

THCV: Recent Revelations of Remarkable Properties

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If you haven't yet heard about Tetrahydrocannabivarin (THCV), it's likely you'll be hearing a lot more about it in the future as its unique effects are further studied and products and strains containing this cannabinoid are developed. THCV is psychoactive in high doses, and interacts with the body in ways that differ from those associated with THC. It's been called the "sports car" of the cannabinoids—though higher doses are needed to feel the effects, they last about half the time as those produced by THC.

Many well-known cannabinoids like tetrahydrocannabinol (THC) and cannabidiol (CBD) come from CBGA. However, THCV comes from THCVA, the result of breaking CBGVA down with heat or UV light.

Currently-available research has shown that THCV is an anti-inflammatory and anti-oxidant which may benefit people with osteoporosis, due to its ability to stimulate bone health. THCV is relaxing and has been shown to help people with anxiety, panic attacks and/or PTSD, mitigating what some experience as the over-stimulating effects of THC. It is an anticonvulsant, making it effective for spasticity and seizures, as well as Parkinson's and other neurodegenerative disorders. It may have promise in treating Type 2 diabetes and obesity (THCV tends to suppress appetite, unlike its famous munchie-inducing cousin), and can help regulate blood sugar levels.

THCV can be found mainly in sativa-dominant and especially in African landrace strains such as Durban Poison or hybrids from that lineage. [Synergy Wellness](#) uses the THCV-rich hybrid, Black Beauty. Lab tests are the only way to verify that a particular plant is high in THCV. Also, if you're using a vaporizer, keep in mind that THCV has a boiling point of 428 °F (220 °C), so you'll need to turn it up higher than you would for THC.

Reference links:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3165958/>

<https://www.ncbi.nlm.nih.gov/pubmed/20196794>

<https://bpspubs.onlinelibrary.wiley.com/doi/full/10.1111/j.1476-5381.2010.00756.x>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4337703/>

<https://www.ncbi.nlm.nih.gov/pubmed/27573936>