

## The Effectiveness of Cannabis used in Thai Traditional way on The Palliative Care Patients in Thailand

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### Abstract

Although cannabis has been stripped of being a Category Five drug and that medicinal marijuana can be used internationally. But Thailand's anti-drug and medical laws have yet to provide an opportunity for people to use marijuana as a remedy for illness, even in the late stages. However, this research aimed to study the efficacy of cannabis use in the Thai way for terminally ill patients who can no longer receive treatment from modern medicine. If a patient wishes to use Lung Tu's Nano cannabis oil as a self-treatment alternative with the objective of evaluating the effects of self-healing cannabis oil based on Thai methods. This study was summarized from 98 patient records. It was found that there were 19 different types of cancers. The sample group had more males than females aged between 51 and 70 years. Most of them are from the North. The time required for treatment at Wat Chom Thong, Phitsanulok, is between 3 and 10 days. 3 deaths at the temple and 8 deaths within three months after returned to their home. 88% were successfully treated and survived. The treatment with Nano Cannabis Oil Formula Lung Tu follows the method that Uncle Tu advises, that is, the patient gets better or recovered from the fatal diseases. The care giver was a group of volunteers with knowledge and expertise in the use of cannabis oil. From observations and experiences Act with willingness in the form of assistance to each other in the Thai way.

**Keywords:** Effectiveness of Cannabis, Thai Traditional way ,The Palliative Care Patients

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## Introduction

Medical wisdom of Thai traditional medicine and its inheritance in food culture Of Thai citizens has been inherited more than a century. There are evidences of the use of Cannabis as a medicine since the late Ayutthaya period. In the state of King Narai the Great, from the fact that Cannabis was a medicinal product for the King. For the people, cannabis can be used for cooking and consumption.

It is only known that Cannabis is the culinary plant that produces delicious food. When it comes to consuming Cannabis with a bong it is called "hoke" and a roll a joint to smoke it is called "Pun Lum" "to make the mood feel joyful and sleepy. Cannabis can be grown as a household plant. And dried Cannabis is available in most pharmacies legally.

In the beginning of the 20th century, Thailand was one of the countries that signed the Convention on Opium of the League of Nations in 1912 (AD 1912). Thailand (known as "Siam" at the time) has passed a law against drugs. In order to be able to receive aid and borrow money from abroad, and along with the need to adhere to the international trend of the world's great powers to reject the use of Cannabis. Cannabis exports outside the Kingdom were prohibited and cultivation and use of Cannabis were sweep away.

During the reign of King Rama VI of Rattanakosin at that time, Thailand had a completely monarchy regime. The ban on Cannabis was issued in the Government Gazette on February 28, 1914 in accordance with the law relating to the United States' cannabis suppression law. 1911

Later, when Thailand or Siam adopts the International Opium Convention in The Hague, Netherlands (The 1912 Hague International Opium Convention) and the Treaty of Versailles 1912 with the intention of regulating opium, opium extract, coca leaf, coca leaf extract but has not yet specified any ban on cannabis whatsoever.

Thailand's first cannabis law was formed as the first law in the year 2477 (AD 1934) after the revolution of the regime from the complete royal rights. It is a democracy in the year 2475 (AD 1932) has created the Cannabis Act 2477 by voting in the legislative process of the parliament. With the intention of wanting to control Cannabis, which has serious penalties for users, prohibits the cultivation, possession of cannabis seeds, those who import



and export are subject to a 1-year imprisonment or a fine of not more than 500 baht. However, there has been no detail on penalty according to the amount of each crime. And so, the Commodity Control Act of 1952 (1952) was formed and gave the state power to control the quantity of commodities. Thus, allowing the state to control all products. The effect of this law is that cannabis was wiped out. No substances can be imported, exported, traded, sold, nor legally consumed. And this law is a model of the Narcotics Act of Thailand, which in the year 2522 (1979) Act 2522, the Narcotics Act was formed by the results of Thailand Become a member of two international laws as follows:

1.The Single Convention on Narcotic Drug: 1961, as AM the sided by the 1972 Protocol Amending the Single Convention on Narcotic Drug 1961

2.Conventions on Psychotropics Substances 1971

Subsequently, Thailand signed the Treaty of the United Nation Organization Convention on Combating the Trafficking of Drugs and Psychotropic Substances, 1988.

