The real pathology of depression

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Abstract

Depression is described as a disorder rather than a disease. This notion gradually needs to be challenged as we try to demystify depression and bring it into the realms of biological medicine. Using some of the accepted biological mechanisms describing depression, one is able to demonstrate the "whole body" nature of depression as a disease.

More specifically, there is a difference between the neurotransmitter deficits and the underlying core biological deficits in the pathology behind depression, including the inflammatory hypothesis, the role of BDNF and neurogenesis, and other biological hypotheses.

The deficits that underscore the "real pathology" of depression may pose new implications for treatment and treatment response.