

# Sensoril

*A natural therapy for memory*

Mood disorders cause problems with memory and concentration that can linger even after their depression lifts. Sensoril is an herbal extract that can improve those cognitive abilities.

Sensoril comes from an Indian form of ginseng called Ashwagandha (*Withania somnifera*). This herb has been used for centuries in India, where it is thought to protect the body from disease and stress. Several compounds in the plant (glycowithanolides and sitoidosides) protect the brain's memory center (the *hippocampus*). The cells in the hippocampus are fragile and can be injured by stress or depression. In one study, Sensoril reduced 80% of the damage stress had caused in depressed mice.

In 2013 the first study of Sensoril in memory was published. It concluded that the herb improved memory in people with bipolar disorder. Specifically, those who took it had better short term-recall and faster mental responses. They also had keener social intuition: they were faster at recognizing emotions in faces. In other small studies, Sensoril has improved anxiety, energy, diabetes, and arthritis.

## How to find a product

Stick with the Sensoril formulation of Ashwagandha, as other products vary widely and Sensoril was the type studied in psychiatry. The exact ingredients in this formulation are:

8% withanolides, 32% oligosaccharides, and no more than 2% withaferin-A

However, it's easier to search for "Sensoril" at an online store should identify a product. A full list of options is at [sensoril.com](http://sensoril.com).



*Withania somnifera* is the plant source of sensoril.

Look for a product that has 250mg of Sensoril to start with, and 250mg or 500mg after you've finished your first week. Find updated links to good products at:

[www.chrisaikenmd.com/supplements](http://www.chrisaikenmd.com/supplements)  
(under Ashwagandha)

Doctor's Best Ashwagandha Featuring Sensoril Veggie Capsules, 60 Count

Natural Factors Stress-Relax Sensoril Capsules, 60-Count

**Quick links to recommended products at**  
[www.chrisaikenmd.com/supplements](http://www.chrisaikenmd.com/supplements)

## How to take it

Sensoril can be started at 250mg daily for the first week and then raised to 500mg daily if it is tolerated. You can take that 500mg all at once or divided as 250mg twice per day. It can be taken morning or night, with or without food.

## Limitations

Sensoril has not been widely studied and its safety is not regulated by the FDA. Although research suggests it is effective at improving cognition, anxiety, sleep, and overall stress management, these studies are small and not definitive.

### **Side effects, risks, and drug interactions**

In the clinical trials, Sensoril was well tolerated. However, there have been reports of liver injury linked to Ashwaghandha, and those risks may apply to the Sensoril formulation as well.

Sensoril may elevate thyroid levels, so people with thyroid disease should have their levels checked more often while on it. Researchers recommend not exceeding the daily dose or using tablets with greater than 2% withaferin-A concentration as there may be unknown risks in going higher.

—Chris Aiken, M.D., updated 8/6/2024