And signed into a State Party on May 3, 2002, effective on 1 August 2002, which is the culmination of this Convention as the culmination of drug laws. There are 34 requirements in which control of reactants and extraction chemicals. The use and control of anti-drug measures throughout.

At present, 2564 (AD 2021), Thailand, the use of Cannabis for medical purposes. Under the law Narcotics Act 2522 B.E. Prescribed by this law, the Office of the Narcotics Prevention and Suppression Commission (NACC) and the Ministry of Public Health issue a secondary law to act as a guideline for regulating the safe use of the cannabis plant. Which resulted in the use of cannabis in the Thai way and in Thai traditional medicine can no longer be practices. And the use of medical Cannabis to maintain health according to the culture and belief that "food is medicine, Cannabis is herb" cannot be used like in the past.

When the Cabinet passed a resolution to ease the use of medical Cannabis on February 19, 2019, resulting in a public launch. With the criminal amnesty process, it is estimated that Cannabis is used in everyday life and for the treatment of more than 2 million people. One of the main people who are leading the use of cannabis oil in the public sector was Mr. Bunthoon Niyomphao. He extracted cannabis oil by adopting Rick Simpson's method, which is the extraction of Cannabis in the household to be more readily



available and distributed to people who want to be treated by using Cannabis. Its results were great, but still illegal.

When the Occupational Medicine Medical Association of Thailand with Dr. Oraphon Thadilokkul as the president of the association studied and researched until confident in the properties of Cannabis. She has organized training in cannabis science and medical Cannabis for doctors and medical personnel and people who were interested, in collaboration with educational institutions such as Mahidol University Rajaphan Institute & Community enterprises from 2017 to 2019 (total of 25 classes) to ignite the trend of cannabis plant adoption in society. Create medical research Related to the use of cannabis plants Although the government has already eased the use of medical and research cannabis in society, the main problems and obstacles are still found:

1. Cultivation of Cannabis in the household use is still illegal and carries high penalties.
2. Cultivation can only be used for medical purposes. Must meet the conditions of being registered as Community enterprises, Social enterprise or agricultural co-operatives, then must be tied up with government agencies Who will be extracted and used. This condition is imposed for 5-year (until 2024).
3. Standardized production of cannabis oil. There is no professional practitioner for medical use.
4. Extraction of cannabis oil in the underground market available at a very high price. People do not have access and quality is in doubt.
5. The government is still unable to administer cannabis extracts to sufficiently meet the needs of the patient. The law could not keep up with the necessity of the people need. From such problems and obstacles, the effectiveness of the “home made” cannabis oil produced needs to be confirmed. Which means the people are the producers themselves according to their wisdom. With the results of the terminally ill patients that mean “Patients who can no longer be treated from modern medicine needs cannabis oil as a last alternative to stay alive”



The research team therefore would like to report the effectiveness of the Thai cannabis use among terminally ill patients in Thailand. From the empirical facts that took place at the Hospice Center, Wat Chom Thong Phitsanulok province as follows

1. How is the use of the villagers' way of cultivating cannabis oil (Nano Lung Tu) effect on terminally ill patients?
2. The facts that appear to influence the policy-making. Unlocking Cannabis From addictive plants forbidden Is it a state-controlled plant?

### Objectives of Research

1. Study the extraction of cannabis oil (Nano Lung Tu) in the villagers' way.
2. Study the effectiveness of cannabis oil (Nano Lung Tu) on terminally ill patients who volunteered to reliance centers the terminally ill patients provide assistance.
3. To be a case study on the use of cannabis oil (Nano Lung Tu) in patients with various diseases to be proposed to society and the government.

### Literature and concept

Cannabis in the Thai way: Before the Narcotics Act 1979, Cannabis was a plant. That Thai society can eat, cook, add flavor, being medicine. Traditional healers or Thai traditional doctor, and anyone can cultivate and use cannabis without breaking the law. But after the Narcotics Act 2522, Cannabis was banned by Thai society. The knowledge development of cannabis plants is missing from academic circles to the present. For 42 years, the storytelling the culture of food, nutrition and medicine has disappeared from Thailand. Thai people who use Cannabis still have to secretly grow, secretly cook (In the noodle soup and tom yum gai, which is very well known), Thai medicine cannot be used as medicine Despite being illegal, it can still be found in the market of neighboring Thailand (Laos, Burma).

