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HEMP – IMPORTANT ASPECTS AND BENEFITS FOR HUMANS

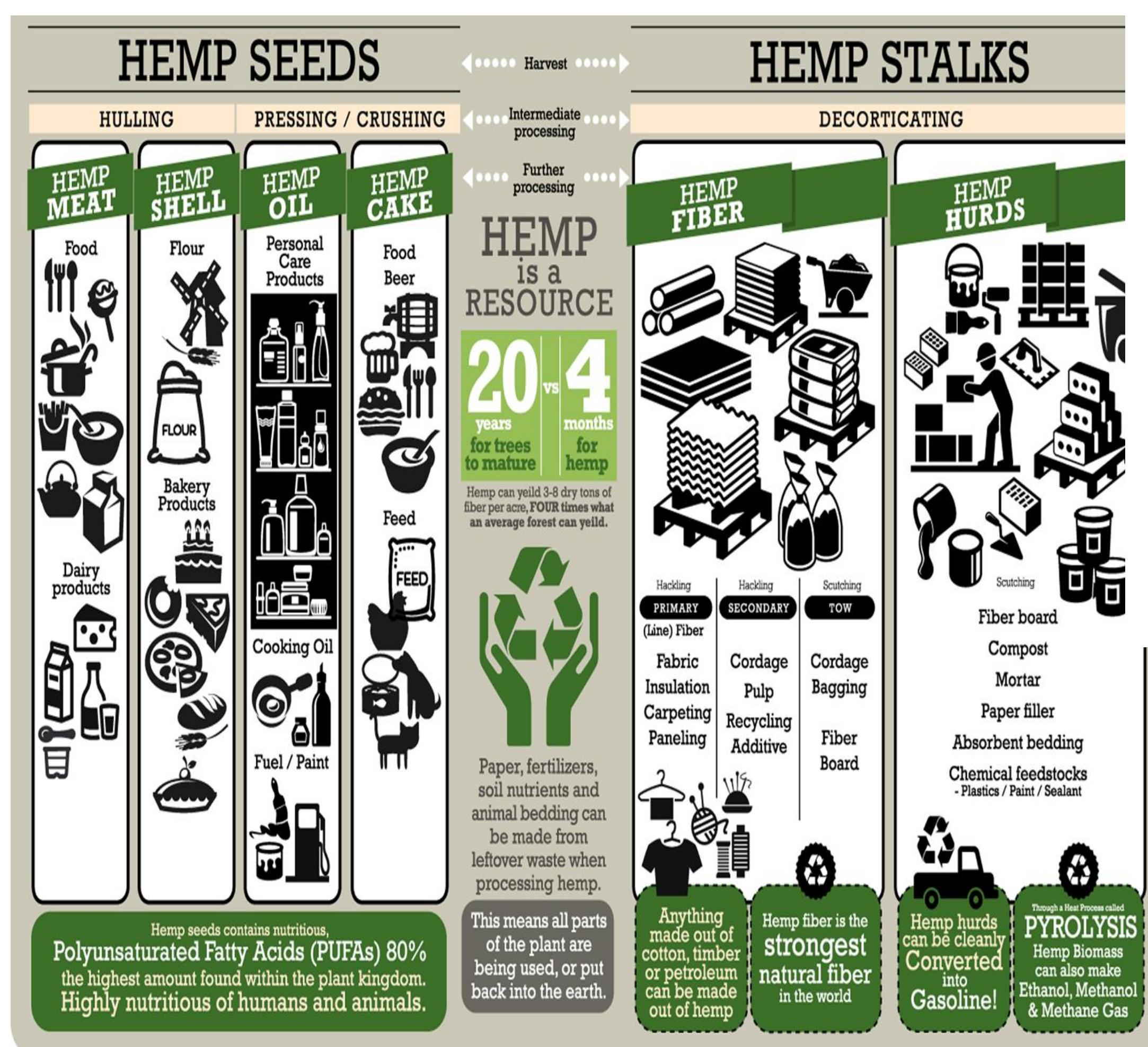
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Abstract: Hemp is one of the oldest industrialized plants on the planet, having existed for over 10,000 years, meaning close to the beginnings of pottery. It is one of the fastest growing plants and was one of the first plants to be transformed into usable fibers 10,000 years ago. Hemp can be processed into a variety of products, including paper, textiles, clothing, biodegradable plastics, paint, isolation, biofuel, food and animal feed. The purpose of this paper is to highlight the benefits on multiple levels of hemp.

• Introduction

- Hemp has more than a thousand different varieties. It is cultivated almost everywhere in the world, and its properties are highlighted by millions of people. It helps to regeneration, restore balance and supports quality sleep. Due to the content of cannabinoids, flavonoids, terpenes and vitamins, it can be a natural help for a variety of situations: for example, in case of inflammation, anxiety or pain.



- The most used and widespread is Cannabis sativa. It is a crop plant that is grown mainly for the production of ropes, ropes, textiles, paper, but also briquettes or insulating materials. But, it is also popular as a medicine. The earliest written record of hemp consumption was made by the Greek historian Herodotus. It refers to the steam bath with hemp visited with pleasure by the Greeks and Romans. Hemp fame spread throughout the Islamic empire to North Africa. In 1545, the Spaniards took it to Chile, from where it spread to North America. The locals made ropes, clothes and paper out of it.

• Material and method

- In order to fulfill the purpose of this paper we used a multi-criteria analysis, using many types of materials: some databases from the field, some statistics, and many theoretic studies.

