



Exploring the Therapeutic Potential of Domestic Marijuana (Bong) Uses for Common Diseases in Booni Chitral Upper, Khyber Pakhtunkhwa

Dr. Farhan Ahmed Faiz^a, Rishma Karim^{b*}, Shehla Hussain^c

^aAssistant Professor, Department of Sociology, Quaid-e-Azam University. ^bMPhil Scholar (Sociology), Quaid-e-Azam University, Islamabad. ^cMPhil Scholar (Sociology), Quaid-e-Azam University, Islamabad.

*Email: rishmakarim23@gmail.com

Abstract: Cannabis (marijuana) based medicines have been used for medicinal purposes in many cultures for centuries. Traditional herbal medicine continues to serve as the most cost-effective and readily available form of treatment within the primary healthcare system for communities that do not have access to modern medicine. This study investigated the indigenous knowledge of folk healing among tribal minorities at selected sites in Booni Upper Chitral, Khyber Pakhtunkhwa. In this study, researcher explored the effects of using cannabis (bong) for medicinal purposes. This study intends to shed light on the cultural and domestic contexts of locally grown marijuana in order to discover its possible therapeutic uses for common ailments. In order to study the household utilization of marijuana for common ailments, a qualitative research approach is to conduct in-depth interviews with people who have first-hand experience using marijuana for health purposes in the comfort of their own homes. The researcher interviewed 10 dwellers for which 3 were females and 7 were males in Booni Upper Chitral selected through a snowball sampling technique.

Keywords: Domestic, Marijuana (bong), Cannabis, Potential, Herbal medicine, Common disease

1. Introduction

The complex plant known as cannabis contains over 400 different chemical entities, 60 of which are cannabinoid compounds. There may be contrasting effects from these compounds. Mankind has utilized and cultivated cannabis for a minimum of 6000 years. The cannabis plant comprises two primary subspecies, namely Cannabis indica and Cannabis sativa, which can be distinguished based on their distinct physical attributes. Indica-dominant strains are characterized by their compact size, wide, deep green foliage, and a relatively higher concentration of cannabidiol compared to sativa plants, which typically have a higher THC content. Sativa-dominant strains typically exhibit greater height and possess slender leaves of a pale green hue. Users prefer C. sativa due to its higher THC content (Atakan, 2012). Traditional medicine has a long history of utilizing plants for the treatment of illness, both in humans and other animals. It is well-known that ethno veterinary medicines derived from plants can effectively treat a wide range of diseases. In rural areas, people often rely on their traditional knowledge, beliefs, practices, and

methods to keep animals healthy and treat various ailments (Aziz, Khan, et al., 2018).

Medicinal plants have been essential to medicine since ancient times. A wide range of health practices, methods, wisdom, and beliefs are included in traditional medicine. These include the application of hands-on techniques, exercises, spiritual healing methods, and remedies derived from plants, animals, and/or minerals. These methods are used separately or in concert to address, identify, and prevent diseases in order to enhance well-being (Eshete & Molla, 2021). Supplying plants has been a constant necessity for human society throughout history. According to estimates by the World Health Organization (WHO), 80% of people in developing countries use traditional herbal medicines. As there are no modern medical facilities in these countries, traditional remedies provide an affordable and alternative form of primary health care. Traditional medicines are widely used because they work, conform to cultural norms and people have personal preferences. It is fascinating to note that the consumption of traditional herbal medicines is increasing rapidly, even in developed countries. For example, 30% to 50% of all drug consumption in China comes from these preparations (Aziz, Adnan, et al., 2018).

Worldwide, people consume and cultivate cannabis, which are the dried flower buds of female cannabis plants. But only a handful of nations, mostly in Southwest Asia, North Africa, and the Middle East, produce cannabis resin (Tayyab & Shahwar, 2015). Pakistan includes prominent mountain ranges like the Himalayas, Hindukush, and Karakoram, and its varied climate patterns and advantageous geographical position allow it to harbour a diverse array of plant life. Many people live in rural areas in mountainous regions. 20 % of the approximately 6,000 species of wild angiosperms have been found to have some kind of medicinal use. The highest quality medicinal plants are found in northern Pakistan because of the region's favourable climate, elevation, and rainfall patterns. Medicinal plants are relied upon by around 80% of Pakistan's rural population to treat a wide range of health issues (Birjees et al., 2022).

