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sono da quarant'anni i farmaci di elezione nella terapia dei disturbi d'ansia e dell'insonnia. L'introduzione di questi farmaci nella pratica medica ha costituito una vera rivoluzione nella terapia delle succitate patologie. Inoltre, grazie alle benzodiazepine, si sono poste le basi per capire i meccanismi neurochimici e molecolari che modulano gli stati emozionali e l'eccitabilità neuronale. I 26 capitoli del volume descrivono le molteplici applicazioni terapeutiche delle benzodiazepine e del loro uso razionale, nonché i loro effetti collaterali e indesiderati. Il volume permette inoltre di entrare nei sofisticati meccanismi molecolari che mediano l'azione di questi farmaci e di apprendere quali specifiche sottopopolazioni di recettori ne mediano l'effetto ipnotico.

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