



## Effects and Approach Of Cannabidiol In Cannabis Associated In The Cure Of Parkinson's Disease

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### Abstract

Parkinson's disease (PD) is a degenerative disorder characterized by dopaminergic neuron loss. While dopaminergic medication has been shown to improve some non-motor symptoms of Parkinson's disease, many non-motor symptoms have not improved and, in some cases, have worsened, with significant consequences for patient quality of life. Although there are no neuroprotective therapies for PD, the endocannabinoid system has emerged as a prospective target. The endocannabinoid system regulates various physiological mechanisms and has been discovered to be dysfunctional in a variety of pathological illnesses, including movement disorders. They modulate other neurotransmitters (GABA, glutamate, opioids, peptides) and activate distinct receptor subtypes in the basal ganglia (cannabinoid receptor type 1 and 2). Cannabidiol (CBD) has generated interest as a possible therapeutic option for Parkinson's disease (PD) due to the identification of many putative sites of action in the central nervous system (CNS). Although new cannabinoid-based medications have been offered to treat motor and nonmotor symptoms of Parkinson's disease, clinical trial results have been inconsistent and inconclusive thus far. Additional clinical trials with larger patient samples, proper biological targets, and precise clinical outcome metrics are necessary to elucidate the efficacy of cannabinoid-based treatments.

**Keywords:** Cannabidiol, Cannabis sativa, endocannabinoid system, Parkinson's disease

### Introduction

Parkinson's disease (PD) is a disorder that is found secondly abundant after Alzheimer's disease (1, 2). There exists some apparent symptoms such as rigidity, bradykinesia, resting tremor along with postural instability (3). Levodopa is considered as a dopamine precursor that is used as a primary treatment against PD (4). However, the continuous usage of this medicine can contribute to the deterioration of drug efficiency and could further cause motor complications (4, 5). With the interest of novel treatment aiming at the non-dopaminergic systems such as endocannabinoid system (ECS) (6, 7). Cannabinoids can be categorized into three main types: endogenous, plant-derived phytocannabinoids and synthetic types (8, 9). This review aims to

explore the efficacy of cannabinoids for motor symptoms in PD as well as the safety of CBD.

### Cannabidiol

*Cannabis sativa* belongs to the Cannabaceae family, taxonomically. There are three varieties of Cannabis Sativa consisting of *sativa*, *indica* and *ruderalis* (10, 11). The active agents which are found in *C. sativa* are phytocannabinoids (12). Phytocannabinoids mostly consist of  $\Delta^9$ -tetrahydrocannabinol or THC has psychoactive effects pharmacologically (13, 14). In addition, cannabidiol or CBD is the second abundantly found compound with the psychoactive or non-psychoactive pharmacological effects (8, 10). Both THC including CBD are exhibited in carboxylic acid structures that are decarboxylated into their original form (15, 16). Surprisingly, both of the

compounds have shown the effects of inflammation and anxiety (17, 18). Furthermore, both THC and CBD can act as both neuroprotective agents and antioxidants (19). The strategic usage has reported that both are involved in cancer pain and neuropathic pain in multiple sclerosis (MS) remedies (20-22). Further examinations on CBD have shown that there is an involvement to, the regulation of the endocannabinoid system or ECS, a complex lipid network consisting of cannabinoid receptors (CBRs), endogenous ligands, and the enzymes involved in endocannabinoid degradation and synthesis. Endocannabinoids are originated and produced in the body helping to regulate memory, pleasure, concentration which they acted on CB1 and CB2 receptors (17, 23).

### **Parkinson's disease**

Parkinson's disease (PD) is attributable to the deterioration of dopaminergic neurons in the substantia nigra resulting in an uncontrolled over voluntary movements, the symptoms are rigidity, tremor and bradykinesia (24). The additional non-motor symptoms include psychosis, anxiety and depression (25). Although, while the etiology is unknown, both environmental and genetic factors are suspected contributions (26). A biosynthetic precursor to dopamine is Levodopa (27, 28). Levodopa is used in the patient's dopamine receptors, but the results have shown the effectiveness only in the early and intermediate stages (5, 29). Consequently, causing irreversibility in the following stages (30). Thus, Levodopa could mitigate the Parkinson's disease symptoms but does not prevent the progression (31). A neuromodulatory effect is enhanced by the activation of presynaptic CB1 receptors in the corticostriatal pathway both indirect and direct BG pathways through retrograde eCB signaling (28, 31, 32). This is valid in these motor-controlling brain structures (28). This particular action is crucial for the excitatory and glutamatergic neurons which have the role to transmit the information from the CPU to the output nuclei are inhibitory and GABAergic in nature (33). Dopamine is linked to cannabinoid action intimately (34). The CB1 receptor do not expressed in the dopaminergic neurons of the nigrostriatal pathway at the equal levels as the dopaminergic neurons of subpopulations of neurons (33, 34). For example, the mesostriatal pathway and the cortico-limbic system which has