Chitral is a district in Pakistan's Khyber Pakhtunkhwa (KP) Province, located 322 kilometres north of Peshawar. The precise geographic coordinates of the spot are 35°50'46" N and 71°47'09" E. It is Khyber Pakhtunkhwa's largest district, spanning 14,850 square kilometres in total. With the exception of a few patches of arable land at the bottom of the narrow and steep valley, the Chitral mountains are mostly devoid of vegetation. Mulkhow, Terich, Laspur, Torkhow, Owir, Drosh Bumburet, Ashuret, Totkoh, and Shishi are some of the other notable valleys in Chitral (Tariq et al., 2019). Functional foods, animal feed, and pharmaceuticals are all made from hemp seeds. Reduced cholesterol and blood pressure are two of the many health benefits of hemp seeds. Much research into the medicinal potential of cannabis and its byproducts has yielded conflicting results. There is evidence from preclinical studies that medicinal cannabis has health benefits, and the original cannabis-derived medicine was effective (Żuk-Gołaszewska & Gołaszewski, 2018). Cannabis sativa has a wide range of medicinal uses, including the treatment of allergies, wounds, inflammation, burns, smallpox, and STIs. On a global scale, the medicinal potential of Cannabis sativa has been acknowledged for its capacity to alleviate a range of ailments, from cancer and headaches to different neurological disorders. This study set out to find a way to fight harmful bacteria using an extract from the leaves of the C. sativa plant (Mostafa Abed almohsen Enass Ghassan Sweedan, 2019).

1.1 How Cannabis Plant Grows

The time when the cannabis seed (marijuana) begins to germinate this phase called the germination phase. It typically takes 1 to 7 days. When the seed soaks up water, the development of a root system begins, which in turn produces a shoot. The second stage is when leaves appear from the seed. This developmental stage is very important for watering, lighting, and nutrients for seed. In third stage the plant focuses on the growth of leaf and stem and it can last anywhere from a few weeks to a few months, depending on the type of plant and the conditions in which it is grown. Long periods of light (18–24 hours) are necessary for the plant's growth. In the fourth stage plant starts show its gender (female or male). At in 5th stage the plant produce flower (buds) if it's a female part. If tiny green colored sacs full of pollen appear on the node area than it's a male part. When it comes to harvesting, the cannabis plants are trimmed into smaller branches to facilitate the drying process. To properly dry the plant, it is necessary to divide it into smaller parts and then hang them on a string so that they can hang upside down in a cool and dimly light area. The drying process is very important to kill bacteria and prevent fungus to growing. After harvesting, it is important to drain the buds to reduce their moisture. Curing is a post-drying process where dehydrated buds are placed in a controlled environment to improve flavor and aroma while reducing moisture levels (Cycle et al., n.d.).

1.2 Objectives

- 1) To examine socioeconomic profile of the dwellers who uses marijuana (bong) for domestic treatments purpose in Booni Chitral Upper
- 2) To explore the domestic use of marijuana for the treatment of common diseases prevalent in Booni Chitral Upper

1.3 Research Questions

- 1) What is the socioeconomic profile of the dwellers who uses marijuana (bong) for domestic treatments purpose in Booni Chitral Upper
- 2) How domestically marijuana (bong) is used for treatment?

