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Hypnotic and antiepileptic effects of cannabidiol.

[Carlini EA](#), [Cunha JM](#).

Abstract

Clinical trials with **cannabidiol** (CBD) in healthy volunteers, insomniacs, and epileptic patients conducted in the authors' laboratory from 1972 up to the present are reviewed. Acute doses of **cannabidiol** ranging from 10 to 600 mg and chronic administration of 10 mg for 20 days or 3 mg/kg/day for 30 days did not induce psychologic or physical symptoms suggestive of psychotropic or toxic effects; however, several volunteers complained of somnolence. Complementary laboratory tests (EKG, blood pressure, and blood and urine analysis) revealed no sign of toxicity. Doses of 40, 80, and 160 mg **cannabidiol** were compared to placebo and 5 mg nitrazepam in 15 insomniac volunteers. Subjects receiving 160 mg **cannabidiol** reported having slept significantly more than those receiving placebo; the volunteers also reported significantly less dream recall; with the three doses of **cannabidiol** than with placebo. Fifteen patients suffering from secondary generalized epilepsy refractory to known antiepileptic drugs received either 200 to 300 mg **cannabidiol** daily or placebo for as long as 4.5 months. Seven out of the eight epileptics receiving **cannabidiol** had improvement of their disease state, whereas only one placebo patient improved.

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