



The Efficacy of Homoeopathic Medicine in Management of OCD (Obsessive Compulsive Disorder)

Dr. Inamdar Muzakkir Mohiuddin Mukhtar Mohiuddin

Foster Development's Homoeopathic Medical College and Amp; Hospital, Cidco, N-5, Aurangabad. 431003 (MS)

Obsessive Compulsive Disorder or OCD is an anxiety disorder & characterized by obsessive thoughts which are recurrent, unwanted & usually anxiety-provoking, & by compulsions, repeated acts which relieve feelings of tension.

Example is Repeated hand-washing because of recurrent thoughts of contamination.

Homoeopathic Concept about Mental Diseases and Their Management

Dr. Hahnemann in Aphorism 225 he explains, "A few emotional disease which have not merely been developed into that form out of corporeal diseases, originate and are kept up by emotional causes, such as continued anxiety, worry, vexation, wrong etc.

This kind of emotional diseases in time destroy the corporate health, often to a great degree.³

Sarkar B.K. Says 'The mind and body are no two absolutely separate entities but they form an indivisible whole, inseparable in fact but distinguishable by mind for easy understanding⁴.

Herbert Robert mentions peculiarity of the mental state's anxiety in case of psora. This symptom is written all over, they are anxious to the point of Worry and fear; fear that they will not be able to accomplish what they Attempt, they will not be able to carry their plans, fear their health will fail, fear when stomach conditions are present⁵.

Psora patients are highly restless. He does of death, there's sudden anxiety, anxiety about the heart, particularly not find peace in rest. He feels some untoward might be fall him, this makes his mind anxious and restless. The restlessness indicates mere weakness of nervous system. Syphilitic mind is dull, specially the intellectual portion. There is oppression and anxiety at night. In sycotic the patient is full of fear, anxiety and apprehensions. He has a sort of influence under psora. There's dissatisfaction, restless attitude and the patients is full of suspicion⁶.

Common remedies that can be indicated for Generalized Anxiety Disorder and OCD are Aconite, sulphur, Calc. Carb, Pulsatilla, Phosphorous, Ars. Alb, Ignatia, Kalicarb, Lycopodium, Nat. Mur, Nitric Acid, Sepia, Rhustox.

Repertorial approach OCD, anxiety and disorder

Dr. Frederik Schroyens in his repertory, **Synthesis Repertorium Homoeopathicum Syntheticum** states several other rubrics in relation to OCD

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OBSESSION

MIND - INSANITY - thoughts; with persistent

MIND - THOUGHTS - persistent

MIND - THOUGHTS - persistent - dreams; ideas of thoughts which first appeared in his

MIND - THOUGHTS - persistent - one thought excludes all others

MIND - THOUGHTS - persistent - separated - will; thoughts separated from

COMPULSION

MIND - THOUGHTS - compelling

ANXIETY

MIND - AILMENTS FROM - anxiety

MIND - ANXIETY

DEPRESSION

MIND - CHEERFUL - eating - after - followed by - depression an hour later

MIND - MANIA - alternating with - depression

MIND - VIVACIOUS - depression, followed by

GENERALS - FAINTNESS - evening - cardiac depression, from