In the past when sick, Thai people will be cured With Thai traditional medicine. Some recipes of cannabis are an essential drug in the Thai way, as cannabis is an herb. And now that the government has better accepted the use of Cannabis. At present, the Ministry of Public Health announced For Thai traditional doctors who have passed a course on the



use of medical Cannabis Can prescribe drugs that can be used for cannabis dispensary only to their patients, and 16 traditional Thai drugs that use cannabis as a drug can be accepted as follows

Table 1 16 traditional Thai drugs that use cannabis as a drug can be accepted

ชื่อยา Name	มีกัญชา Cannabis portion	เพื่อการรักษา : Effect
1. อัคคินิ่งคอล	1 ส่วน	แก้คลื่นไส้ อาเจียน ที่เกิดจากระบบย่อยอาหาร Solve nausea and vomiting caused by the digestive system.
2. ศุข์เสยาศร์	12 ส่วน	ช่วยให้นอนหลับ เจริญอาหาร Helps sleep, appetite
3. แก้ลมเนวนารี วายโภ	1 ส่วน	แก้ลมเนวนารีวายโภ Solve the wind
4. น้ำมันสนั่นต์ตระพ	1 กก.	กระชับเหล็ก (มะเร็งตับ) (Liver cancer)
5. แก้ลมขึ้นเบื้องสูง	4 ส่วน	ลมจุกเสียด Wind colic
6. ไฟอาวุธ	1 ส่วน	แก้ไขลมจุกเสียด ประคบรนท่อง Correct the wind, colic, compress the stomach.
7. แก้นอนไม่หลับ	8 ส่วน	การนอนไม่หลับ solve Insomnia
8. แก้สันทมาตกล่อน แม่ทั้ง	1 ส่วน	แก้ปวด ลมเสียดแทง Relieve pain, stabbing wind
9. อัมฤตย์โถสต	10 ส่วน	แก้ลมไกษยทึ้งปวง Solve all the wind chimes
10. อายุยืนสาลี	56.25 กรัม	อายุวัฒนะ Longevity
11. แก้ลม แก้เส้น	20 ส่วน	ลมในเส้น มือเท้าชา อ่อนแรง The wind in the hand and foot lines is weak.
12. แก้โรคจิต ใช้ก้าน	15 กรัม	แก้ลมกังวล นอนไม่หลับ Solve the wind, worry, can't sleep
13. ไฟสาล	450 กรัม	จุกเสียด สารพััดโรค All diseases of colic
14. ริดสีดวงทวารหนัก และผิวหนัง	15 กรัม	ริดสีดวงทวาร ท้าแก้เรื่องกว้าง, เรื่องมูลนก Hemorrhoids are applied to cure eczema, leprosy.



15. ทำลายพระสุเมรุ	30 กรัม	จุกเสียด ลมเปรี้ยงคำ ไส้พองท้องใหญ่ Colic, scorching air, black, bulging, big belly
16. ท้อพยาธิคุณ	1 ส่วน	เสมหะแห้ง เมื่ออาหาร น้ำลายแห้ง ขัดอก ท้องขึ้น Dry sputum when food, dry saliva, and stomach cramps.

In the section of Cannabis oil, The Ministry of Public Health has registered a recipe for a traditional healer named Dacha oil, which has a concentration of cannabis extract in coconut oil 0.3% and the Department of Thai Traditional Medicine and Alternative Medicine has produced 2 recipes of Cannabis oil: Metta Osot, developed from a strain in Thailand, contains a higher percentage of Tetrahydro cannabinoid (THC) than other Cannabinoids. Karun Osoth oil is a recipe developed from Thai cannabis as well. But they contain the active ingredient Cannabidiol (BD) higher than other Cannabinoids.



Figure 1 Metta Osot oil

Metta Osot oil (Metta - Osot oil) uses all substances in the cannabis extract. Full Spectrum) Contains high THC (approximately 50-80% Karuun Osot (Karuun - Osot oil) boiled with coconut oil extract. Cold pressed with female cannabis flowers of high CBD strains. (<http://otopapp.Moph.go.th>) u. Retrieved March 30, 2021).

