

# 한국 정신약물학의 과거, 현재, 그리고 미래

민 성 길

## ABSTRACT

### Past, Present and Future of Psychopharmacology in Korea

Sung Kil Min, MD, PhD

*Department of Psychiatry, Yonsei University College of Medicine, Seoul, Korea*

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

: (02) 2228 - 1623 · : (02) 313 - 0891  
E - mail : skmin518@yumc.yonsei.ac.kr

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  
가 가

과 거

1. 한방의학 시대

가 )  
가  
가  
가  
가

2. 서양의학의 도입 - 개화기와 일제시대

17  
1885  
1885 )  
1910

, 1910 Charles I.  
McLaren )  
3)

1930  
barbiturate가  
가 가

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

)<sup>6)</sup>  
1958 12

chlorpromazine (

, 1940 lithium

)<sup>6)</sup> 1959 . 1960

가 . 2 가 , ‘ methy acceptor ( ) ‘ Psychic ener-

,<sup>3,5)</sup> 1930

gizer lproniazid depression

가 ,  
barbiturate , sulfur

( ) . 1961 3

ECT

가 , ‘ triofluperazine (

가 .

perazine akathisia 1 (

### 3. 해방이후

), ‘ Perphenazine neck face syndrome ’  
( )<sup>6)</sup> 1961  
12 16 向精神性 藥物 行動(Panel discussion on psychopharmacology)

8 , 6.25  
3,5)

121

, 1952 121  
가 . 1952 9

: Tranquilizer, antidepressant 及 psychomimetic 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 1962<sup>6)</sup>  
가  
57

10 1 가  
( , : Phenothiazine系 藥物 依

3 . 1955 3 ‘  
( ) , 10 ‘ Re-

spasmodic torticollis. 1 : 69 - 70).  
1962 1 2<sup>7)</sup> 5

serpine(Rautension) ( ) , 12  
‘ Reserpine(Rautension) , (

가  
1950  
가  
가  
가

2) 약물광고

가  
1962  
1 1<sup>6)</sup>  
(chlorpromazine meprobamate), (chlorpromazine)(meprobamate), prochlorperazine(chlordiazepoxide)  
1 2  
(chlordiazepoxide)  
(chloprothixene)(niamid), chlorpromazine, chlordiazepoxide meprobamate  
6)  
7)  
8)  
8)

1963 : Meprobamate, chlordiazepoxide, meprobamate, Diazepam, imipramine, diazepam, Oxipramol, 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 가 가

##### 1) 개인사

가 1970

가 , 가 1968 , “ 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 re-searcher) ” ) , 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-  
lopram<sup>10)</sup>

”  
( )  
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 millennium” 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  
 ,  
 14 (Dr. J. Mendlewicz Dr. H. Meltzer) 2 . 1991 International Serial Data System(ISDS)  
 ISSN 1017 - 5717 . 1992 가  
 1995 6  
 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 “a great impetus for any kind of scientific approach to brain research”  
 가<sup>17)</sup>

4) 임상연구

1957 forum(international symposium on psychotropic drugs), International Collegium  
 1957 9 2 CINP가, 1 CINP Congress가 1958 9 8~13<sup>17)</sup>  
 1988 2 CINP corresponding society( )  
 , 8 17  
 Dr. Steven Sohn 16 CINP  
 가 (Corresponding Organizations Committee) 가  
 CINP member fellow 가  
 2 CINP congress  
 . 1996 Melbourn  
 Rafaelson Fellowship Award  
 . 2001 CINP Regional Meeting ( )가  
 . 2002 CINP 가 Membership & Credential Committee 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 . 1988  
 , 1943 LSD - 25 24 , 7 , 2 ,  
 chlorpromazine 1 ,  
 . 1988 1 ( ) , 65 ,



7, 1, 1, 1,  
3, 1, 26 18)

가

### 현 재

가

가

가

가

가

1)

2)

3)

#### 1. 약물 사용

가

#### 2. 연구

가

assistants가

collaborating research

가

가

1990 GCP 가

, IRB

(written informed consent)

가

#### 3. 학회활동

가

가

가

CINP

가

가

가

가

가

( , , )

