

healthline

Faisal Tai, MD of PsychPlus.com in Healthline regarding Ketamine for Depression



How it treats depression

Ketamine works by binding to receptors in the brain that produce a chemical called glutamate, explains **Faisal Tai, a board certified psychiatrist and CEO go PsychPlus.com.**

In other words, it helps activate glutamate in your brain. While experts have yet to determine glutamate's exact role in depression symptoms, they do know it plays a key role in mood regulation. Low levels of glutamate in your brain may lead to depression symptoms. Ketamine can also stimulate the production of brain-derived neurotrophic factor.

This protein plays a role in neuroplasticity, or your brain's ability to adapt as you experience new things. By supporting neuroplasticity, ketamine may help change negative thought patterns that contribute to depression.

