



CBD-Enriched Treatment and Cognition in Parkinson's Disease

Could cannabinoids influence cognition or inflammation in Parkinson's disease?

A 2025 double-blind randomized controlled trial enrolled 60 people with Parkinson's disease. Participants received either a sublingual CBD-enriched product or placebo for 12 weeks. The mean cannabinoid exposure in the active group was approximately 26 mg CBD and 1.2 mg THC per day.

The primary cognitive outcome — delayed recall — did not differ between groups. One cognitive subtest, naming, improved modestly in the CBD group. Researchers found no meaningful differences in inflammatory markers or most other clinical outcomes, and no serious adverse effects were reported.

Potential application

The result is scientifically interesting because it narrows the questions worth asking next. Rather than supporting a broad claim that CBD improves cognition in Parkinson's disease, it suggests that larger studies using targeted cognitive measures and potentially different doses are needed.

Reference

Mitarnun W, Kanjanarangsichai A, Junlaor P, et al. Cannabidiol and cognitive functions/inflammatory markers in Parkinson's disease: a double-blind randomized controlled trial at Buriram Hospital (CBD-PD-BRH trial). *Parkinsonism & Related Disorders*. 2025;135:107841.

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