



PAUL COHEN'S MARIJUANA HUB

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More on the Indica Cannabis Plant

- Indica plants and varieties have more medicinal properties than sativas
- The normal indica plant has more of a lethargic effect than sativas, helpful for pain therapies and sleeping disorders.
- Sativas creates more of a high feeling, while indicas can provide the patient with feelings of peace, being free from it all; being spiritual.
- Indicas have been used in psychotherapy for reduction of depression and anxiety.
- Indicas have also been used for insomnia and inducing normal sleeping patterns.
- Medicinal benefits include arthritis pains, painful joints, and nausea.
- Remember, hybrids and different strains can be targeted for medicinal or recreational uses.
- Both indicas and sativas are dioecious. Plants flower and die in one season. Females flower.
- Indicas and sativas do not self-pollinate because male's pollen are carried airborne.
- Outdoor growing normally occurs between Spring and the beginning of Summer.