**Cannabidiol (CBD) for Burning Mouth Syndrome (BMS)**

**What is Cannabidiol (CBD)?**

Cannabidiol (CBD) is non- psychoactive chemical agent found in cannabinoid. It is used in epilepsy, neurological disorders and chronic neuropathic pain. It exerts its anti-nociceptive properties by modulating the descending pathway via a brainstem circuit comprising the periaqueductal grey and rostral ventromedial medulla. BMS patient has increased in TRPV1, decreased CB1 and increased CB2 receptors in tongue epithelial cells and changes in their distribution (Borsani E et al., 2013). The activation of cannabinoid receptors has antinociceptive effects, as cannabinoid reduces thermal and mechanical hyperalgesia and mechanical allodynia; induced by peripheral inflammation (Richardson et al., 1998, Martin et al., 1999).

**Availability of Preparation**

CBD can be found in different forms with different level of dosage of CBD:

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| **CBD**  | **Available at** |
| CBD oil containing CBD purely as the active ingredient [no tetrahydrocannabinol (THC)] – food supplement  | Over the counter (OTC) - Pharmacy/ Health Foods & Natural Remedies stores  |
| CBD dominant hemp extract oil (<0.2%THC) – food supplement  | OTC- Pharmacy / Health Foods & Natural Remedies stores |
| CBD oral liquid prescription solution. | Medical Prescription (schedule 2 controlled drug) |

**Instructions**

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| **CBD**  | **Frequency** | **Instructions** |
| Available in OTC concentration: 2mg ,4mg ,8mgStart with low dose for seven days and gradually build up the dose.Do not increase the dose further if pain subsides. This is different for every individual. Do not exceed the recommended daily allowance by the manufacturer.  | Twice daily or Three times daily;After meal | Put 3 drops at the pain sites for example at the tongue tipRetain saliva in mouth near the pain sites for 3 to 5 minutes; Followed by expectorating of saliva or swallowing. CBD oil may be prepared with ‘distinctive’ taste, natural taste or flavour. Drink water afterwards to help with the taste.  |

**Side Effects**

CBD is well tolerated but may cause adverse reactions such as nausea, fatigue, diarrhoea, change in appetite, irritability, sleepiness and insomnia. CBD can increase the level in your blood of the blood thinner coumadin, and it can raise levels of certain other medications in your blood by the same mechanism that grapefruit juice does.

CBD is primarily marketed and sold as a supplement commonly as a food supplement, not a medication.

You are advised to consult their doctor or chemist/ pharmacist if you experience any other symptoms which may be due to the use of CBD.

**Efficacy and Safety of CBD**

There is no evidence-based medicine research on the use of CBD for BMS. The above suggestion is based on anecdotal records of patients with BMS. There is on-going research on the use of topical CBD for other chronic neuropathic pain of the limbs.

**The Legal Standpoint**

Under UK law: Misuse of Drugs Act 1971 and Misuse of Drugs Regulations 2001, CBD is legal provided that it contains no more than 0.2% THC which, due to its psychoactive effects. THC is a controlled substance under the Guidelines.