



What is Cannabis Terpenes

The terpenes in the Cannabis plant are excreted in the resin. Thanks to them, the different types of plants have characteristic odors since they vary depending on the [terpenes for sale](#) they have. The terpenes in the cannabis plant allow the plant to be protected against high temperatures. Also, due to the viscosity of its resin, it can trap insects or keep the plant moist. Among the terpenes that we find mostly in cannabis are the monoterpenes: Pinene, Myrcene, Limonene, Linalool and Eucalyptol. As sesquiterpene we have Caryophyllene present in all varieties of cannabis.

The smell and taste of cannabis and many other products depends on the presence and proportion of the different terpenes that we find in aromatic plants. In addition to cannabinoids, there are other chemical compounds with therapeutic potential in the plant. Terpenoids stand out especially, to which part of the organoleptic properties of Cannabis is attributed (McPartland et al., 2014).

The entourage effect of terpenes

The presence of such a [true terpenes](#) high amount of different compounds in the cannabis plant can lead to *drug interactions*, either *synergistically* or *antagonistically*. Studying these interactions it has been observed that, both in terms of efficacy and tolerability, treatments with *complete plant preparations have been more promising* than the use of isolated cannabinoids. This effect, effect, was first described by Raphael Mechoulam in 1998 (*Ben-Shabat, 1998; Russo and Taming, 2011*). The best example described so far is the THC-CBD pair whose combination makes THC better distributed, increases bioavailability (our body uses the available amount in the most efficient way) and reduces possible side effects (*McPartland et al. , 2014*). Although there are few studies on the subject, it is believed that the entourage effect is not only due to interactions between the different phytocannabinoids, but also to the functional interaction between cannabinoids and non-cannabinoid components of the plant such as terpenes and flavonoids.

Myrcene

Myrcene (or beta-myrcene) is one of the most abundant terpenes in nature . It is present in hops, thyme and myrcia, among other plants. It is known to have a sedative effect and is therefore used to help you fall asleep. In Cannabis plants it is present above all in indica varieties, where it enhances the psychoactive effect of THC.