been hypothesized that the CB1 is the primary receptor which contributes to the synaptic activity of the neurons (6). On the contrary, the dopaminergic neurons of the ventral tegmental area had been detected with CB2 receptors (35). CB2 expressions in the nigrostriatal pathway have been illustrated in the human brains (36). Furthermore, CB2 is involved with pathological disorders. CB2 plays a significant role in modulating psychomotor behaviors, depression and anxiety as well as the rewarding effects of alcohol and cocaine which is shown by the explicit deletion of CB2 from the dopaminergic neurons in DAT-Cnr2 conditional knockout (cKO) mice (35-37). In addition, human genome-wide association studies have found the link between the Cnr2 gene and Parkinson's disease and substance abuse disorders. Therefore, the regulation of dopaminergic neurons by the CB2 receptor and the GABAergic neurons of the striatum, GPi and SNpr by the CB1 receptor may be important for the neuroprotective and neuromodulatory cannabinoid therapy with the CBD (38, 39).

### **Advantages of cannabis in PD**

Marijuana usage in the medical field has illustrated that the marijuana can mitigate motor and non-motor symptoms such as bradykinesia, rigidity, tremor, sleep and pain (40, 41). The beneficial effects contributing to cannabis was shown in a study consisting of 85 individuals (41). The majority consumed a half-teaspoon of cannabis leaves additionally to their prescribed Parkinson's disease pharmacotherapy (41, 42). Relatively 46% of this particular group of individuals have reported a relief from PD symptoms, occurring on average 1.7 months after the first usage of cannabis (41). This implies that chronic cannabis use is important for improved symptoms (41). Bradykinesia is the most relieved symptom among cannabis users, followed by muscle rigidity and tremor. Fourteen per cent of the patients have reported that cannabis enhanced their levodopa-induced dyskinesia (41). In addition, the increased urine levels (greater than 50 ng/ml) of a THC metabolite in the individuals who have the relation cannabis usage over a period of time resulted in an apparent improvement in bradykinesia and rigidity (43).

THC has been demonstrated to enhance activities and hand-eye coordination in the animal of Parkinson's

disease (41). In a clinical study consisting of 22 patients who suffered from Parkinson's disease with the cannabis smoking activity which has motor symptoms such as bradykinesia, resting tremor, rigidity (44). The results showed that the posture has improved in the motor symptoms as well as non-motor symptoms such as sleep and pain. Furthermore, the results have also shown improvement in the individuals with PD rapid eye movement (REM) sleep behavior disorder (45, 46). Nabilone can be defined as a synthetic cannabinoid receptor that reduces dyskinesia and aids the levodopa action by 76% (41, 47). Contrasting to the CB1 antagonist rimonabant, which shows no improvement on motor symptoms in patients who are affected with Parkinson's disease (48, 49). The "calming effect" has been reported in cannabis with an association to tremors and dyskinesia by individuals who are diagnosed with PD (41). Another study has shown that there is 30% improvement in dyskinesia without deteriorating the symptoms in the patients with PD. Furthermore, with the CBD, there is a removal causing dystonia (41). A study has performed cannabis use and compared with non-cannabis users in the individuals with PD and multiple sclerosis (50). The ones who use cannabis exhibit a substantially lower level of disability than non-users (32). Additionally, cannabis enhances memory, mood and fatigue (51). Relatively around 85% of patients have evaluated the high effectiveness (52).

