

Indica, Sativa & Ruderalis Explained



Officer Dick Downey's Re-education Protocol

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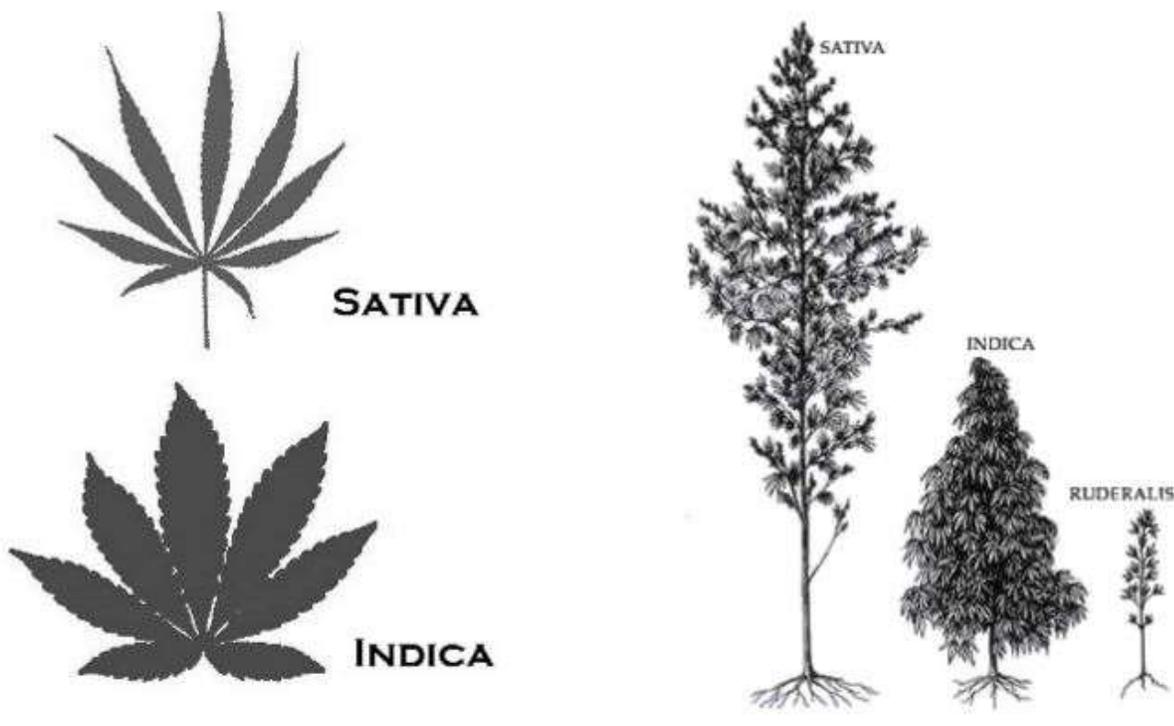
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Cannabis is considered an annual, dioecious (i.e., both male and female sexes), flowering herb in formal botanical terms. Cannabis originated from plants native to the Hindu Kush Valley and the Himalayan foothills. Over the centuries, cannabis has migrated with humans throughout the world and can now be found growing wild on every continent but Antarctica.

Cannabis Sativa, Cannabis Indica and Cannabis Ruderalis are technically sub-species of the Cannabaceae, or hemp, family. The hops plant also happens to be a member of the hemp family. These three sub-species are often incorrectly referred to as cannabis 'species', though they are actually sub-species. Most cannabis strains available in dispensaries have been bred and developed from the potent Indica and Sativa sub-species.

Historically, the Indica, Sativa and Ruderalis varieties have been formally classified and reclassified many times since the mid-1700s by botanists and scientists throughout the world. Currently the scientific and cannabis communities are all using Sativa, Indica and Ruderalis as the three cannabis sub-species classifications.

See the next page for a detailed matrix that compares these three cannabis sub-species.



Source: leafscience.com

A Comparison of the Indica, Sativa & Ruderalis Sub-Species

	INDICA	SATIVA	RUDERALIS
Properties	<ul style="list-style-type: none"> • Mature early, in general • Has a compact, short structure • Has wide, short, dark green leaves, which are sometimes tinged in purple • Bud structure is usually tight, heavy, wide and thick rather than long • Smells skunky and pungent, with a thick, cough-inducing smoke 	<ul style="list-style-type: none"> • Require a long time to mature because they originated in equatorial areas such as Mexico, Thailand and Columbia, where there are long growing seasons • Has a tall, widely spread structure • Has a narrow long, light green leaf structure • Bud structure is more open than Indicas • Smells sweet and fruity, although this is not always the case 	<ul style="list-style-type: none"> • A feral variety that originates from Russia. It is an auto-flowering plant, which does not wait for shorter days to begin budding. • Has a very short, brush-like structure, with average height around 2 ft. It is the heartiest of the sub-species. • Has very small, club-like leaves with less blades than normal • Bud structure is sparse and yields more open, Sativa-like buds • A grassy smell in its wild form
Effects	<ul style="list-style-type: none"> • A classic “couch lock” high • Creates a body effect • A relaxing high that fosters sleep • Typically higher CBD levels than Sativas 	<ul style="list-style-type: none"> • A cerebral effect • A stimulant; energetic, typically • Enhanced auditory and visuals • Increased mental focus 	<ul style="list-style-type: none"> • In its wild form, Ruderalis’ low THC content creates little to no euphoric effects • If bred as a hybrid, it can provide very noticeable effects • Contains significantly higher levels of CBD than the other sub-species
Medicinal Uses	<ul style="list-style-type: none"> • Sleep Aid • Fights depression, anxiety • Relieves migraines • Relaxes muscles and relieves body pain 	<ul style="list-style-type: none"> • Addresses mood, PTSD, anxiety, etc. • promotes creativity • Can help w/ some types of pain 	<ul style="list-style-type: none"> • Currently, Ruderalis is leveraged for breeding, to create an auto-flowering hybrid that will contain the medicinal value and potency of its genetic partner

Note: The clear delineation between these sub-species, especially between Indica and Sativa, is fast becoming less compartmentalized due to advanced breeding techniques and hybridization.