The palliative care in Thailand: Palliative treatment is the end-of-life care of the patient, formerly used as supportive treatment as a holistic care, including giving the patient a better quality of life and also to the family and connected community



The World Health Organization (WHO, 2002) has defined hospice care. That it is the care that aims to take the life of the patient and the family which face life - Threatening illness in physical, mental, social and spiritual. (Biopsychosocial and Spiritual) for terminal illness patients (Methadilokkul, O. 2018).

Home care management, Hospice with a community (such as Wat Chom Thong) is a base for peaceful deaths as a basis for human dignity is one of the government's policies (Piyasakol Sakolsatayadorn, according to Niracha. Asawathirakul, 2017) and in the Economics angle Thailand will face a significant increase in the hospice in the near future resulting in a hugely increasing in cost (Udomkachinthon, quoted from Asawateerakun, N.2017)

And because Thailand is a Buddhism base nation, temples become shelter for the people. So, if it will be a shelter to use cannabis as an alternative medicine for end-of-life self-care, it will inevitably support the government policy. It is a compassionate thing to do for humans because marijuana help create peace, reduce pain and suffering before death.

Mr. Banthoon Niyamapa or Uncle Tu, in addition to being the leader of the public sector in calling for a law for addictive plants with medical benefit to be separated from the narcotic laws and other relevant laws, also initiated the establishment of the Wat Chom Thong Dependency Center. Phitsanulok Province Together with Phra Kru Panya Warapirat (Lertpong Jamsaichurit) to provide assistance to terminally ill patients who need cannabis treatment. The process is

1)The temple is not a legal hospital but it is a sanctuary for the general public, not confining to gender, age, religion. Requesting to stay, the patient's relative need to be presented at all time. The temple arranged for the patient's bed (adapted from the temple sermon hall) provides a kitchen, shower room, washing machine and necessary living equipment. Leftover food from alms and fresh dry food from a donor will be available to the patients every day without charge. There is cultivation of kitchen garden crops for cooking. The patient relatives will help each other to take care and maintain the cleanliness regularly.

2)Patients who are recovering from a serious disease will be the one who comes to advise the use of Nano Lung Tu Oil Including drip under the tongue, eating, Enema, Body care, dietary. It is a volunteer free service. For those who provide regularly care, the temple



will pay a basic living salary and take care of the well-being in return. It is a mutually support, the principle is that the patient's relatives can grow cannabis and able to extract the oil to use by themselves when returning to recuperate at home. If unable to do so, patients can request the oil from Wat Chom Thong and donate money at will to the temple so the temple can continue support other patients

3)Cannabis cultivation, The Temple laypersons gathered 7 registered households and formed Chomthong Community Enterprise. Make an agreement with Chom Thong Subdistrict Health Promoting Hospital in requesting to grow Cannabis as a raw material for extracting Nano lung Tu oil Which has Green House and an open plantation. The area of the land behind the temple has a fence, no outsiders are allowed to enter and exit, only monks who takes care of the planting and nurturing cannabis plants, which are Thai and mixed strains. Extract the substance and check its concentration of Cannabinoid.

4)During the week, oil extraction will be taught to patients and relatives to provide treatment for patients with serious diseases such as cancer, chronic diseases such as diabetes, psoriasis, and various other diseases

5)In case a patient dies at the temple, if relatives would like to repatriate the body back to the homeland, the temple will provide a coffin without charge. The monk will find wood to create a coffin. If not brought back, the temple will arrange the funeral according to the tradition. The cost is purely up to the donation of the relative.

6)After returning home, there will be a follow up and provide advice through line group ( Mobile application ) system as well as telephone consultation.



**Figure 2** The process Make up cannabis treatment.



Cannabis Oil Extraction Nano Lung Tu: Mr. Banthoon Niyimapa (Lung Tu) has followed and developed from Rick Simson's extraction method. (Rick Simpson is a Canadian engineer called Rick Simpson Oil in 2003) and laid the foundation by teaching people the ability to Self-extracting cannabis oil

There is a difference that Rick Simson uses Indica, but Lung Tu uses Sativa, a native species of Thailand, and uses a cannabis latex solution with cold pressed coconut oil as a solvent for extraction using household materials. Is an electric rice cooker Stainless-steel basin put on the electric rice cooker, when the water is boiled in the rice cooker, the steam will heat up to 120° C. like dried cannabis flowers soaked in Ethyl Alcohol or Ethanol (Food grade 95% purity). If in rush thaw and stir at least 2 hours. If not, fermentation will take from 2 to 5 days. Then filtered with coffee filters. Put the filtered water on the stainless-steel bowl set on the mouth of the rice cooker to boil. Let the alcohol evaporate until there is no sense of alcohol and only concentrated cannabis rubber left.