2. Literature Review

According to (Hussain et al., 2021) cannabis (marijuana) medicinal plant with a long history, *Cannabis sativa* L. has been cultivated for thousands of years for a wide variety of agricultural and industrial uses. Due to its adaptability, this plant has many potential applications in agriculture and manufacturing. It has potential uses in the pharmaceutical and medical fields and is a by-product of the paper, wood and fiber industries. The first thorough evaluation of the therapeutic potential of *C. sativa* L. was presented in the original publication in 1843. The treatment of cholera, hydrophobia and tetanus with plant extracts was described in detail. Medicinal and recreational use of the *cannabis sativa* L. plant dates back at least 10,000 years, and the plant has a wide range of agricultural and industrial applications. On the other hand, the plant's controversial psychoactive components have raised concerns about their potential negative effects on human health. This review examines cannabis research over the past two hundred years. As (Hourfane et al., 2023) said that lawmakers around the world have outlawed cannabis for more than a century because of its narcotic classification. The medicinal properties of this plant have recently attracted more and more attention. The fact that it contains a unique class of molecules called phytocannabinoids in its chemical makeup is another reason for its popularity. There is an urgent need to review the literature on the chemical and biological properties of *Cannabis sativa* in light of the increasing interest in this topic. (Andre et al., 2016) said that traditional folk medicine has long made use of the herbaceous species *Cannabis sativa* L., which has its origins in Central Asia. As (Xie et al., 2023) said that industrial hemp fiber, hemp seeds for traditional Chinese medicine, and recreational drugs such as marijuana are just some of the many uses of the *cannabis sativa* plant throughout history. It was the intoxicating effects that led to the worldwide prohibition of cannabis in 1900. However, a change in thinking has occurred thanks to the recent discovery of other medicinal benefits, especially the pharmacological potential of cannabidiol.

3. Material and Methodology

The study has targeted a sample of 10 dwellers in Booni Upper Chitral 3 of them were females and 7 were males, selected through a snowball sampling technique. In order to study the household utilization of marijuana for common ailments, a qualitative research approach is to conduct in-depth interviews with people who have first-hand experience using marijuana for health purposes in the comfort of their own homes. Through the use of semi-structured interviews, individuals would be able to express themselves, providing insight into their reasons for using marijuana, how they approach it, the benefits they perceive, and any negative effects they have noticed.

4. Discussion and Result

4.1 Domestic Use and Methods of Marijuana (bong)

One of the respondents told me that bong is used for toothache; the indigenous people of Chitral use a very small amount of Bong mixed with cigarette and take some puffs, the smoked cannabis (bong) may also help to alleviate

the symptoms. To relieve extreme nausea and vomiting, one of my respondents used marijuana leaves. The process, which she described in further detail, involves mixing a few marijuana leaves with water. After that, boil the ingredients for about 5 to 10 minutes. It is then given to the patient once in a cup after it has cooled. Through his way the patient feels good and relaxed. One of my respondents said that marijuana (bong) is used for the treatment of childhood Epilepsy (mergi). The seeds of marijuana are used to treat the symptoms of epilepsy. Seeds of marijuana are cooked on low flame for 4 to 5 minutes and then the roasted seeds are given twice a day to the patient. An elderly gentleman was consuming marijuana at that particular moment. He informed me that he was utilizing a bong as a means of managing his blood pressure. As per his statement, he had been using a bong for 3 years before he discovered that using a bong can effectively control blood pressure. He prepares tea by infusing marijuana leaves and consumes it daily. Occasionally, he places a small amount of bong on his tongue and allows it to dissolve for 10 minutes. A female participant informed me that she administers marijuana to her domestic animals to ease abdominal pain. In cases where the cow or sheep consume excessive amounts and experience stomach inflammation, she prepares a herbal remedy by boiling marijuana leaves in water and adding salt to improve its flavor. This mixture is later given to the domestic animals twice a day.

4.2 Diverse Applications of Marijuana Across Familial Paradigms

Family marriage patterns and the therapeutic use of marijuana in households is a complex and multifaceted issue involving many individual, societal, and cultural aspects. There is hope that family relationships can undergo positive changes as a result of medical marijuana use. People who use marijuana for medicinal purposes may have better overall health, which could lead to better relationships at home. In order to foster empathy and unity, spouses may offer each other support while they research alternative therapies. How marijuana use affects family dynamics can vary from one culture to the next. A few families might be on board with using marijuana for medicinal purposes, while others would be completely against it. Marriage trends can be shaped by these divergent viewpoints; some people seek partners who share their views on marijuana use, while others seek someone with opposing views to keep things interesting.

