

A Case Report on Divalproex Induced Weight Gain.

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ABSTRACT

Weight gain is one of the complication occurred by divalproex. We present a 18 year old male having Bipolar disease and patient was taking divalproex and showed a weight gain of 10kg within a month. We have done Naranjo Causality Assesment to establish the relationship between the drug and observed adverse effects. Weight gain is considered as one of the rare ADR of Divalproex. A thorough drug history is therefore helpful in any case of un explained weight gain.

I. INTRODUCTION

Divalproex is an antimaniac drug which can be used to control Bipolar disease. They act by blocking voltage dependent sodium Channel, which results in suppression of high-frequency repetitive neuronal firing andcauses increased availability of gamma-aminobutyric acid,an inhibitory neurotransmitter (GABA). Divalproex are widely prescribed for Bipolar disease and are in frequent cause for weight gain. Other side effects includes CNS depression, thrombocytopenia, hepatotoxicity and pancreatitis.we present a case of weight gainina Bipolar patient which was started shortly after initiating Divalproex and hence with holded and given Lithium carbonate.

II. CASE HISTORY

A 18year old male with Past history of Bipolar disorder was admitted on the Psychiatric Department with chief complaints of decreased sleep and excessive talk. He was on Antimaniac medication for past 1monthand showed a weight gain of 10kg (73kg to 84kg) within a month. Hence Divalproex discontinued and given Lithium carbonate. Divalproex 750mg,1-0-0 was prescribed and it was with holded and given Lithium carbonate 300mg, 1-0-2. then weight gain was not

observed and hence patient was Discharged .Causality assessment was performed using WHO Causality Assessment scale and Naranjo scale, the event was found to be Probable and Severity was assessed as moderate.

III. DISCUSSION

Treatment with Divalproex plays vital rolein management of of Bipolar disorder, however they are frequently associated with adverse effects including Weight gain. Mechanism associated with weight gain is related to hypothalamic alterations in gene expression of neuropeptides associated with the control of energy metabolism, changes in adipokines and reduced levels of resistance to leptin are associated with increase in energy intake and etiology of obesity. Any patient with Weight gain should have a full and thorough Medication History collected by the Clinical Pharmacists. The Weght gain can be improved dramatically when the offending agent is stopped, and adverse outcomes are avoided. The treatment of medication induced weight gain focuses on stopping the offending medicine as soon as possible after it is identified, as well as prescribing alternative agent for reducing the symptoms associated with disease.

IV. CONCLUSION

The case report highlights Divalproex induced weight gaininan18 year old male patient for Bipolar disorder. Furthermore this case point out the importance of monitoring weight regularly in patients consuming Divalproex, also the need for a better communication by means of providing counseling on medications as well as lifestyle modifications and by giving patient information leaflets.



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