Appetite-stimulating effect of cannabis

The appetite-stimulating effect of cannabis is well documented (particularly in AIDS patients suffering from cachexia) and have been. Furthermore, results from a recent study revealed that cannabinoids, such as THC, are able to stimulate a set of neurons (known as POMCs) involved in feelings of well-being, determining the release of hormones called beta-endorphins, with the effect of stimulating appetite and promote cravings [4]. On the contrary, cannabidiol (CBD) [5] and some terpenes such as Humulene has also been shown to act as appetite-suppressant.

Based on these considerations, sativa strains with high THC/CBG levels may be effective appetite-stimulators, while indica strains with high CBD content should be avoided, as well as an earthy scent, suggestive of high levels of Humulene.

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List of cannabis active compounds with appetite-stimulating properties

Active compound	Typology	Peculiarity	Structure
Delta-9-Tetrahydrocannabinol (THC)	CANNABINOID	Primary active ingredient responsible for the intoxicating and medical effects attributed to cannabis. A cannabinoid profile dominated by high THC levels (>0.3%) is typical of Sativa-dominant strains.	
Cannabigerol (CBC)	CANNABINOID	non-psychoactive component of Cannabis with medical properties.