Then mixed with cold pressed coconut oil to be suitable and convenient for Used (Boonterm, S. 2020), Nano lung Tu cannabis oil has a high THC concentration inline with Metta Osot of the Department of Thai Traditional Medicine.

#### Scope of Research

Study of sickness records of patients of Wat Chom Thong, Phitsanulok During the period from April to November 2020, there were approximately 200 patients seeking care, and 98 of the samples were recorded.

#### Research hypothesis

The sample consisted of terminally ill patients who asked to rely on Wat Chomthong. There was at least fifty percent survival rate.

#### Research Methodology

It is a qualitative research study by retrospective study of patients who asked to rely on Wat Chom Thong. And return back home During April - November 2020 by selecting the disease record and using the combination of Nano lung Du cannabis oil is sublingual route, oral route, rectal route, applying onto the treatment area.



## Research Finding

It was found that a complete record of 98 cases, 58 male, 40 females, representing male: female 59:41 as shown in the picture.

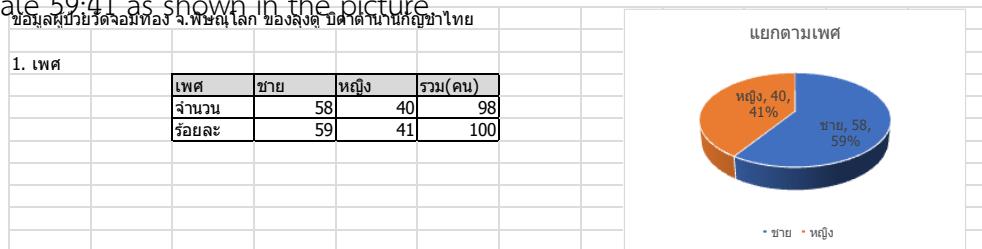


Figure 3 Gender of the sample

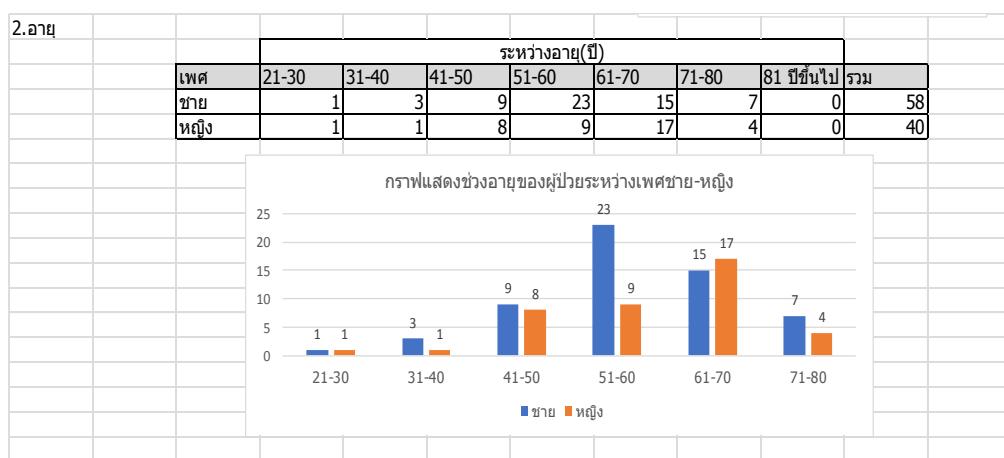
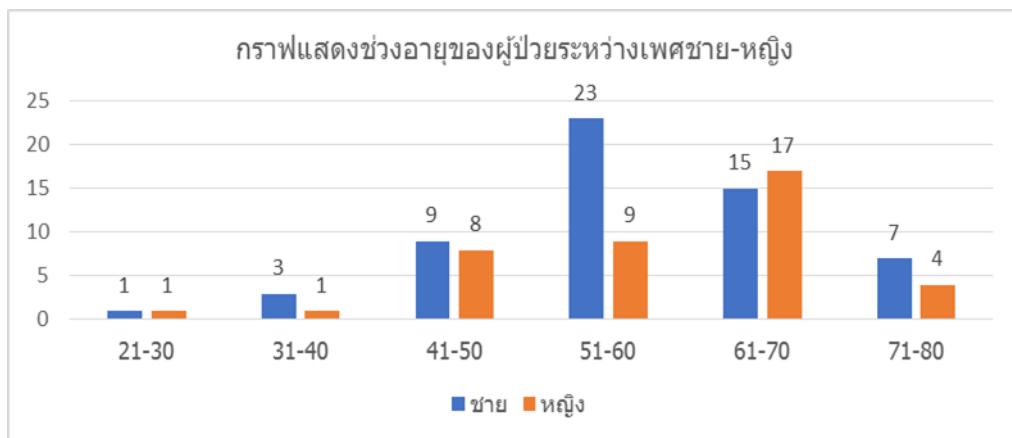


