

MINISTRY OF PUBLIC HEALTH OF UKRAINE
NATIONAL UNIVERSITY OF PHARMACY

**TOPICAL ISSUES
OF NEW DRUGS DEVELOPMENT**

Vol. 2

April 20, 2017

Kharkiv

Kharkiv

NUPh

2017

PHARMACOTHERAPY FOR INSOMNIA

Mirenkova P. V.

Scientific supervisor: assoc. prof. Savokhina M. V.

National University of Pharmacy, Kharkiv, Ukraine

polishka53@gmail.com

Introduction. Insomnia is a sleep disorder which is characterized by difficulty during falling asleep or staying asleep as long as desired. Moreover, unsatisfactory quality of sleep causing physical and emotional symptoms during daytime is characteristic of insomnia which influences social and cognitive activity. More than 50% of population suffer from insomnia throughout their life. Elderly people wake up at night or early in the morning. Women suffer from insomnia twice as much as men. Only 5 of all those suffering from insomnia seek medical attention.

Depending on the type of insomnia the algorithm of its treatment is chosen. Pharmacological as well as non-pharmacological approaches can be chosen during the treatment of insomnia (separately or in combination).

Aim. The aim of our research was to study pharmacotherapy of insomnia in the international medical practice.

Materials and methods. Pharmacological treatment of insomnia consists in applying hypnotics which induce sleep mostly through their impact on the main inhibitory GABA-system of the central nervous system (CNS). Additionally sedating medications are used. Recently medications/substances which influence melatonin receptors have started to be used. Their application is considered a perspective direction in pharmacological treatment of insomnia.

Results and discussion. The aim of effective therapy of sleep disorders is recovery of its structure. Trasdodone is the first antidepressant which has double mechanism of action. Trasdodone inhibits serotonin transfer protein and is the serotonin receptors antagonist of the 2nd type) T (5-HT₂; blocks 5-HT_{2A}, as well as 5-HT_{2C}-receptors).

Unlike tricyclic antidepressants Trasdodone doesn't reduce the fourth orthodox sleep. Thus with the help of favorable sedative and hypnotic effect which benzodiazepine doesn't have, trasdodone can be used in treatment of the state of increased anxiety which is accompanied by insomnia caused by depression.

Trasdodone is registered in Ukraine under trade name Trittico. Its starting dose is 100 mg, single dose at bedtime, orally. If necessary, the dosage is increased by 50 mg/day every 3-4 days until the therapeutic effect is achieved.

Conclusions. Use of Trasdodone increases total sleep time through reduction of cases of waking up at night and shortened phase of fast sleep which has been confirmed with the help of polysomnography.

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