THERAPY OF DEPRESSION WITHOUT AFFECTING WEIGHT, ISN`T IT POSSIBLE?

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Introduction. For a long time, the dominant theory of the mechanisms of depressive disorders was the monoamine theory, according to which one of the leading factors in the depression development is a deficiency of biogenic monoamines in the synaptic cleft. But the monoamine theory does not explain the limitations in the effectiveness of antidepressants and the slow development of their therapeutic effect, which made one think about the lack of breadth of this theory. In recent years, the neurotrophic theory of the development of depression has been actively studied. This theory fills the missing links of the monoamine theory, explaining the morphological changes in the brain. Thus, neurotrophic factors occupy one of the leading roles in the etiology of depression, affecting the ratio of the processes of death of nerve cells and reparative processes.

In the context of the foregoing, it is very important to start treatment of depression in a timely manner, which will facilitate its therapy.

Aim. The aim of present work was to investigate the possibilities of improving the therapy of neurotic disorders, in order to eliminate the side effects that play the role of constraints in the timely initiation of treatment.

Discussion. One of important factors is the influence of modern psychotropic drugs on body weight. Motivational activities, food behavior and emotional reactions were closely linked during evolution. Serotonin, dopamine and norepinephrine contribute to the regulation of each of these processes. What makes it difficult is the isolated regulation of one of the components of this system. Also, taking into account that although weight gain is indicated by a possible side effect, in most cases, the mechanisms of this effect have not been studied enough to correct them without affecting the main therapeutic effect. Overweight significantly increases the risk of diabetes type II and cardiovascular diseases, due to the usually associated dyslipidemia. Therefore, a more detailed study of biochemical mechanisms of the influence of psychotropic drugs on body weight is a very urgent problem of modern pharmacy.

Conclusions. It is necessary to investigate in more detail the mechanisms of the influence of psychotropic drugs on protein, lipid and carbohydrate metabolism.