

Psikofarmakoloji ve Evrim

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Özet

Psikofarmakoloji; ilaçların düşünceler, duygular ve davranışlar üzerindeki etkileriyle birlikte ruhsal bozuklukların tedavisindeki rollerinin bilimsel olarak incelenmesidir. Ruhsal bozuklukta yeni ilaçlar bulmanın ve klinik sonuçları iyileştirmenin anahtarı olan mental süreçleri anlamaya odaklanır. Bununla bağlantılı olarak nöropsikofarmakoloji, ilaçların davranışı etkilemek için etki ettiği¹ temel nöral mekanizmaların çalışmasını tamamlayan disiplindir. Son yıllarda bu alanda ilerleme yavaş olmuştur ve psikiyatrik ilaçlar sınıfına yeni büyük sınıflar eklenmemiştir. Evrimsel düşüncenin psikiyatriye ve onun temel bilimlerine; hücre iletişimi, nörotransmisyon ve beyni çeşitli şekillerde değiştirebilen maddelerin evrimsel tarihini vurgulayan yeni bilimsel bakış açıları getirdiğini ortaya koyuyoruz. Evrimsel işlev ve filojeni perspektifleri; doğal ve yapay kimyasalların (psikotrop ilaçlar) etkileri için evrimleşmiş nöronal yolları nasıl kullandıklarına dair daha derin bir anlayış sağlıyor. Böylece evrim teorisi, psikotrop ilaçların psikolojik etkilerini ve yan etkilerini anlamamıza, yeni ilaçları keşfetmemize ve test etmemize yardımcı olabilir.

Anahtar kelimeler

Evrim, evrimsel psikiyatri, doğal seleksiyon, nöromodülatörler, nörotransmitterler, psikofarmakoloji

Anahtar Noktalar

- Nörotransmitterlerin, reseptörlerin ve bu reseptörleri etkileyen kimyasal ajanların evrimsel tarihini anlamak, psikofarmakolojik ilaçların etkilerini, yan etkilerini ve plasebo yanıtlarını anlamak için temeldir.
- “Nörotransmitterler” olarak bilinen maddeler başlangıçta patojenlere karşı savunma ve hormonal aktivite dahil üzere bir dizi biyolojik işleve sahip, evrimsel olarak eski kimyasallardır. Bu bir dizi işlev terapötik yönetimi zorlaştırır.

- Evrimsel yaklaşım, psikiyatrik bozuklukların karmaşık evrimleşmiş biyolojik süreçlerine dayandığı için psikofarmakolojik ilaçların yalnızca belirli psikiyatrik sendromlar veya semptomlar üzerinde etkili olmadığını, aynı zamanda çoklu nöronal süreçleri ve hücre iletişim sistemlerini de etkilediğini kabul eder.
- Evrimsel bir çerçeve, fonksiyonları optimize etmek için pratik stratejiler önerebilir ve yeni ilaçların araştırılmasına ve test edilmesine yardımcı olabilir.

18.1 Giriş

Genel biyomedikal yaklaşım, psikiyatrik bozuklukları primer beyin bozuklukları (merkezi sinir sistemi (MSS) içinde bulunan ve hastalıklı beyin devrelerinden kaynaklanan fonksiyon bozuklukları) olarak görmektedir. Buna karşılık , evrimsel psikiyatrist ise

¹ “Madde/ilaç” kelimesi hem tıbbi/terapötik maddeler hem de eğlence amaçlı-kötüye kullanılan maddeler dahil olduğundan belirsizdir. (bkz. Bölüm 12) Bu bölümün amaçları doğrultusunda madde/ilaç terimini terapötik amaçlarla geliştirilen ve kullanılan kimyasalları ifade etmek için kullanıyoruz.

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