

## TREATMENT OF DEPRESSION WITH “OLD” TRICYCLIC ANTIDEPRESSANTS

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**Introduction.** A critical review to the use of tricyclic “old” antidepressants.

**Methods.** Present guidelines for treatment of depression and recommendations from textbooks as reports on special indications were reviewed and considered for this opinion statement.

**Results.** “Old” tricyclic antidepressants (TCAs) have considerable side effects more than modern antidepressant (ADs) like SSRIs and others. Especially the use of TCAs in people over 65 years is associated with increased risks, mainly cardiovascular risks and anticholinergic side effects. TCAs have advantages in pain treatment, in severe depression and in therapy-resistant

depression, at least in certain individuals. The mechanisms responsible for advantages are poorly understood and may include anti-inflammatory effects. A newly described intercalation mechanism, at the end eliciting an anti-inflammatory effect, may represent such previously unrecognized type of action which is common for neuroleptics and several TCAs but also few modern ADs.

**Conclusion.** TCAs remain to represent a valuable part of psychopharmacological equipment with several relevant advantages, though with an increased risk for side effects.