

Sativa vs. Indica: What's the Difference?

If you're new to cannabis, you may wonder about some of the terminology used by consumers and your dispensary. Depending on why you consume: the myriad [health benefits](#), to get high or both, you may wonder whether any strain will provide your desired effect.

It's estimated there are over 1000 strains of weed, each with their own cannabinoid and terpene profile. Strains are generally divided into three categories: Indica, Sativa and Hybrids of the two.

Generally speaking, strains that are sativa dominant mean the consumer is likely to experience a body high but have a clear head. This effect is desirable for those who want to treat pain, inflammation, anxiety, stress and perhaps depression, without being high. Conversely, indica strains provide numerous medicinal benefits, and can sometimes leave the consumer feeling high, known as the psychoactive effect.

Although THC is most associated with the head high, often referred to as being "couch locked," there are many sativa strains that are high in THC, however because of the other cannabinoids and terpenes present in the flower, getting high may or may not happen.

And people respond differently. A strain that may get one consumer high may have little affect on another.