

classes of drugs by Society at different times influence use and abuse of drugs. E.g. in the 1930's it was barbiturates; in 1950's pep pills, late 1950's and early 1960's tranquillisers and anti-depressant drugs and in the 1970's combined preparation of anti-anxiety and antidepressant drugs.

- (b) Prescribing fashions by doctors influence patient's expectations and demands.

### 3. Pharmaceutical Industries

It is mainly the result of research by pharmaceutical industries and the large amount of new psychotropic drugs discovered and developed. Pharmaceutical industries promote their sales by advertising, visits to doctors by representatives

and by the work they do generally in public relations.

#### *Cost of Drugs in United Kingdom*

The total cost of drugs in the National Health Service for 1971 was £163 million; £140 million were earned by exports and £96 million by sale of household remedies. The total cost amounts to 0.5% of the National Income. Pharmaceutical industries spend £22 million a year on research.

In the United Kingdom, pharmaceutical industries spend 16% of their gross income in sales promotion which is less than the U.S.A. figure of 20%.

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## VIETNAM

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The Psychiatric Hospital of Bienhoa, a unique big institution in Vietnam was built in 1918. Originally designed for 1,200 patients, it is now over-crowded with over 2,200. Before 1960, psychiatrists had little means, at their disposal, in their therapeutic arsenal, therefore custodial care and electric shock treatment were the only method for control of the behaviour of the patients.

With the introduction of Phenothiazines in 1962, a certain improvement in the atmosphere of the hospital was noted. An open-door system could be achieved for some wards. An occupational therapy centre and an out-patient clinic created shortly after, were the proof of the effectiveness of drug therapy.

Concerning the status of psychotropic medication, we would like to specify some particular problems:

1. Major tranquillizers often are available to control the over-active, to reduce and to reduce delusions and hallucinations, for example, with

100-400 mg of Chlorpromazine per day (Largactil)

200-600 mg of Thioridazine per day (Melleril)

12-16 mg of Perphenazine per day (Trilafon)

15-30 mg of Prochlorperazine per day (Compazine)

10-30 mg of Trifluoperazine per day (Stelazine)

3-10 mg of Fluphenazine per day (Moditen-Anatensol)

3-10 mg of Haloperidol per day (Senarace)

Side effects of the extra-pyramidal type are infrequent because moderate dosage is used. They are overcome by Trihexyphenidyle (Artane). Three cases of jaundice with chlorpromazine are reported.

2. Some acute psychotic patients need a high dosage of phenothiazines, thanks to which they can be discharged from the hospital

after a few weeks and resume their normal life. For the chronic patients, drug therapy helps to calm down the exuberance of a paranoid state or to stimulate the inhibited patients. With those who have persecutory delusions and consider the drug as an aggression to their personality, the usage of long-acting drug associated with brief psychotherapy and milieu therapy seems to be necessary.

3. The antidepressant agents such as Imipramine (Tofranil) or Amitryptiline (Elavil or Laroxyl) are used often against neurotic or reactive depression in association with anxiolytic drugs like Benzodiazepines (Librium, Valium, Carbamate, Meprobamate) to subdue anxiety and insomnia usually frequent in the depressive syndromes.
4. The minor tranquillizers occupy an important position in general private practice as well as in the out-patient clinics. More than half of the townsfolk know the name of the modern minor tranquillizers. We would like to emphasize the stressful situation as an essential factor of many autonomic disturbances. Most of the patients somatize their

anxiety; cardio-vascular and other bodily complaints are highly frequent. Chlordiazepoxide (Librium) and Diazepam (Valium) prove to be the drugs of choice in freeing these patients from their distressing complaints. However, some of the neurotic patients do not react favourably to the drug because of this paradoxal phenomenon: the anxiety, instead of being reduced, increases considerably. They consider the drug as an external danger that threatens their ego and weakens their mechanism of defense. This state of tension calls forth an intensive psychotherapy.

In conclusion, we believe that psychotropic medicine becomes effective only in conjunction with other therapies (occupational therapy and psychotherapy) in an institutional as well as in ambulatory treatment setting. Lastly, we want to call your attention upon the war situation of our country, which makes us difficult to get regular medical supply. We must use any appropriate medicine available. So we cannot give accurate figures about the usage of psychotropic drugs in our country.

## MALAYSIA

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Psychiatric treatment became a practical possibility in this country with the introduction of Psychotropic agents, a little more than ten years ago. It has been said with equal enthusiasm, that the freeing of our patients from traditional custodial functions accounted for most of the improvement, and physical treatment was merely a stimulant to a more liberal attitude towards freedom and therapy of patients.

However, those of us, who have worked in the pre-physical treatment days will agree with me that without modern physical treatment, custodial care, however humane, was absolutely necessary for many patients especially psychotics. The actual

reduction of mental hospital size is dependent on many factors, most of them depending on decisions outside clinical authority and remarkably linked to what are thought to be priorities of medicine.

However the psychotropic drugs did demonstrate in a practical way in Malaysia, that out-patient department and community therapy was possible. Psychiatric Units were opened up in several of the larger general hospitals.

We must understand our greater dependency on physical treatments than in more developed countries, because linguistic problems posed imponderables in the use of many methods of psychotherapy and related treatments. This great