• Results and discussions

Hemp can be a sustainable culture for rural area. Hemp is rich in vitamins, minerals, fiber, terpenes, chlorophyll, flavonoids and cannabinoids. The latter group includes compounds such as THC, CBD, CBC.

The therapeutic qualities of hemp seeds act on four areas: cardiovascular, mental illness, dermatology and the immune system.



Hemp seeds can be biologically included in the category of nuts or oilseeds and can be eaten in various ways such as: vegetable and fruit salads, mashed potatoes, bakery products, pasta and rice recipes, hemp milk.

In terms of nutritional content, hemp seed contains in principle 30% protein, 42% fat and 15% carbohydrates.

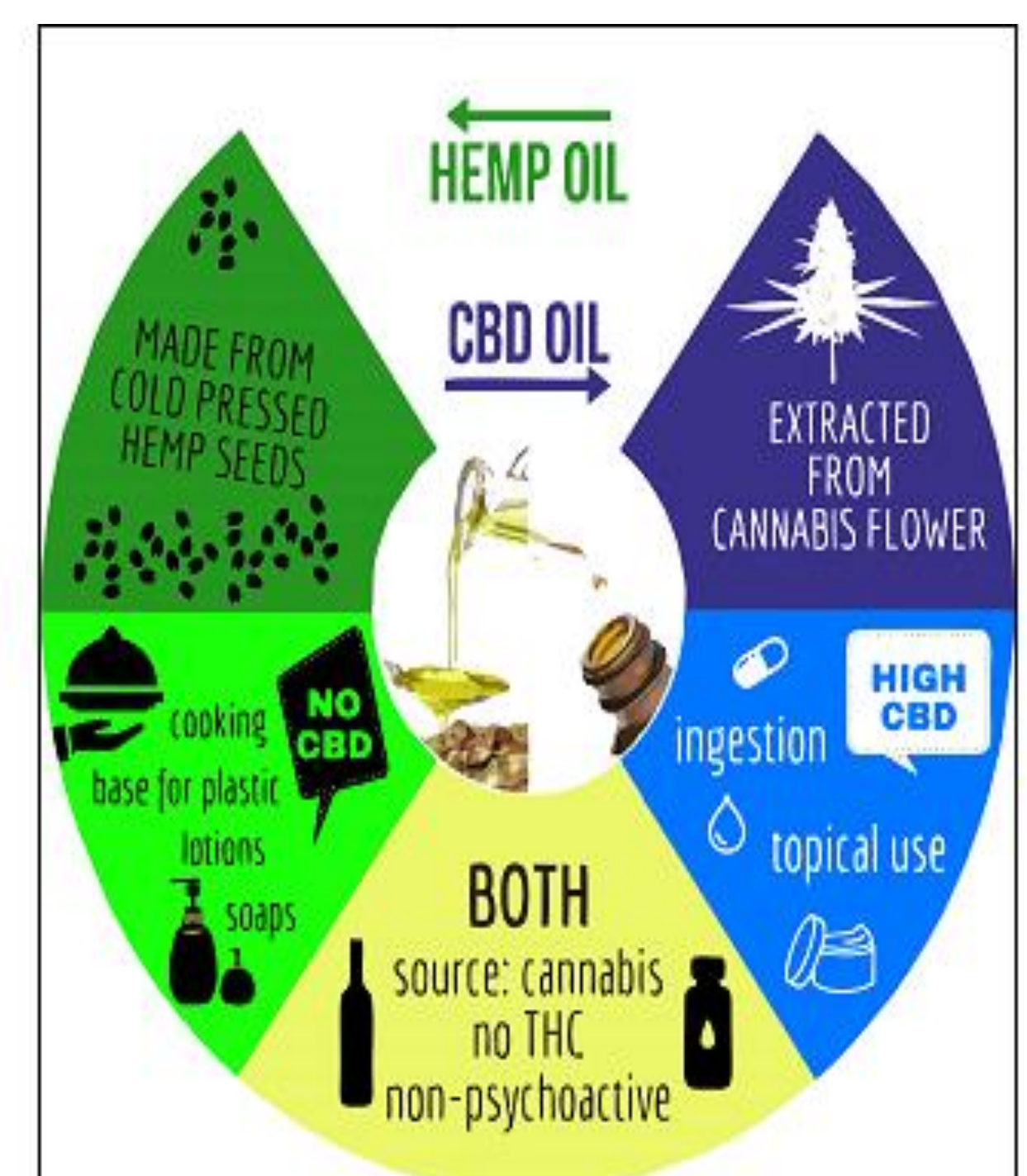


Figure 3. Therapeutic qualities of hemp oil

Source: <https://cannabis-sativa.ro/>

HEMP SEEDS (100g)	
NUTRIENTS	
energy content	553kcal
protein	31.56g
lipids	48.75g
carbohydrates	8.67g
fiber	4g
sugars	1.5g
MINERALS	
iron	7.95mg
magnesium	700mg
phosphorus	1650mg
potassium	1200mg
zinc	9.9mg
manganese	7.6mg
copper	1.6mg
VITAMINS	
B1	1.275mg
B9	110µg
Vitamin A	11UI
FAT	
Polyunsaturated fatty acids	38.1g
Linoleic acid	27.36g
Alfalinoleic acid	8.684g
Gamalinoleic acid	1.34g
Trans fats	0g

• Conclusions

- Hemp contains linoleic acid from the Omega 6 family and alpha-linolenic acid from the Omega 3 family, also called essential fatty acids (AGEs), elements that are absolutely essential for the proper functioning of the human body. It should be noted that they cannot be synthesized by the human body, so the source from which we can take them is our food itself.