가

## 미 래

( ) , 가  
가

1. 미래 사회

( ) , 가  
, , , 가  
, , , 가  
, , , 가  
가, 가( , )  
2 1 , '2010  
, LG 2010  
가 .<sup>19)</sup> 1) 가  
,  
. 2) (越境)  
. 3) . 4) ' ,  
. 3000 '가 ,  
가 . 5) . 6) 가  
, 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)  
 가  
 (specific) (selective) (post-synaptic process)

(Neuro - Psychoanalysis Association, n - PSA)<sup>20)</sup>  
 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

(  
 ).  
 . Mono-therapy 가  
 polypharmacy 가

#### 1) 정신치료의 교훈

가?  
 가 ( )  
 ( )  
 가

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

가 .<sup>14)</sup>

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 ” .<sup>17)</sup>

## 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

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

(infor-

mation communication)가

가  
가

중심 단어 :

### 참고문헌

- 1) 전지홍·민성길. 중국정신의학의 역사. 대한정신약물학회지 1992;3:3-12.
- 2) 박형우. 계중원. 서울: 몸과 마음;2002.
- 3) 대한신경정신의학회. 대한신경정신의학회 50년사;1995.
- 4) 민성길. 정신의학의 개념과 그 역사. 민성길 편저. 최신정신의학. 제 4 개정판. 서울: 일조각;1999. p.1-14.
- 5) 대한신경정신의학회 대한신경정신의학회사;1979.
- 6) 신경정신의학 1권 1호-44권 2호.
- 7) 대한정신약물학회지 1권 1호-16권 2호.
- 8) 생물치료정신의학 1권 1호-10권 2호.
- 9) 중독정신의학 1권 1호-8권 2호.
- 10) Clemmesen L, Jensen E, Min SK, Bolwig TG, Rafaelsen OJ. *Salvation after single-doses of the new antidepressants: Feroxetine, mianserine, and citalopram. A cross-over study. Pharmacopsychiatry* 1984;17:126-132.
- 11) Min SK. *A brain syndrome associated with delayed neuropsychiatric sequelae following acute carbon monoxide intoxication. Acta Psychiat Scand* 1986;73:80-86.
- 12) Min SK, Oh BH. *Hemispheric asymmetry in visual recognition of words and motor response in schizophrenic and depressive patients. Biol Psychiatry* 1992;31:255-262.
- 13) Min SK, Lee CS, Kim CE, Kang DY. *Risperidone versus haloperidol in the treatment of chronic schizophrenic patients. A parallel group double-blind comparative trial. Yonsei Med J* 1993;34:180-190.
- 14) 민성길. 임상정신약리학. 개정판. 서울: 중앙문화사;2003.
- 15) 민성길. 약물남용. 중앙문화사, 서울: 중앙문화사;1998.
- 16) 이동식. 대한정신약물학회의 역사. 대한정신약물학회지 2000;11:97-99.
- 17) Ban T, Ray O. *A History of CINP. Brentwood: JM Productions; 1996.*
- 18) CINP. *Directory of Members;2002-2004.*
- 19) '2010 대한민국 트렌드' 조선일보 2005년 2월 2일.
- 20) www.neuro-psa.org.uk
- 21) Tasman A. *Using the therapeutic alliance and psychotherapeutic techniques to improve treatment outcome in pharmacotherapy. Presented at the International Forum for Tao Psychotherapy and Western Psychotherapy. Seoul in August 21-22;2004.*
- 22) 김종주·이종섭. 정신치료와 약물치료의 병용요법. 대한정신약물학회지 1991;2:130-141.
- 23) 민성길. 정신치료와 약물치료의 통합. 중앙의학 1998;63:622-627.
- 24) Freud S. *Standard Edition of the Complete Psychological Works of Sigmund Freud. London: Hogarth Press;1953-1966.*
- 25) 이동식. 서양정신치료와 비교한 도정신치료의 정수. 도정신치료와 서양정신치료 국제포럼. 2004년 8월 21-22. 서울; 2004. p.19-28.
- 26) Small WP, Krause U. *An Introduction to Clinical Research. Edinburgh and London: Churchill and Livingstone;1972.*