



ENDOXIFEN: A NEW TREATMENT OPTION FOR BIPOLAR DISORDER

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Abstract: **Introduction:** Bipolar disorder is a recurrent chronic disorder characterized by fluctuations in mood state and energy. Although bipolar disorder is one of the most heritable psychiatric disorders, a multifactorial model in which gene and environment interaction is currently thought to best fit this disorder. **Aim:** To present a case of 24 years old male with history of an episode of cannabis induced psychotic disorder presented with symptoms of bipolar disorder. **Results:** Patient showed significant improvement (improvement in elated mood, overtalkativeness, boastfulness) following which he was discharged from the hospital. **Conclusion:** Because of the recurrence and chronicity of bipolar disorder, not only is acute treatment for management of mood episodes fundamental but also pharmacological and psychological approaches for prevention of further episodes are important.

Index Terms – Bipolar disorder, Endoxifen

I. INTRODUCTION

Bipolar disorder is a recurrent chronic disorder characterised by fluctuations in mood state and energy. It affects more than 1% of the world's population irrespective of nationality, ethnic origin, or socioeconomic status. Bipolar disorder is one of the main causes of disability among young people, leading to cognitive and functional impairment and raised mortality, particularly death by suicide. Accurate diagnosis of bipolar disorder is difficult in clinical practice because onset is most commonly a depressive episode and looks similar to unipolar depression. Moreover, there are currently no valid biomarkers for the disorder. Therefore, the role of clinical assessment remains key. Detection of hypomanic periods and longitudinal assessment are crucial to differentiate bipolar disorder from other conditions. Current knowledge of the evolving pharmacological and psychological strategies in bipolar disorder is of utmost importance. Although bipolar disorder is one of the most heritable psychiatric disorders, a multifactorial model in which gene and environment interaction is currently thought to best fit this disorder.

II. RESEARCH METHODOLOGY

24 years old male belonging to low socioeconomic status presenting with mood and psychotic symptoms along with history of an episode of cannabis induced psychosis in psychiatry out patient setting. His symptoms started 10 days prior to the presentation characterized by elated mood, overactivity, increased speech output and delusion of grandiosity with acute onset and progressive course. There was no family history of similar complaints and no history of substance use. Clinical examination revealed normal vital signs and patient was conscious and oriented. The laboratory tests including complete hemogram, glucose, electrolytes, liver function and kidney function tests were within normal range. Mental Status Examination revealed elated mood, increased psychomotor activity, pressure of speech, flight of ideas and delusion of grandiosity. Patient was started on T. Divalproex Sodium 500mg in divided doses which was increased to 1500 mg in divided

doses. Patient developed sedation, weight gain and hair loss so it was gradually tapered. T. Lithium 600mg in divided doses was started but patient developed Nephrogenic Diabetes Insipidus so it was also stopped. Patient was started on T. Endoxifen 8mg OD and showed 70% improvement with treatment.

III. RESULTS AND DISCUSSION

In the index patient Endoxifen showed promising results supporting the antimanic properties of endoxifen in patients with bipolar I disorder (BPD I) with current manic or mixed episode. Bipolar disorder is a mental disorder that causes impairments in functionality of daily life, resulting in costs for both patients and society. It is a multifaceted disease, and a comprehensive biological, social, and psychological approach is mandatory. The protein kinase C (PKC) signaling system plays a role in mood disorders and PKC inhibitors such as endoxifen may be an innovative medicine for bipolar disorder (BP) patients. Because of the recurrence and chronicity of bipolar disorder, not only is acute treatment for management of mood episodes fundamental but also pharmacological and psychological approaches for prevention of further episodes are important.

IV. ACKNOWLEDGMENT

I take great pleasure in expressing my profound gratitude and heartfelt thanks to all those who have helped me in the successful accomplishment of this study. I am highly indebted to my colleagues whose endless support helped me throughout my study. My whole hearted thanks to my patients for their patience and help in my study.

V. REFERENCES

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