4.3 Traditional Use of Marijuana by Educated Individuals

Cannabinoids, such as THC and CBD, are often cited by knowledgeable advocates as having medicinal uses due to their anti-inflammatory, analgesic, and anxiety-reducing effects. These compounds may help with chronic pain, anxiety disorders, and some forms of inflammation when used properly and with a doctor's supervision. Marijuana proponents stress the plant's potential as an alternative to conventional pharmaceuticals, which can pose risks of addiction or unpleasant side effects. In cases where traditional treatments are insufficient or pose risks, they support exploring marijuana as an alternative or supplemental therapy. The educated people also acknowledge the need for comprehensive scientific research to establish the efficacy, safety, and appropriate dosages of medical marijuana for the treatment of particular diseases. To reduce potential health risks, they advocate for the controlled and responsible use of substances, stressing the importance of medical supervision and adherence to legal frameworks. An additional noteworthy finding from this study is that cannabis is likely to improve sleep quality, lessen sleep disruptions, and shorten the time it takes to fall asleep. Traditional medicine practitioners in Chitral would prescribe cannabis to patients suffering from asthma and other respiratory illnesses. When it comes to gastrointestinal issues like nausea, vomiting, and visceral pain, cannabinoids have proven to be helpful in both treatment and management. Intestinal inflammation and gastric mucosal lesions can be effectively treated with Cannabis and its compounds, according to both empirical data and strong preclinical evidence. Cannabidiol (CBD) has shown promise in human clinical trials and laboratory investigations for its potential medicinal uses. There is some evidence that it may help with a variety of medical issues, including epilepsy, anxiety, pain/inflammation, schizophrenia, substance abuse, and PTSD. The incorporation of complex data regarding the historical use of Cannabis sativa by traditional healers in Booni Chitral was the subject of this exhaustive study. Using pharmacological data, researchers confirmed that Cannabis sativa has a traditional medicinal use. Our research shows that traditional healers in Booni Chitral used different parts of the cannabis plant for a variety of purposes, including improving sleep, reducing pain, treating physical and mental health issues (including gynecological

problems, sexual dysfunctions, gastrointestinal problems, asthma, and respiratory disorders), and addressing medical conditions. Booni Chitral in Upper Khyber Pakhtunkhwa is just one of many places where people are starting to pay attention to the medicinal use of marijuana. In this article, researchers also take a look at how domestic marijuana, especially when smoked from a bong, can help with some common ailments here.

5. Conclusion

This study highlights the domestic use of cannabis (marijuana) for the treatment of common diseases in Booni Chitral. In Chitral marijuana is known as bong but some people also name it chars. the indigenous people are using marijuana for multiple diseases. Seeds and leaves both are useful for the treatment and people also use the fine marijuana as it is. This article explores the potential medicinal benefits of using domestic marijuana or boong to treat common ailments in Booni, Chitral, Upper Khyber Pakhtunkhwa. Most likely, the book will delve into the medicinal potential of marijuana as a cure for various local ailments. The purpose of this article is to determine if there are any benefits to using traditional methods of consuming marijuana, such as bongs, to treat or manage common ailments in a designated area. The aim is to assess whether Booni, the current local therapeutic methods of Chitral can be improved by incorporating marijuana. Our research into the available literature has shown that traditional healers in Chitral have long relied on Cannabis sativa as a phytomedicine. Additional biological evaluation is necessary to learn more about the therapeutic recommendations for cannabis and cannabinoids and to investigate their possible benefits. The pharmacological viewpoint on the potential and difficulties of cannabis use in the future will be strengthened as a result of this.

