

한국 정신약물학의 과거, 현재, 그리고 미래

민 성 길

ABSTRACT

Past, Present and Future of Psychopharmacology in Korea

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History of psychopharmacology in Korea since 1885 was reviewed, when western medicine was firstly introduced to Korea. Barbiturates and fever therapy had been main therapies for mental patients until 1940s. The true era of psychopharmacology started around 1960 with introduction to Korea of chlorpromazine followed by other phenothiazines and meprobamate. Since then, Korean psychopharmacology has developed following international development in psychopharmacology and neuroscience. Around 1990s, second generations of antidepressants and antipsychotic agents had been introduced to Korea. These days, most major psychotherapeutic drugs have become available in Korea soon after they appeared in world market. Meanwhile most researches were clinical ones until 1990s. However basic researches have been limited due to not only lack of financial support but poor conditions for research. Recently general condition for research are improving with general economical development of Korea. Many young researchers have returned to Korea after years of training abroad and are leading researches and international activities. Future directions for researches in psychopharmacology and for activities of Korean College of Neuropsychopharmacology (KCNP) are discussed related to future social changes and especially focused on integration of drug treatment with psychosocial treatment. (*Korean J Psychopharmacol* 2005; 16(4):257-271)

KEY WORDS : Korea · Psychopharmacology.

서 론

가

: 2005 5 13 / : 2005 5 22
2005 3 25 - 26

교신저자 : , 120 - 752 134

가
20

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1. 마음을 위한 약물(drugs for mind)

가 가 , 가 .
가

(chemical compound)

가
“ ”
“ ”
가?
가 가 가

가 가 가?
가?

(psychotropic drug)

(psychotherapeu- McLaren
tic) 가 ,
가

가 가
barbiturate가

과 거

1. 한방의학 시대

가 .¹⁾
가
가
가

2. 서양의학의 도입 - 개화기와 일제시대

17
1885
1885
1910
²⁾

, 1910 Charles I.

McLaren
³⁾

. 1930
barbiturate가
⁴⁾

(fever therapy)가
Dr. Hideyo Noguchi가 tre-
ponema pallidum

)⁶⁾
1958 12

1
chlorpromazine (

, 1940 lithium

2 가 , ' methy
acceptor () ' Psychic ener-
gizer lproniazid depression

,^{3,5)} 1930
가
barbiturate , sulfur
ECT

() . 1961 3
가 , ' triofluperazine
() , ' Trioflu-
perazine akathisia 1 (

3. 해방이후

가
8 , 6.25
121
121
1952 가 . 1952 9

()⁶⁾ 1961
12 16 向精神性 藥物 行動(Panel dis-
cussion on psychopharmacology)

: Tranquilizer, antidepressant 及 psychomime-
tic agent 作用機轉 臨床應用 對 檢討
(延世大學校 醫科大學 館 大講堂)

가
1960 chlorpromazine

1) 약물관련 학술활동

6.25
. 1954 1956 10
가
57
3 . 1955 3
() , 10 ' Re-
serpine(Rautension) () , 12
' Reserpine(Rautension) , (

,⁶⁾
10 1 가
(, : Phenothiazine系 藥物 依
spasmodic torticollis. 1 : 69 - 70).
1962 1 2 ⁷⁾ 5

가
 1950 , ,
 ,
 . 가
 ,
 ,
 가 가
 .

2) 약물광고
 가
 . 1962
 1 1 6) (), (chlorpromazine meprobamate)(), chlorpromazine()(), meprobamate()(), prochlorperazine() (), chlordiazepoxide()()
 . 1 2 (chlordiazepoxide) (), (chlorprothixene)(), (niamid)(), () chlorpromazine, chlordiazepoxide meprobamate
 ,
 7) , 8) 8)

1963 : Meprobamate()(), chlordiazepoxide()(), meprobamate()(), (). 1964 : Diazepam() (), imipramine()(), diazepam()(). 1968 : Opipramol()(), hydroxyzine()(), nitrazepam (가)(), benztropin()(), amitriptyline()(), oxazepam() (), floropipamide()(). 1970 : Fluphenazine(,)(), doxepine()(), 1971 : Thioridazine(

