



## BÖLÜM 3

### ESRAR VE SENTETİK KANNABİNOİD KULLANIM BOZUKLUĞU TEDAVİ VE İZLEMİ

Duygu ÖZBAYRAK KARAPINAR<sup>1</sup>

#### GİRİŞ

Esrar; sigara , kafein ve alkolden sonra en sık kötüye kullanılan, tüm dünyada en çok üretilen ve tüketilen yasa dışı maddedir (1, 2). “Kannabis sativa” yani “Hint Keneviri” olarak bilinen bitkinin yapraklarından elde edilir. Kannabis sativa, insanlık tarihinin en eski bitkilerindedir. Çin’deki arkeolojik ve tarihi bulgular, bitkinin ilk kullanımına ilişkin kanıtlar olup, MÖ 4000 den bu yana kağıt, ip, kumaş elde etmek üzere lifleri için yetiştirildiğini göstermektedir. Çin imparatoru Shen –Nung, tarihte ilk olarak MÖ 2737’de, esrarın sıtma ve romatizmaya karşı etkili olduğunu bahsetmiştir (3). Çin’de kannabis tohumlarının laksatif etkisinden yararlanılması da medikal olarak ilk kullanımı olmuştur. Tohumlarının esansiyel yağ asitleri ve proteinden oluşan içeriği sayesinde, eski dönemlerde psöriazis, egzema, romatoid artrit, osteoporoz gibi hastalıklarda da kullanılmıştır (4, 5).

Sentetik Kannabinoidler (SK) ise Avrupa ve çevresinde ilk kez 2006 da görülmeye başlanmış, 2008’ e gelindiğinde ise beş adet SK bileşiğinin keşfi ile SK kötüye kullanımı olan ilk olgu bildirilmiştir. İlk keşfedilen SK bileşikler JWH-018, CP 47, 497 ve onların C6, C7, C8 analogları olmuştur (6). JWH bileşikler, endo-

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