

Depression: The Growing Mental Disease and its Treatment by SSRI.

Deepa Yadav*

Department of Pharmacy, Banasthali University, India

Abstract

Depression is the most common disease among the teenagers these days. Depression is the sudden loss of interest in person's usual activities. It is a mood disorder and there is a feeling of sadness. Also the person lacks the interest in social gatherings and others activities where they are told to interact with people. It is a rapid growing disease among today's generation and we often neglect the severity of this disease. Depression is of great concern and it can happen to any one of any age. It starts during the teenage and can last till years. Hence proper cure is needed. It can be in the form of medicines or psychological treatment. No one understands the severity of this disease until the same happens to them. The most widely used or we can say the first choice of doctors is the SSRI's. SSRI stands for Selective serotonin reuptake inhibitors. Serotonin is the main neurotransmitter responsible for the depression. It is a natural mood stabilizer. The lack of serotonin leads to depression. Recent studies revealed that in fact chocolates increase the level of serotonin.

Keywords: Depression, Serotonin, Mood stabilizer, Psychology.

Accepted on June 11, 2018

Introduction

Depression is the most common disease among the teenagers these days. Depression is the sudden loss of interest in person's usual activities [1]. It is a mood disorder and there is a feeling of sadness. Also, the person lacks the interest in social gatherings and others activities where they are told to interact with people. It is a rapidly growing disease among today's generation and we often neglect the severity of this disease [2]. Depression is of great concern and it can happen to any one of any age. It starts during the teenage and can last till years. Hence proper cure is needed. It can be in the form of medicines or psychological treatment [3].

The symptoms of depression include suicidal thoughts, lack of interest in usual activities, weight loss (unintentionally), isolation from everybody, lack of sleep, insomnia, no pleasure in anything, the feeling of sadness and many more [4]. A recent study revealed that depression occurs more in women than in men. Women have different psychological needs than men and tend to get more depressed. Today's society also greatly impacts the depressive state of an individual.

The various cases which can lead to depression may be

- Career stress
- Divorce
- Breakups
- Financial problems
- Any past head injury
- Childhood trauma
- Work issues
- Family and relationship problem
- Depressive surroundings
- Any chronic disease, for example, diabetes, cardiovascular diseases or any other major diseases like cancer [5]

Treatment

We basically follow three strategies for the treatment of depression.

- First is via the support from the family members, friends, and colleagues.
- Second is by the taking therapies from a psychiatrist on regular basis.
- And the third one is by the use of medicines such as antidepressants [6].

Depression is a treatable mental disease.

- 1) The first strategy i.e. support is very crucial and is great importance to treat depression. The support is needed so that depressed person should not feel alone at any time of the day [7]. There should be such supportive friends who can take the person for outings so that they can freshen up their moods.
- 2) The therapies and the session also play an important role in treating depression. It is seen in many movies like good will hunting that how the therapist helps them to finally get back to their normal lives [8].
- 3) The third strategy is the use of antidepressants which finally treats the depression. Antidepressants work best with the psychological treatment also [9].

Now, SSRI- Selective serotonin reuptake inhibitors are the most commonly used antidepressants. SSRIs ease gloom by expanding levels of serotonin in the cerebrum [10]. Serotonin is one of the synthetic couriers (neurotransmitters) that convey motions between cerebrum cells. SSRIs hinder the reabsorption (reuptake) of serotonin in the cerebrum, making more serotonin accessible. SSRIs are called particular since they appear to basically influence serotonin, not different neurotransmitters.

SSRIs additionally might be utilized to treat conditions other than depression, for example, tension issue [11].

The commonly used SSRI are:

- Citalopram (Celexa)
- Escitalopram (Lexapro)
- Fluoxetine (Prozac)
- Paroxetine (Paxil, Pexeva)
- Sertraline (Zoloft)
- Vilazodone (Viibryd)

Mechanism of action: These SSRI mainly work by increasing the level of serotonin in the brain by decreasing its reuptake. Hence more serotonin is available in the brain. Specific serotonin reuptake inhibitors (SSRIs) are a class of medications that are ordinarily utilized as antidepressants in the treatment of real depressive issue and tension issue. The correct component of activity of SSRIs is unknown. SSRIs are accepted to build the extracellular level of the neurotransmitter serotonin by constraining its reabsorption (reuptake) into the presynaptic cell, expanding the level of serotonin in the synaptic parted accessible to tie to the postsynaptic receptor. They have fluctuating degrees of selectivity for the other monoamine transporters, with unadulterated SSRIs having a just feeble partiality for the norepinephrine and dopamine transporters [12,13].