)(), primidone()(), nor-triptyline()(). 1972 : Carbamazepine ()(). 1973 : Haloperidol()(), benzoctamine()(). 1974 : Lorazepam()(), 1975 : Temazepam ()(). 1976 : Piracetam() (), 1977 : Hydergine()(), pyrrolidine()(). 1978 : Fluephazine decanoate(), perphenazine() (). 1979 : Clobazam()(), trazodone ()(). 1980 : Sod. Valproate() (). 1981 : Medifoxamine()(), nomifensine()(). 1982 : Loxapine()(), bromazepam()(), pimozide()(), clorazepate() (). 1983 : Beclamide()(). 1984 : Mianserine()(), flunitrazepam()(). 1986 : Clopenthixol()(), alprazolam()(). 1987 : Haloperidol decanoas(), demethyl diazepam()(). triazolam()(), cis - clopenthixol(). 1988 : Loflazepate(,) (,), prothiaden()(), maprotiline()(-가). 1989 : Buspirone()(), amineptine()(), 1990 : Clomipramine()(). 1991 : Clotiazepam()(), fluoxetine ()(). 1992 : Bromperidol() (), quinupramine()(), zopiclone()(), pinazepam()(). 1993 : Depakine chrono(), sertraline()(). 1994 : Etizolam()(), hyperici Kava - kava Rhizoma() (), moclobemide()(). 1995 : Brotizolam()(), risperidone()(). 1996 : nemonapride()(), zolpidem()(), clozapine()(). 1997 : Olanzapine()(), tacrine()(). 1998

: Tianeptine() (), mirtazapine() (가), Nefazodone() (BMS). 1999 : Venlafaxine() (), molindone () (). 2000 : Fluvoxamine() (), acamprosate() (), paroxetine () (SmithKline), Naltrexone() (), divalproex sod.() (), levomepromazine() (), galantamine() (). 2001 : Milnacipran() (), donepezil () (), quetiapine() (), Ginko Biloba() (). 2002 : Zotepine () (), methylphenidate() (). 2003 : Hypericumex() (), citalopram() (), bupropion(,) (GSK,), modafinil() (). 2004 : Amisulpiride() (), amoxapine() (), aripiprazol() (), memantine(ebixa)(). 2005 : Ziprasidone() ().

4. 1960년대 이후

가,

2 가

가가

가

가

1) 개인사

가 1970

.

.

가

1968

가 “The Physical Foundation of the Mind”

(lithium alcohol 가

1976

가

Temazepam, Clorazepate, Bromazepam, Trazodone, Lorazepam, Ro 11 - 2465, Alprazolam, Lofepamine, Lithium, Sulpiride, Triazolam, Fluoxetine, Ethyl loflazepate, Diazepam, Buspirone, Cis(z) - Clopenthixol, Imipramine, Zopiclone, Trazodone , Remoxipride, Risperidone, Paroxetine, Sertraline, Nefazodone

1980

Psychochemistry Institute Dr. O. J. Rafael-sen (“ (clinician researcher) ”) , Aarhus lithium Dr. Mogen Schou , 1983 Illinois State Psychiatric Institute Dr. John M. Davis

Psychology Institute Dr. B. Preilowsky (neuropsychology) 가

SCI
Copenhagen
, Clemmesen Pharmacopsychiatry
Salivation after single -doses of the new
antidepressants : Femoxetine, mianserine, and cita-
lopram¹⁰⁾

“
()
28
가
(2, 3),

11) 12) SCI
13) SCI ()
risperidone halope-
ridol
CINP
가
Lundbeck Upjohn, E. Lily, Servier, Astra,
Sandoz, Janssen, Pfizer

가
5 1
() 6
, 1992 4
. 4
, 5 , 6
(), 7
, 8 가 ()
가
, 9
. 16) 10

1) 학술대회

가 1983 Dr. Davis
Dr. Wang
1994
, 2003 14)
1998 15)

