

About Vaporizing

If you or someone you know uses a vaporizer when using cannabis as medicine, you may be surprised by the following information.

Vaporizing cannabis is commonly thought to be a safer approach than smoking. Vaporizers work by drawing hot air through ground cannabis or cannabis extracts, below the temperature at which cannabis burns. The hot air boils off the medicinally active ingredients, such as THC, and the resulting vapor is inhaled and absorbed.

Vaporizers deliver medicinal cannabis ingredients to the bloodstream quickly, while eliminating exposure to the combustion products produced by smoking cannabis. Several studies and many patients indicate that vaporization is much more efficient than smoking. One study indicated that vaporization with a Volcano vaporizer delivered 56% of the available THC in study's cannabis, while smoking has been shown in other studies to only deliver as little as 27% of the THC.

Extensive studies have been conducted in Europe with the Volcano vaporizer system. Various models of vaporizers vary in their performance from the Volcano, but the following information may help to optimize the use of other vaporizers, since it emphasizes their common behavior.

The optimal temperature for vaporizing THC from ground cannabis flowers in a Volcano is 210° C/410°F. THC begins to boil at 157° C/315° F, so this optimal temperature setting for the Volcano will achieve rapid and more complete THC boiling on the cannabis. On the "classic" Volcano model, 210°C is reached by setting the device to 7.5. Higher temperatures than 210°C do not increase the delivery of THC. Avoid setting the vaporizer temperature so high that the vapor

begins to taste scorched. Properly vaporized medicinal cannabis should taste floral, because of the terpenoid content of the vapor.

After consulting your physician concerning dosage, start with a vaporizer load of 200 milligrams (about one teaspoon) of ground cannabis containing between 13 and 18% THC by dry weight. Don't pack the cannabis too tightly into the vaporization chamber, since the goal is to allow the hot air to directly contact and flow around the ground cannabis.

In the European study, the Volcano vaporizer set to 210°C filled with 100 mg of 18% THC ground cannabis flowers, produced a dose of 8 mg THC in the first Volcano balloon, approximately 4 mg THC in the second balloon, with approximately 2 mg of THC in the residue.

Because each Volcano balloon can be filled to contain enough vapor for several inhalations, you can limit the size of each inhalation to achieve more careful and precise dosage, therefore avoiding the chance of overmedicating. Start with small inhalations of vapor and wait thirty minutes between each inhalation in order to confirm appropriate dosage. It is possible to maximize symptomatic relief and minimize unwanted psychoactive side effects, though careful vaporization dosage control.

If you'd like to learn more about the latest developments in the science of medical cannabis, visit Abatin Wellness Center of Sacramento. Call us at (916) 822-5699 or visit us online at abatinsacramento.com.