



# Chart: Characteristics Of Cannabis Types

Type	Characteristics	Origin	Height	Flowering	Uses	Effects	Symptoms Relieved
<b>Indica</b>	Short and stocky Dark green leaves Wide leaves Skunky, pungent scent	Areas with a short growing season like India, Afghanistan, and Tibet	1 to 6 ft	7 to 8 weeks	Nighttime use Best for indoor gardens	Laid back, sleepy, relaxed Body buzz	Anxiety, insomnia, pain, muscle spasms
<b>Sativa</b>	Tall and lanky growth Long and slender leaflets High internode spacing	Equatorial regions like Africa, Mexico, Thailand, and Southeast Asia	5 to 25 ft	9 to 16 weeks	Daytime use	High THC and low sleep-inducing terpenes Cerebral, euphoric, and energetic	Depression, ADD/ADHD, fatigue, mood disorders
<b>Ruderalis</b>	Autoflowering (age dependent)	Polar regions like Central Europe, the Himalayas, Central Asia, and Siberia	1 to 2.5 ft	Approx. 10 weeks	Medicinal use	Non-intoxicating Low THC and high CBD	Pain, inflammation, muscle spasms
<b>Hybrid</b>	Varies based on genetics	Breeding between multiple types	Varies	Varies based on genetics	Varies based on genetics	Blend of sativa and indica traits	Varies based on genetics