가 1985 5 10
John Davis ()가

(1998~2000) 12 (1997~1998 2000~2002)

1995 3 25
10 the 10th anniversary international
symposium “ ”

5. 대한정신약물학회의 역사
(The Korean College of Neuropsy-
chopharmacology, KCNP) 1985 2 28

Dr. J. Davis(
) , Dr. H. Van Praag(
) ,
Dr. M. Trimble(
가) . 2000 15
4 6~7 , the 15th anni-
versary international symposium

“Psychopharmacotherapy in the new millennium”
 “Psychopharmacotherapy in the new millenium” H. Meltzer
 (: Pharmacotherapy of schizophrenia in the 21st century), Glick (Stanford) (: New treatments for bipolar disorder)
 (: Perspectives of newer antidepressants)
 (: New treatments for dementia)
 가 . Clozapine Update
 Meltzer 가 “An Update on Clozapine : Why, When, and How to use it?”
 가 “Clozapine Experiences in Korea”

, ()가 . 2 1
 ,
 (Dr. J. Mendlewicz Dr. H. Meltzer) 2 . 1991 International Serial Data System(ISDS)
 ISSN 1017 - 5717 . 1992 가
 14 (Dr. J. Mendlewicz Dr. H. Meltzer) 2 . 1991 International Serial Data System(ISDS)
 ISSN 1017 - 5717 . 1992 가
 1995 6
 1995 가

Dr. A Schatzberg(Stanford), Dr. H. Bechmann(Wuerzburg , CINP), Dr. M. Toru(), Dr. T. Koyama(), Dr. M. Sato(), Dr. G. Simpson & Dr. E. Pi(UCLA), Dr. M. Saito(), Dr. S. Yamawaki()

. 2000 ()가
 4 ,
 2003
 2000 4 6 ,
 . 2004
 15 3 가

3) 교육프로그램

(www.kcnp.or.kr)
 2005 20
 2005 3
 25~26 Dr.
 B. Leonard(, CINP), Dr. Z. X. Wang(), Dr. S. Yamawaki (), Dr. K. Kasai(), Dr. T. Kikuchi(), TP. T. Su(), Y.H. Chou(), N. Keks(), P. Nuss(), P. Nasand(), P. J. Weiden() BI Roth(), I. Naveed()

. Dr. U. Halbreich WHO CINP , 1992 1 CINP - WHO Workshop on Neuropsychopharmacology
 Dr. U. Halbreich Dr. S.K. Park . 1994 2
 CINP - WHO Workshop on Neuropsychopharmacology가 Dr. U. Halbreich Dr. A. Schatzberg가

2003

2) 학술잡지 발간

1990 ,

가
 가 “a great impetus for
 any kind of scientific approach to brain research”
 가¹⁷⁾

4) 임상연구

1957
 forum(international symposium on psy-
 chotropic drugs) , Interna-
 tional Collegium
 1957 9 2
 CINP가 , 1 CINP Con-
 gress가 1958 9 8~13¹⁷⁾
 1988 2 CINP correspon-
 ding society() ,
 , 8 17
 Dr. Steven Sohn
 16 CINP
 가 (Corresponding Organizations Com-
 mittee) 가
 CINP member fellow 가 ,
 2 CINP congress
 . 1996 Melbourn
 Rafaelson Fellowship Award
 . 2001 CINP Regional
 Meeting ()가
 가 . 2002
 CINP
 가 Membership & Credential Com-
 mittee 2004
 CINP Regional Committees, Asia
 가
 가
 가
 가
 WPA Psychopharmacology Section

5) 학술상 제정

, 1996
 . 2002
 , 2003
 . 2003
 , 2004
 . 2005 20
 가

6. 국제관계

1952 chlorpromazine , CINP
 가 가 . 1988
 , 1943 LSD - 25 24 , 7 , 2 ,
 chlorpromazine 1 ,
 . 1988 1 () , 65 ,

