

Sativa VS. Indica

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1 Sativa Strains

Cannabis sativa [1] (*C. sativa* subsp. *sativa* [2], or *c. sativa*) is a herbaceous flowering plant originally from Asia. Sativa seeds [3] may be purchased online through cannabis seed retailers and distributors. A wide range of cannabis seeds offered for sale are bred using sativa genetics.

1.1 Sativa Attributes

- Stretching growth with long internodal gaps
- Large multi-fingered fan leaves



Figure 1: A c. sativa plant next to a c. indica plant

- Slender branching
- Tall height
- Long, airy buds
- High THC content
- Energetic, motivational, psychoactive high

The most beneficial sativa strains may include sizable amounts of THC paired to smaller quantities of CBD. The cannabinoid [4] content varies in each strain and phenotype.

1.2 Sativa Pros

- Easy to grow in most climates
- Performs well in low nutrient soils
- Has the ability to grow large
- Resistant to molds and diseases
- Has an energetic “up” high

1.3 Sativa Cons

- Can grow rather stretchy
- Long flowering times
- Might not finish before first frost
- Buds may be loose, airy
- The high can be overpowering

1.4 Sativas for Breeding

Cannabis sativa plants are ideal choices for breeding projects [5] due to their massive size, enormous bud production and high yield potential. Blue Dream [6] is an example of a sativa dominant cannabis strain that performs better for commercial farmers (in terms of yield and product quality) than the parent strains used to breed it.

1.5 Sativa High

The enticing high certainly gives a good reason to use sativa seed strain genetics [7]. Popular among cannabis connoisseurs, some of the longest flowering and tallest sativas in the world are loved by marijuana users for their extremely potent effects. For the daily smoker, sativa strains offer a high that hits hard while remaining functional.

2 Indica Strains

Cannabis indica [8] (*C. sativa* subsp. *indica* [9] or *c. indica*), a putative species of the genus *Cannabis*, is an annual plant in the family Cannabaceae. Indica seeds [10] may be bought online through marijuana seed shops and distributors. A vast selection of marijuana seeds offered for sale today are bred using cannabis indica genetics.

2.1 Indica Attributes

- Stocky growth with short internodal gaps
- Thick, stubby fan leaves
- Compact branching

- Moderate height
- Dense, heavy buds
- High THC content
- Narcotic, relaxing, psychoactive high

The most potent indica varieties are packed with heavy amounts of THC and CBD. As with all cannabis strains, the cannabinoid content varies.

2.2 Indica Pros

- Easy to grow in temperate climates
- Performs well in arid conditions
- May produce excellent yields per square meter
- Resistant to pests and diseases
- Has therapeutic medical effects

2.3 Indica Cons

- Can be slow to grow large
- May require increased lighting
- Susceptible to mold
- The high can feel overly narcotic

2.4 Indicas for Breeding

Cannabis indica is great for plant breeding due to its appealing dense and resinous buds that sell well at marijuana dispensaries across the US. Heavy indica strains such as Purple Kush [11] are in high demand among medical marijuana users. Indica strains include more of the active chemical CBD [12], which has picked up a lot of interest in the medical society.

2.5 Indica High

The effects of indica give comfort for a lot of kinds of pain. The marijuana supplies a narcotic high intended for soothing relaxation. Indica is not recommended for activity, but rather to aid in therapeutic treatments.

3 Conclusions

Sativa versus indica is an age-old debate that will never end. Ultimately, it is up to the user to decide which strain—whether it’s sativa or indica—is the best for their situation. Cheap weed seeds [13] enable farmers, gardeners and cultivators to grow sativa, indica and hybrid genetics. Indica/sativa hybrids have shown to represent both ends of the spectrum. Cannabis users are advised to research the seed market [14] and cannabinoid qualities of individual crossbreed hybrid cannabis strains.

4 Reference

- [1] <https://www.indopedia.org/cannabis-sativa/>
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