Cognitive Behavioural Therapy (CBT)

Cognitive behavioural therapy (CBT) is talking therapies that can help you manage your problems by changing the way you think and behave. CBT is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected, and that negative thoughts and feelings can trap you in a vicious cycle. CBT aims to help you deal with overwhelming problems in a more positive way by breaking them down into smaller parts. You're shown how to change these negative patterns to improve the way you feel. Cognitive-behavioral therapy (CBT) is a psycho-social intervention that is the most widely used evidence-based practice for improving mental health. Guided by empirical research, CBT focuses on the development of personal coping strategies that target solving current problems and changing unhelpful patterns in cognitions (e.g. thoughts, beliefs, and attitudes), behavior's, and emotional regulation. It was originally designed to treat depression, and is now used for a number of mental health conditions, for example anxiety.

Conclusion

The depression can be treated by several means but most importantly by the use of SSRI. Along with this, the support strategy like the CBT is also needed to boost up the effect of these antidepressants.

References

1. Xiang X, Leggett A, Himle JA, et al. "Major Depression and Subthreshold Depression among Older Adults Receiving Home Care." *Am J Geriatric Psychiatry* 2018.
2. Peng WF, Fan F, Li X, et al. "Different behavioral and pathological changes between epilepsy-associated

depression and primary depression models." *Epilepsy & Behavior* 2018;83:212-18.

3. Gorial FI and Roaa NS. "Prevalence of Depression in Iraqi Patients with Systemic Sclerosis and Its Relationship with Disease Severity." *Int J Med Res Health Sci* 2018;7:69-74.
4. Al-Muhaish WS, Al-Azman BA, Al-Ghamdi BA, et al. "Prevalence of Postpartum Depression and its Correlation with Breastfeeding: A Cross-Sectional Study." *Int J Med Res Health Sci* 2018;7:28-34.
5. Vittengl JR . "Mediation of the bidirectional relations between obesity and depression among women." *Psychiatry research* 2018;264:254-59.
6. Al-fard H, Bin-Abbas A, Alhazzani A. "Prevalence and Risk Factors Associated with Depression in Patients with Primary Headache Disorders." *Int J Med Res Health Sci* 2018;7:41-50.
7. Juruena MF, Bocharova M, Agustini B et al. "Atypical depression and non-atypical depression: Is HPA axis function a biomarker? A systematic review." *J affect disord* 2017;223:45-67.
8. Pershaanbala B, Syah B, and Jibi P. "Impact of Predisposing Factors on Academic Stress among Pre-Service Teachers." *Int J Med Res Health Sci* 2017;6:173-178.
9. Rather ZM, Islam MN, Majid NA, et al. "The Effect of Escitalopram on Thyroid Function in Patients with Depression: An experience from Government Medical College Srinagar and Associated Hospitals." *Int J Med Res Health Sci* 2017;6:143-151.
10. Otaghi M, Borji M, Bastami S, et al. "The Effect of Benson's Relaxation on depression, anxiety and stress in patients undergoing hemodialysis." *Int J Med Res Health Sci* 2016;5:76-83.
11. Mohammadreza P, Reza R, Raoofeh G, et al. "Social functioning increase after repetitive transcranial magnetic stimulation (rTMS) in patients with recurrent major depression." *Int J Med Res Health Sci* 2016;5:282-86.
12. Mollasalehi F, Salehi S, Moghadam LF. "The Effect of Stress Coping Skills Training on Family Functioning in Families with Mental Patients Referred to Razi Psychiatric Hospital in Tehran, Iran." *Int J Med Res Health Sci* 2016;5:302-06.
13. Lueck JA, "Respecting the 'stages' of depression: Considering depression severity and readiness to seek help." *Patient education and counseling* 2018;101:1276-282.

***Correspondence to:**

Deepa Yadav
Department of Pharmacy
Banasthali University
Rajasthan
India
Tel: +91 9990209053
E-mail: 2696deepa@gmail.com