

## P01-01 - WHAT ARE THE NEWER OPTION FOR TREATING ACUTE BIPOLAR DEPRESSION

**A. Acharya**

*Psychiatry, Calcutta Pavlov Hospital, Kollkata, India*

**Introduction:** Bipolar Depression in its acute phase is a very distressing state for the suffering patient & a challenging job for the Psychiatrist to treat to alleviate in a reasonable period of time.

In acute state Bipolar patients, mostly women in their middle age, moderately overweighted often presents with a crying state or even with potent suicidal ideation that continue to go on in spite of treatment with pharmacological treatments.

**Aims:** Here is an attempt to search for a remedy to these set of patients.

**Methods:** 72 acutely ill Bipolar depressed patient were assigned with 3 treatment regimens, after their diagnosis was confirmed on the criteria of DSM-4 TR.

The age group were 46 to 58 years with a median age 52 years. There were 12 1st episode depressive phase and 60 patients both male 24 & women 36 are recurrent sufferers. The Study was conducted in the O.P.D patients attending Calcutta Pavlov Hospital during 2008-09.

1st. group receive only Fluoxetine & olanzapin combination for 6 weeks.

2nd group receive FLuox+Olanzapin +lithium carbonate in 900 mg/day dose.

3rd group receive Lith. carbonate+Olz.+fluoxetine +Lamotrigine in 25-50mg/d.

The 1st group with a combo of olanzapin+Fluoxetine were the least responsive.

They were evaluated in the Psychologist table using ASPER-Montgomery Depression rating scale.

**Results:** All the groups shows improvement in different items of the scale.

3rd group using a triple drug Combo therapy do the best.

**Conclusions:** Is a poly combo drug therapy or E.C.T or +Psychotherapy combo a best answer to these critically depressed BPD patients.