Depression is a well-known symptom in PD with a popularity up to 50% when not diagnosed and treated (53). Endocannabinoids are considered to have an association in mood and behavior regulation which their deficiency has linked to depression (54). In epidemiological studies, it is illustrated that cannabis users who use cannabis as a daily or weekly basis will tend to exhibit a better mood when compared to the non-users (55). However, it is unclear whether the symptoms associated with depression arise from cannabis or other factors (20, 56). Consequently, cannabis usage is proven to be possible helping the treatment of depressive symptoms in PD patients (57). In addition, cannabis has demonstrated to improve sleep with a clinical trial which involves 2000 patients facing several pain disorders (36, 58). Research suggests that cannabis may alleviate spasticity and pain which is involved in Parkinson's

disease and multiple sclerosis (MS) and may further have neuroprotective effects. PD patients survey, conducted in Colorado which showed the consistent results with previous reports of cannabis lessening the non-motor symptoms (40). Furthermore, cannabis improves the motor and non-motor functions which constitute the neuroprotective properties, helping in the treatment of PD and postpone its progression (4). Therefore, cannabis can be used as an alternative or adjunct therapy with PD adults so as to enhance patients' life quality (44, 57, 59).

### **Disadvantages of cannabis in PD**

Cannabis can deteriorate cognitive abilities, however, temporarily and fade away when the drug is not given (50). Marijuana is known for the deterioration of memory for working and enhance depression effects (60). In contrast to a particular study in which individuals with Parkinson's disease who consumed marijuana have reported that there is an improvement in memory and mood (60). This is because the individuals with mood problems or memory are holding back from the drug with the worsening symptoms considered (20, 60). Weight gain is another possible effect, which is believed to be the increments of caloric intake (61, 62). Even though the usage of marijuana is contributed to obesity in adolescence which studies of adults have discovered that cannabis users exhibit a lower prevalence in obesity than others (41). A survey of adults associating with Parkinson's disease and multiple sclerosis has discovered that marijuana users is not associated with high risk of obesity (41). There is a suggestion that an acute usage of marijuana can convince a transient motivational state which is associated with non-users (41, 47). However, there is detection for those who has the regular usage of marijuana (41). Additionally, there is a detrimental effect on motor skills associated with marijuana (41). On the contrary, a recent investigation PD and multiple sclerosis patients has illustrate that the equivalent amount of time performing physical activity and sitting for both users and non-users (22, 46).

### **CBD as an adjuvant for PD**

Several studies have shown that genetic and idiopathic factors might have an association to the neurodegeneration which is seen in PD (63). However, an etiology of this particular disease is still

unknown. Multitude of studies have linked PD's idiopathic factors (such as ageing and environmental factors like heavy metals, pesticides, head trauma, and viral infections) to idiopathic factors (16, 63). Both oxidative and neuroinflammation are closely linked to both genetic factors and idiopathic factors that is in Parkinson's disease (64). SNpc's dopaminergic neurons are likely to have oxidative damage due to its low levels of antioxidant enzymes such as glutathione peroxidase and high levels of pro-oxidants, for instance, free iron and neuromelanin (16). The SNpc's oxidative properties encourages an increment in reactive oxygen species (ROS) (65, 66). This inhibits the mitochondrial electron transport chain, boost glutamate levels, stimulating NMDA receptors and induce excitotoxicity and neuronal death (67). Neuroprotective therapeutic strategies for PD is to alleviate the cytotoxic effects of oxidative stress, specifically lipid peroxidation, protein nitration and DNA oxidation is considered to be one of its aim (68). Regarding the neuronal population, glial cells (both astrocytes and microglia) can be viewed as a material to develop PD (69). Microglia and astrocytes guide neurons with dopaminergic injury in neuroinflammation which is characterized by the reactive microglia and the presence of astrocytes (70). Robust chemotaxis, phagocytosis and cytokine production and a release in the form of resident innate immune cells can be induced by the microglia. Recent research has classified microglia cells as M1(pro-inflammatory) or M2 (anti-inflammatory) phenotypically. Microglia encourages the survival of neurons via secreting glial cell line-derived neurotrophic factor (GDNF) (71, 72). Furthermore, they contribute to the tissue repair and degeneration of genes (1, 63). In contrast, microglia advanced the neurodegeneration of the nigrostriatal pathway in the M1 state (16, 73). The increased levels and production of ROS levels in a pro-inflammatory state constitute microglia (70). This results in IL-1, IL-6, TNF, chemokines, NO and O<sub>2</sub> (74, 75). The signaling pathways are activated via pro-inflammatory cytokines which leads to an increment in the engaging of microglia which in turn results in the death of dopaminergic cells (70).