7 , 1 , 1 , 1 ,
3 , 1 , 26 .¹⁸⁾
가

현 재

- 1) 가
- 2)
- 3)

1. 약물 사용

2. 연구

1990 GCP 가
, IRB
(written informed consent)
가

CINP

(, ,)
가

3. 학회활동

미 래

(가 가)

1. 미래 사회

(가)

가, 가, 가()

2 1 , '2010 LG 2010 .¹⁹⁾ 1) 가

가, 가, 가

2) (越境)

3) 3000

가 5) 가 6) 가 7) 가

가 8) 50

가 9) (Digital Native)가

가 10) 가

(' ,)

2. 정신의학의 미래와 정신약리학

20 10 , “decade of brain ” , 가

21 IT, BT, NT , , IT, BT, NT 가

가 “ frontier ”가 21

가가 , ‘

1) 미래의 도전

21 , 1) stigma, 가

humanity . 2) 가 , upgrade . 3) (, 가 , 가, ,) . 4) (, managed care)

2) 마음의 생물학과 정신장애의 치료

()

(brain imaging) 가
 structural magnetic resonance imaging (sMRI), positron emission tomography (PET) functional MRI (fMRI)
 (specific) (selective) (post-synaptic process)

(Neuro - Psychoanalysis Association, n - PSA)²⁰⁾
 6th International Neuro - Psychoanalysis Congress on Dreams and Psychosis
 가 2005 7 24~27 Rio de Janeiro
 , New York Psychoanalytic Institute The Neuro - Psychoanalysis Morning Lecture가 2005 3 5 Ruben Gur, Ph.D.
 , “Some psychoanalytic concepts examined through the perspective of structural and functional imaging : Are Id, Ego and Superego physical systems after all? ”

3. 치료기술 발전 전망

“ ”

가
 (interface)
 Ego, Id, Superego
 concrete neural substrates
 가

therapy 가
 polypharmacy 가

1) 정신치료의 교훈

가?
 가 () 가
 () 가
 가

self - awareness, self - monitoring, self - care
가

가 .¹⁴⁾

가 dual
identity가 biological technocrat
soft - headed humanist practitioner

.^{14,21 - 23)}

가

2) 정신치료와 약물치료의 통합

“ ”

가

가 biopsychosocial
model

Freud “ A Project for a Scientific Psy-
chology ”
neural basis가

.²⁴⁾

가? (, ,)

가 , 가
(evidence - based),
(integrated) .^{14,21 - 23)}

가?
가 가?

가
가 가?
가 가 가?

(mechanism of action), (phar-
macokinetics), (drug interactions),
(side effect profiles), (correct dosing
schedules)

. The 1st CINP Congress

가 “ problems of methodology and analysis of the
pharmacological and therapeutic results with psycho-
tropic drugs under normal and pathological conditions
as well as the medico - social implications of psycho-
pharmacology ” .¹⁷⁾

미래 한국의 정신약리학 연구

가?

(dynamic) (bio-
logic) (combined integrated therapy)
가

.^{21 - 23)} thera-
peutic alliance psychotherapeutic techniques
managed care

가 (道)
25)가

1. 인재양성

(clinician researcher)

가
(clinically trained individuals with research skills)

disciplined

가

26)

가 mentor

가 . Mentor

(), driving sponsor, teacher, guider, host, counselor, moral supporter,

26)

2. 학제간 연구

가

(interdisciplinary collaborative research)가

가

3. 연구비 확보와 산학협동

가

public relationship

가

가?

가

가

가

4. 신약개발

가

가

chlorpromazine

가

가

5. 국제화

2. 정신과 의사의 대비

anger trait

맺 는 말

1960

1. 정신의학은 의학이다

Freud가

George Bernard Shaw . "Reasonable people adapt themselves to the world. Unreasonable people attempt to adapt the world to themselves. All progress therefore depend on unreasonable people."

3. 정신약물학회의 미래

mation communication)가

가
가

중심 단어 :

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