of the Cannabis

plant, although experts have already gained enormous insights into the effects of its multiple chemical compounds on the human body. It is important to communicate the correct information when it comes to distinguishing between THC and CBD, and although the use of cannabis still carries a shadow when raised in everyday conversation, it is becoming more mainstream in society, as both strains have proven to produce immense benefits when administered correctly.