

OBSESSIVE COMPULSIVE DISORDER OR OCD (OCN)

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the other song



Obsessive Compulsive Disorder (OCD) is an anxiety disorder where the patient experiences intrusive irresistible thoughts (obsession) that produces anxiety, fear and uneasiness. The patient ends up in repetitive behavior (compulsion). The patient may realize that his thoughts and actions are irrational and may be further distressed on this realization. This disorder is also termed as Obsessive Compulsive Neurosis (OCN). It is fourth most common mental disorder. OCD may affect children, adolescent as well as adults. One in 60 adults all over the world is diagnosed with OCD.

Causative factors:

Genetic dominance: Genetic factors form major cause of OCD. Patients having this condition are quite often found to have a familial history of this condition.

Environmental factors: Abuse, illness, death of loved ones, business loss, acute fear, etc are some of the important factors which can cause or excite OCD.

Neurological disease: Tissue changes in brain (temporal lobe lesions, low level of neurotransmitters) may be instrumental for causing OCD.

Personality traits: The obsessive trait is more prevalent in people with low confidence.

Pathology:

The precise pathology is not completely understood. According to a school of thought, obsessions seem to have their origin in anxiety. OCD patients cannot escape this anxiety & therefore develop compulsion in an attempt to reduce or prevent the feared consequences. Reduction in anxiety reinforces the compulsive behaviour.

Sign and Symptoms of OCD:

This disorder mainly comprises of two main behavioural patterns, i.e. obsessions and compulsions. The presentation may be varied from patient to patient:

- Fear of dirt or contamination by germs - Hand washing or bathing

- Fear of thieves - Checking latches
- Need for order, symmetry or exactness - arranging and rearranging things
- Fear of being embarrassed
- Fear of thinking evil or sinful thoughts - Continuous praying and preaching
- Intrusive sexually explicit or violent thoughts and images
- Excessive focus on religious or moral ideas - Praying and worshipping

Treatment available for OCD:

Conventional treatment - Antidepressant, anti-anxiety medicines, neurotransmitters, electroconvulsive therapy or even surgery may help patient. Antidepressants generally work by blocking emotional responses. Unlike homeopathic remedies, dependence builds up quickly, and once a course of antidepressants has begun, it is often a step down a long, slippery slope to dependency.

Psychotherapy - Includes cognitive behavioral therapy, behavioral therapy and decentralization technique. Medications may help in a supportive role.

Homeopathic treatment: Homeopathy works best in the early cases of OCD. Detailed case taking technique to find the exact cause and complete pattern of his behavior and reactions along with associated physical ailments and modalities is taken into account and a suitable remedy matching that state is prescribed. The results with such kind of treatment are far more reliable and long lasting. Let me share my experience of a patient with OCD who I was able to help with Homeopathy.

A middle aged man, came to me with the complaint of not being able to write anything. Whenever he wished to write even a word, he would just seem unable to as his hand would not move. He used to tap his pen on the paper several times before he could least try to write few words. He had consulted many physicians, without any result. He was alright physically apart from this complaint. He was the owner of a jewellery shop and even well-educated. He was suffering from low confidence and had various phobias, over the past 2 years.

Along with this he had a persistent urge to check all locks of his house and shop several times a day. He was constantly afraid that someone would rob his money. Accompanying this was a continuous insecurity and fear that something bad would happen to him. With this fear, he experienced discomfort in the chest. He was very anxious by nature, and would reach the platform two hours before the arrival of the train, lest miss it. Besides, he also complained of acidity and moles all over the body.

A suitable homoeopathic remedy which suited his specific state of nature and complaint was then prescribed and was observed in follow ups at regular intervals, he gradually improved in his mental phobias and OCD, over 3 years to being completely well. Homoeopathic remedies have a great potential to correct this kind of mental-physical axis derangements and their efficacy most often is impeccable.

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