Method for testing the allelopathic sensitivity of plants involves assessing the initial growth response of the test plant to the presence of allelopathically active chemical compounds by germinating its seeds in Petri dishes under controlled temperature conditions in a thermostat using water extracts of the corresponding plant species of selected concentrations. Cotton disks with a fixed drying concentration of allelopathically active substances are used as a test medium and a binary assessment of allelopathic sensitivity is applied: by the percentage of normally germinated seeds in the test medium and the total formed mass of seedlings in the sample on the third day after the milestone date for recording seed germination in the laboratory for this type of test object.