

## Review Article

### Obsessive Compulsive Disorder

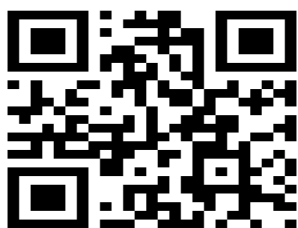
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#### ABSTRACT

Obsessive compulsive disorder develops or typically begins during teenage years or early adulthood. But recent research shows that some children develop illness at early ages even during preschool years. The complaints usually accompanied with depression, eating disorders, restlessness , anxiety and sleep disorders.

**Keywords:** OCD, Homoeopathy, management



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## INTRODUCTION

Have you or anybody around you been trapped in a pattern of repetitive thoughts and behaviors, that are senseless or distressing but extremely difficult to overcome ? If the answer is yes, then the person is suffering from OBSESSIVE COMPULSIVE DISORDER.

It is nothing but the condition where time consuming obsession compulsion significantly interfere a person routine, making it difficult to work or to have normal social life or relationship. It's a kind of anxiety disorder its persistence leads to disabling condition of life.

There is recurrence of unwanted thoughts which can be said as obsession or repetitive behavior which can be said compulsion .in obsession the thoughts are unpleasant, intrusive producing high degree of anxiety. Sometime they are violent or of sexual nature. Most common compulsions are like washing hands frequently, checking whether the door is lock or not, or in girls checking the trouser being tied or zipped properly.

Again and again there repetitive thoughts like- "my hands are dirty , I must wash them" " I may have left the gas stove on" etc. performing these so called rituals however provide only temporary relief not performing them markedly increases anxiety , making the person restless.

Obsessive compulsive disorders develops during the teenagers year and early adulthood. Putrescent research shows that some children

develop the illness at early ages even in preschool years. The complaints usually accompanied with depression, eating disorder, restlessness , anxiety and sleep disorders. Most people with OCD try hard to banish their unwanted obsessive thoughts and tried to prevent themselves from engaging in compulsive behaviours .many are able to keep control when they are busy at work or performing some important task. But over the years , resistance weakness making it impossible for them to continue normal activities outside the home.

OCD suffers often attempt to hide their disorder rather than seeking help .often they are successful in concealing their symptoms from friends , relative and colleagues. And because of this secrecy , such people do not receive professional help until the disorder becomes severe.

If the sufferer gets timely help of physician with this medicines and behavior therapy , then there is effective reduction in compulsive and obsessive behavior. In homoeopathy , we have got very effective medicine for obsessive compulsive disorder like- Arsenicum album, Gelsemium, Stramonium, Veratrum album etc. but only medicines are not sufficient , there should be simultaneous psychiatric counselling to help the person fight the compulsion and obsession. Often family members also help and

support their loved ones in seeking and sticking with treatment.

(writer is a homoeopathic consultant.)

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