### Safety and adverse effects of CBD

One compelling consideration regarding the safety of CBD as a therapeutic strategy (65). In various preclinical and clinical studies, CBD has been

demonstrated that there is no affect in metabolic and physiological parameters (40, 76). For instance, glycemia, prolactin levels, blood pressure, or heart rate (47). Moreover, CBD have no consequences in hematocrit, leukocyte, erythrocyte counts or bilirubin or creatine levels in normal human. Osmolarity, pH, albumin, leukocyte, or erythrocyte amount does not shown in urine with contribution of CBD (70, 77). Furthermore, in vitro research has shown that CBD has no affect embryonic development or the viability of non-tumour cell lines (78). The majority that reported the side effects of CBD are usually fatigue, diarrhea and appetite alteration. CBD is not analogous to toxin (79). CBD does not promote catalepsy which is exhibited in rodents. It is illustrated to alleviate some cataleptic agents, as discussed previously (80). On the contrary, CBD does not generate extrapyramidal effects in humans (80, 81). It is mandatory to assess the potential motor and cognitive side effects of CBD within the context of movement disorders with concurrent cognitive symptoms, for instance as those discussed here (49, 82).

Taking cognitive consequences into consideration, studies have indicated that CBD does not deteriorate and in certain cases, there is a potential for improvement. In various animal studies, including the mice that received MK-801 (a protocol used to excite schizophrenia) and rats that received iron overload in the neonatal period, transgenic mice with Alzheimer's disease and the mice that were given cerebral malaria (83). The study demonstrated that CBD can reverse the recognition of the loss of novel objects in preclinical animals (47, 82). Furthermore, CBD reconstructs the deficits in the Morris water maze, a particular task where spatial learning is assessed, in the rodent models of Alzheimer disease, brain ischemia and cerebral malaria (47). In addition, CBD does not impair cognitive performance in animals and does not promote withdrawal following prolonged treatment (47). Accordingly, in the latest clinical trial assessing CBD as adjunctive therapy for schizophrenia, the group with CBD involvement shows significant cognitive improvement (measured by Brief Assessment of cognition in Schizophrenia) for this group than the placebo group (47). In contrast, the difference was not statistically significant (47). Furthermore, CBD improves



cannabis users' ability in facial emotion recognition (47, 82).

It is vital to know that CBD is not beneficial in some certain circumstances which is apparent seen in multiple sclerosis and HD clinical studies (76). In contrast, therapeutic effects are observed when there are combinations of  $\Delta$ 9-THC and CBD and assessing possible adverse effects of this combination (56). Several reports point out that  $\Delta$ 9-THC had negative effects on the cognition of human, mainly memory and emotional processing (76, 84). However, research indicates that CBD can alleviate the effects of  $\Delta$ 9-THC in rodents and monkeys in cognitiveness (84). The clinical evidence point out that CBD does not provoke the effects related to cognitive of  $\Delta$ 9-THC and depends on the dose which defends against the cognitive effects (84). Nevertheless, this protective effect depends on the dose and depends on the interval between CBD and the consumption of  $\Delta$ 9-THC administration and is paradigm dependent (82). Some preclinical studies point out that CBD has no protective effect against the cognitive effect of  $\Delta$ 9-THC, sometimes improvement can be shown (74). Several clinical trial with Sativex have revealed that there are no adverse effects related to motor or cognitive function (85, 86). However, the latest open label study made a comparison to the multiple sclerosis patients who continues the treatment with Sativex to those who quits and found out that the ones who continues using had perform a poor balance and cognitive performance (87). To justify, an observational study to a large population of Italian patients whom affected by multiple sclerosis found out that 3.9% of the cases are discovered with cognitive/psychiatric performances (20, 88).

## Conclusion

It is evident that PD is associated with disabling which consists of bradykinesia, resting tremor, rigidity and depression. The treatment diminished the motor symptoms effectively with a limited extent, only the initial phase and side effects. The medication that can be done by the individuals with the usage of cannabis has been demonstrated to reduce numerous symptoms which consist of bradykinesia, tremor, rigidity, depression, sleep and pain. Nonetheless, there are short and long term consequences with marijuana usage which includes cognitive problems. The long-term use of cannabis is obligatory for its

effect to be shown. This poses an individual risk of developing an addiction to the illicit drug. More and thorough research is required in order to determine the effects of marijuana on PD patients where the options are limited.

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