

Evidence for effectiveness of cannabis and cannabidiol on ulcerative colitis uncertain

Clinical Question	How effective are cannabis and cannabidiol (CBD) in the treatment of patients with ulcerative colitis (UC)?
Bottom Line	One study (N = 60) compared 10 weeks of CBD capsules with up to 4.7% D9-tetrahydrocannabinol (THC) with placebo capsules in participants with mild to moderate UC. CBD did not appear to provide a benefit over placebo in terms of induction of remission or clinical response. Another study (N = 32) compared eight weeks of therapy with two cannabis cigarettes per day containing 0.5 g of cannabis, corresponding to 23 mg THC/day to placebo cigarettes in participants with UC who did not respond to conventional medical treatment. In both studies the effects of cannabis and CBD on UC were uncertain. Thus no firm conclusions regarding the efficacy and safety of cannabis or CBD in adults with active UC could be drawn. There was no evidence for cannabis or CBD use for maintenance of remission in UC.
Caveat	The studies were not pooled due to differences in the interventional drug. Thirty-four per cent of CBD participants in the capsule study withdrew due to an adverse event compared to 16% of placebo participants. The cannabis cigarette study did not report on clinical remission, clinical response, quality of life, adverse events or withdrawal due to adverse events.
Context	Cannabis and CBD are often promoted as treatment for many illnesses and are used among patients with UC. Few studies have evaluated the use of these agents in UC.
Cochrane Systematic Review	Kafil TS et al. Cannabis for the treatment of ulcerative colitis. Cochrane Reviews, 2018, Issue 10. Art. No.: CD012954. DOI:10.1002/14651858.CD012954.pub2. This review contains two studies involving 92 participants.

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Systematic review link:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD012954.pub2/full>