Reference

- Andre, C. M., Hausman, J. F., & Guerriero, G. (2016). Cannabis sativa: The plant of the thousand and one molecules. *Frontiers in Plant Science*, 7(FEB2016), 1–17. <https://doi.org/10.3389/fpls.2016.00019>
- Atakan, Z. (2012). Cannabis, a complex plant: Different compounds and different effects on individuals. *Therapeutic Advances in Psychopharmacology*, 2(6), 241–254. <https://doi.org/10.1177/2045125312457586>
- Aziz, M. A., Adnan, M., Khan, A. H., Shahat, A. A., Al-Said, M. S., & Ullah, R. (2018). Traditional uses of medicinal plants practiced by the indigenous communities at Mohmand Agency, FATA, Pakistan. *Journal of Ethnobiology and Ethnomedicine*, 14(1), 1–16. <https://doi.org/10.1186/s13002-017-0204-5>
- Aziz, M. A., Khan, A. H., Adnan, M., & Ullah, H. (2018). Traditional uses of medicinal plants used by Indigenous communities for veterinary practices at Bajaur Agency, Pakistan. *Journal of Ethnobiology and Ethnomedicine*, 14(1), 1–18. <https://doi.org/10.1186/s13002-018-0212-0>
- Birjees, M., Ahmad, M., Zafar, M., Nawaz, S., Jehanzeb, S., Ullah, F., & Zaman, W. (2022). Traditional knowledge of wild medicinal plants used by the inhabitants of Garam Chashma valley, district Chitral, Pakistan. *Acta Ecologica Sinica*, 42(2), 19–33. <https://doi.org/10.1016/j.chnaes.2020.12.006>
- Cycle, L., Plant, C., & Time, T. (n.d.). *Cannabis Life Cycle*. 1–3.
- Eshete, M. A., & Molla, E. L. (2021). Cultural significance of medicinal plants in healing human ailments among Guji semi-pastoralist people, Suro Barguda District, Ethiopia. *Journal of Ethnobiology and Ethnomedicine*, 17(1), 1–18. <https://doi.org/10.1186/s13002-021-00487-4>
- Hourfane, S., Mechqoq, H., Bekkali, A. Y., Rocha, J. M., & El Aouad, N. (2023). A Comprehensive Review on Cannabis sativa Ethnobotany, Phytochemistry, Molecular Docking and Biological Activities. *Plants*, 12(6), 1–43. <https://doi.org/10.3390/plants12061245>
- Hussain, T., Jeena, G., Pitakbut, T., Vasilev, N., & Kayser, O. (2021). Cannabis sativa research trends, challenges, and new-age perspectives. *IScience*, 24(12), 103391. <https://doi.org/10.1016/j.isci.2021.103391>
- Tariq, F., Inzimam, S., Natasha, K., Ahmad, J., Ali, A., & Basit, A. (2019). *Ethnomedicinal study of various plants in lone*. 7(3), 24–28.
- Tayyab, M., & Shahwar, D. (2015). GCMS analysis of Cannabis sativa L. from four different areas of Pakistan. *Egyptian Journal of Forensic Sciences*, 5(3), 114–125. <https://doi.org/10.1016/j.ejfs.2014.07.008>
- Xie, Z., Mi, Y., Kong, L., Gao, M., Chen, S., Chen, W., Meng, X., Sun, W., Chen, S., & Xu, Z. (2023). Cannabis sativa: origin and history, glandular trichome development, and cannabinoid biosynthesis. *Horticulture Research*, 10(9). <https://doi.org/10.1093/hr/uhad150>

- y Mostafa Abed almohsen Enass Ghassan Sweedan, A. M. D. A. (2019). Bioscience Research. *Bioscience Research*, 16(1), 367–374.
- Żuk-Gołaszewska, K., & Gołaszewski, J. (2018). Cannabis sativa L. – Cultivation and quality of raw material. *Journal of Elementology*, 23(3), 971–984. <https://doi.org/10.5601/jelem.2017.22.3.1500>