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Cannabis Sativa

Sativa

Effects

Sativa strains and hybrids high in sativa provide an effect that is more energetic than what you'd experience with an Indica. They also tend to cause creativity. Consuming Sativa is less likely to result in a feeling of being stoned and more likely to be invigorating, opening you up to fresh ideas. Many creative types enjoy using Sativa to help them dive deeper into their art.

Sativa is less often used for therapeutic purposes because many people prefer a more relaxing high. However, it is helpful for certain conditions, such as depression, fatigue, and ADD. Although many medical marijuana users choose high CBD strains or Indica-dominant strains, a sativa-heavy strain may also provide relief.

If you use marijuana recreationally, you'll probably love the giddy psychoactive experience of Sativa. It is especially popular in a social setting. Many people either smoke or vaporize it, but Sativa can also be consumed any way that you prefer.

Origins

Sativa is native to the tropics. The hot weather and long summers in that region allowed the plant to develop a long flowering time



that region allowed the plant to develop a long flowering time – much longer than Indica, which is from a harsher climate. Sativa

cannabis is found in places below a latitude of 30° N, such as Thailand, Mexico, India, and Nigeria.

Sativa seeds look exactly like indica cannabis seeds. It is difficult, if not impossible, to tell the difference between the two by just looking at them. That's why you'll want to make sure that you purchase all of your marijuana seeds from a reputable supplier.

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Effects

This particular strain of marijuana is famed for behaving much like a sedative. After you smoke it (or consume it in some other manner), you'll soon find yourself in a state of deep relaxation. Most people choose to use *Cannabis indica* right before bed or watching a movie, not when they are looking for the more psychoactive creativity-inducing effects of other strains.

Those relaxing effects mean that this strain of cannabis is also great for medical marijuana patients who are suffering from pain or insomnia. Taking it at night can help them to enjoy a relaxing full night of sleep.



Origin

Cannabis indica first grew in the Hindu Kush mountain range, in Afghanistan and Pakistan (we even have a strain named Hindu Kush). It can also be found in Nepal, Lebanon, and Morocco. It flourishes in a temperate climate, with low temperatures at night even in the heat of summer. Jean-Baptiste Lamarck, a French biologist, classified the plant in the late 1700s, noting that (unlike the hemp grown in Europe at the time) the plant was intoxicating. Those intoxicating effects were quickly taken advantage of and were

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