Figure 4 The age group and age group that were most likely to be terminally ill.

The sample was 47.9% from the population in the north, followed by 29.5% in the central region.





**Figure 5** The number of patients seeking dependence at Wat Chom Thong, Phitsanulok Province



**Figure 6** The number of Region of entry for treatment at Wat Chom Thong, Phitsanulok Province

The study found that the types of disease treated were 19 cases of cancers with different organs, with the highest number of liver cancer ( 25.5 % )



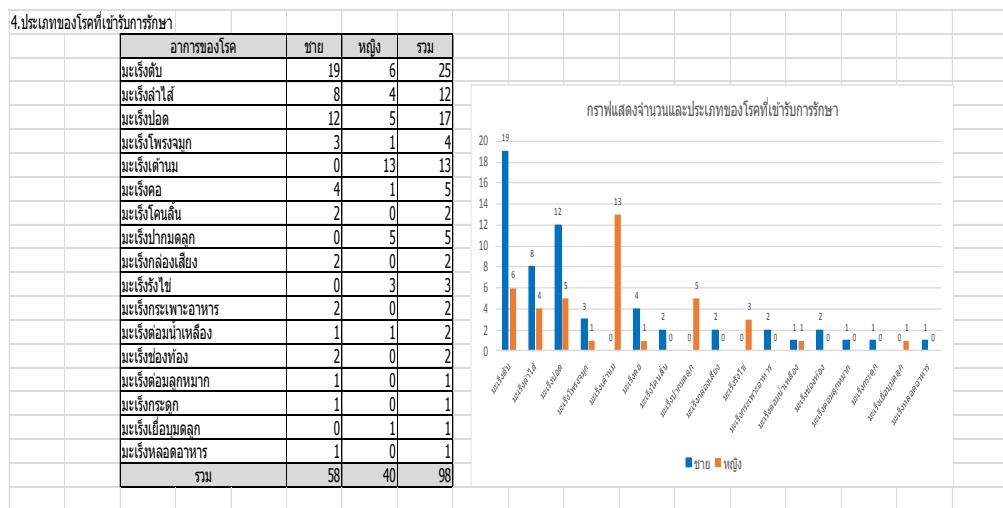


Figure 7 Number of patients with cancer.

With a principle that human's life is more important than the laws, operation of the Wat Chom Thong Sanctuary Center has produced result far beyond the hypothesis survival rate of 50%. Out of the 98 participants 12 patients unfortunately died. Therefore 88% using Nano Lung Tu cannabis oil. Which is the use of cannabis in the Thai way that is grown extraction from Thai wisdom inheritance, observation, physical evaluation and improved quality of life of terminally ill patients. It is an objective and evidence to present to the government to develop laws and policies and the public health system of Thailand in the future.

### Recommendation

1. Research should be carrying out further. By bringing scientific method, Laboratory examination before-after using Nano lung Tu oil
2. Development of Integrative Medicine, use the combination treatment of both modern and Thai traditional medicine in severe and chronic diseases
3. Using cannabis for public health care. Building cognition, discipline and appropriate control over the use of marijuana plants in the household.
4. Use Wat Chom Thong, Phitsanulok Province as a model for hospice care as a legally alternative medicine.



5. Supporting resource management and having medical personnel help check and evaluate results regularly

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