BİPOLAR BOZUKLUKTA HAYVAN MODELLERİ

24 BÖLÜM

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GİRİŞ

Bipolar Bozukluk (BPB), belirgin psikososyal bozulma ve yeti yitimine neden olan, süreğen, duygudurum atakları ile seyreden ve sık görülen bir psikiyatrik morbidite nedenidir. Yakın zamana kadar bipolar bozukluğun yaşam boyu prevalansı %1 olarak kabul edilmekte iken; son yıllarda BPB I ve II'yi kapsayan çalışmalarda %5'e varan oranlar verilmektedir (1). BPB yani iki uçlu duygudurum bozukluğu manik, depresif ve karma dönemler içerir. Manik dönem en az 1 hafta veya hasta yatırılmak zorunda kalırsa daha kısa süren, olağandışı ve uzun süreli yükselmiş, kabarmış veya irritabl duygudurum dönemidir. Manik dönemde kişide artmış benlik saygısı, uyku ihtiyacında azalma, aşırı uyarılmışlık hali, aşırı fiziksel ve zihinsel aktiviteve, amaca yönelik etkinliklerde artış saptanır (2). Depresif dönemde en az iki hafta süren moral bozukluğu, karamsarlık, anhedoni, avolusyon, vejetatif değişiklikler (uyku, iştah ve cinsel aktivite), özsaygıda azalma, enerji azlığı ve suicid fikirleri görülmektedir. Karma dönem ise hem manik hem de depresif belirtilerden birkaçını içeren en az 1 haftalık süreyi ifade eder (2). BPB'nin tedavisinde duygudurum dengeleyici ilaçlar, antipsikotikler ve kimi zaman antidepresanlar kullanılır.

Psikiyatrik bozukluklarda hayvan modellerinin genel durumu diğer hastalıkların ideal modellerinden geride kalmış olmasına karşın, psikiyatrik araştırmalar arasında bile BPB modellerinin durumu en yetersizlerindendir. BPB'de hayvan modeli oluşturmada zorluk yaratan nedenlerden birincisi; hastalık durumunu veya tedavinin etkilerini gözlemlemek için yerleşik bir biyolojik belirteç bulunmamasıdır. İkincisi; bir insanın "afektif" hastalığı için genel bir hayvan modeli kavramı her zaman sorunludur, çünkü hayvanların 'afekti' olduğu varsayılamaz (3). BPB modellemesinin en belirgin yarattığı üçüncü sıkıntı ise; hastalığın doğal döngüsel yapısından kaynaklanmaktadır (4). Literatürde hastalığın bu döngüsel yapısının modellemesi çokça tartışılmıştır. Kimi yazarlar, BPB modelinin mutlaka döngüsel özellik göstermesi gerektiğini savunmuşken (5); kimi yazarlar ise bu döngüsel durumun üstesinden gelmek için manik ve depresif dönemlerin ayrı ayrı modellenebileceğini öne sürmüştür (6). Hala BPB'yi tamamen yansıtan bir model geliştirilememiş olmasına karşın; hastalığın manik ve depresif dönemlerinin ayrı ayrı çalışıldığı yeni hayvan modelleri duygudurum bozukluklarının altında yatan mekanizmaların anlaşılmasını sağlamak için kullanılmaktadır.

liği olarak tüm bu üç kriteri de kapsayan ideal bir modele ulaşılamadığı görülmektedir. Bu tür ideal modeller nadir olmakla birlikte psikiyatrik bozukluklarda hiç yoktur. BPB' de ideal modeli oluşturmadaki en büyük sorunlardan biri hastalığın doğal iki uç duygudurum arasındaki döngüselliğidir. Bunun yanında BPB için en önemli belirti olan afektte gözlenen değişimin hayvanlarda gözlenemiyor oluşu da ikinci büyük sorunu oluşturmaktadır. BPB' de ideal model ancak hastalığın nörobiyolojisi anlaşıldıktan sonra ortaya çıkabilecektir. Şimdilik elimizde ideal bir BPB hayvan modeli olmasa da; mevcut modellerin araştırmalara katkısı yadsınamaz.

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