

14. BÖLÜM

Antidepresanlar

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Giriş

Antidepresanlar, major depresyon, obsesif-kompulsif bozukluk, anksiyete bozuklukları, uyku bozuklukları, enürezis nokturna, kronik ağrı tedavilerinde ve bazı bağımlılıkların yönetiminde kullanılan ilaçlardır (1).

Antidepresanların ilk klinik kullanımı; 1950’lerde tüberküloz tedavisinde kullanılan bir monoamin oksidaz (MAO) inhibitörü olan “iproniazid” ve trisiklik antidepresan (TSA) ailesinden “imipramin” ile gerçekleştirilmiştir. Her iki ilaç, nörobiyoloji ve psikofarmakoloji için vazgeçilmez bir araştırma aracı olmuş ve depresif bozuklukların ilk etiyopatogenik hipotezlerinin ortaya atılmasına yardımcı olmuştur. Seçici bir serotonin geri alım inhibitörü olan fluoksetinin 1980’lerin sonunda klinik olarak piyasaya sürülmesi, depresyon tedavisinde bir kez daha devrim yaratarak yeni antidepresan ailelerinin yolunu açmıştır. Bu antidepresanların tümü, şu anda klinik uygulama için mevcut olanlar gibi, agomelatin hariç, sinaptik seviyede monoaminerjik nörotransmisyonun modülasyonunu içeren etki mekanizmalarına sahiptir (2).

Antidepresan ilaçların sınıflandırılması farklılık gösterebilmekle birlikte, etki mekanizmalarına göre 5 sınıfa ayrılmaktadır; 1. Trisiklik antidepresanlar (TSA), 2. Selektif serotonin geri alım inhibitörleri (SSRİ), 3. Serotonin ve nor-

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