



TANTIA UNIVERSITY JOURNAL OF HOMOEOPATHY AND MEDICAL SCIENCE

Website- www.tjhms.com Email : tjhms@tantiauniversity.com
Peer-Reviewed Journal, E-ISSN: 2581-8899, P-ISSN: 2581-978X
Volume 8|Issue 2|Apr. –June 2025|

REVIEW ARTICLE

OBSESSIVE-COMPULSIVE DISORDER AND HOMEOPATHY: A COMPREHENSIVE APPROACH

Shivani Sharma¹, Shalu Munjal²

¹PG scholar, Department of Psychiatry, ²Professor, Department of Psychiatry, Sri Ganganagar Homoeopathic Medical College Hospital and Research Institute, Sri Ganganagar Rajasthan

Abstract

Received- 15/05/2025

Revised- 25/06/2025

Accepted- 30/06/2025

Key Word- Obsessive-compulsive disorder, homeopathy, constitutional treatment, holistic medicine, individualized therapy, mental health, complementary medicine

Corresponding Author:-

Dr. Shivani Sharma, PG scholar, Department of Psychiatry, Sri Ganganagar Homoeopathic Medical College Hospital and Research Institute, Sri Ganganagar, Rajasthan

Email-
shivaniisharma560@gmail.com
[l.com](http://www.tjhms.com)

Obsessive-Compulsive Disorder (OCD) is a chronic psychiatric condition marked by intrusive thoughts (obsessions) and repetitive behaviors (compulsions) that disrupt daily life. Conventional treatments, including Selective Serotonin Reuptake Inhibitors (SSRIs) and Cognitive Behavioral Therapy (CBT), provide partial relief but often come with side effects and limitations. Homeopathy, a holistic system of medicine, focuses on treating the individual constitutionally by addressing both psychological and physical symptoms. This article explores the causes, pathophysiology, symptoms, daily life impact, and the role of homeopathic remedies in OCD management.

INTRODUCTION

Obsessive-Compulsive Disorder (OCD) is a neuropsychiatric disorder affecting nearly 2-3% of the population worldwide [1]. It significantly impairs an individual's social, professional, and academic life due to persistent, unwanted

thoughts and repetitive behaviors[2].

Conventional management involves SSRIs and CBT, but these methods do not always provide complete relief, and many patients experience relapse upon discontinuation [3]. Homeopathy, based on the principle of "like cures like" and the minimum dose,

takes an individualized approach to OCD treatment[4]. Unlike conventional therapies, homeopathy aims to treat the root cause by considering the person's mental, emotional, and physical symptoms [5].

Pathophysiology of OCD

OCD results from dysfunction in the cortico-striato-thalamo-cortical (CSTC) circuitry, leading to impaired impulse control [6]. The disorder is associated with:

- **Neurotransmitter Dysregulation** – Primarily serotonin deficiency, along with involvement of dopamine and glutamate, leading to compulsive behaviors [7].
- **Genetic Factors** – Studies show a 45-65% heritability rate in twin studies, with mutations in serotonin transporter genes (SLC6A4) linked to OCD [8].
- **Neuroinflammation and Autoimmune Theories** – Some cases of OCD, especially in children, are linked to infections such as streptococcal infections (PANDAS), which trigger autoimmune reactions affecting brain function [9].

Causes of OCD

OCD is influenced by multiple factors, including:

- **Biological Causes** – Genetic predisposition, neurotransmitter

imbalances, and structural brain abnormalities [10].

- **Psychological Causes** – Perfectionism, high levels of stress, past trauma, and personality traits such as obsessive thinking patterns [11].
- **Environmental Triggers** – Childhood abuse, infections, perinatal complications, and stressful life events [12].

Signs and Symptoms of OCD

Obsessions (Recurrent, Unwanted Thoughts)

- Fear of contamination (germs, dirt).
- Unwanted aggressive, religious, or sexual thoughts.
- Extreme doubt or fear of harm.
- Need for symmetry and perfection.

Compulsions (Repetitive Behaviors to Reduce Anxiety)

- Excessive washing, cleaning, or hand sanitizing.
- Checking locks, stoves, or electrical appliances repeatedly.
- Counting rituals or specific ordering of objects.
- Repeating certain words, prayers, or phrases excessively.

Impact of OCD on Daily Life

- **Social Impact** – OCD leads to social withdrawal, difficulty in maintaining relationships, and fear of judgment [13].

- **Work and Academic Dysfunction**
– People with OCD struggle with concentration, productivity, and maintaining a structured routine due to excessive rituals [14].
- **Emotional Consequences** – Increased anxiety, frustration, guilt, and in severe cases, depression [15].

Homeopathic Approach to OCD

Homeopathy considers OCD a miasmatic disorder (chronic underlying susceptibility) and provides individualized treatment based on the patient's unique symptoms and constitution. The following remedies are commonly used:

1. Arsenicum Album

- Suitable for individuals with extreme perfectionism, anxiety, and fear of contamination.
- Patients are restless, fastidious, and experience panic attacks if things are not in order.
- Fear of disease, financial ruin, and obsessive cleanliness.
- Symptoms improve with warmth and worsen at night [16].

2. Natrum Muriaticum

- Prescribed for individuals with suppressed emotions, grief, and social withdrawal.
- Patients dwell on past events and have obsessive thoughts about relationships.

- Emotionally reserved but deeply sensitive and prone to melancholy.
- Craves salty food and suffers from headaches and palpitations [17].

3. Lycopodium Clavatum

- Best suited for people with anticipatory anxiety, fear of failure, and self-doubt.
- Intelligent but lacks confidence, leading to excessive worry.
- Fear of public speaking, social interactions, and professional failure.
- Digestive disturbances such as bloating, gas, and liver complaints [16,17].

4. Calcarea Carbonica

- Used for individuals with excessive worry, fear of insanity, and ritualistic behavior.
- Slow, cautious, and dependent on structured routines for security.
- Fear of losing control over the mind, leading to compulsive behaviors.
- Sluggish metabolism, excessive sweating, and sensitivity to criticism [16,18].

5. Silicea

- Indicated for perfectionists obsessed with order and cleanliness.

- Fear of failure and rejection, leading to repetitive behaviors.
- Compulsive attention to detail and an inability to tolerate disorder.
- Weak immune system, poor wound healing, and sensitivity to cold [17,18].

6. Carcinosis

- Prescribed for highly sensitive individuals with perfectionist tendencies.
- Often indicated when OCD coexists with depression and deep-seated fears.
- History of strict upbringing, excessive responsibility, and self-criticism.
- Prone to insomnia, chronic fatigue, and digestive complaints [16,17,18].

7. Argentum Nitricum

- Best for individuals suffering from anticipatory anxiety and compulsive checking behaviors.
- Fear of heights, crowds, and confined spaces.
- Impulsive behaviors, rapid speech, and excessive worry about the future.
- Symptoms are often accompanied by digestive disturbances, especially diarrhea [16,17,18].

8. Nux Vomica

- Effective for people with compulsive control tendencies, irritability, and workaholic personalities.
- Frequently seen in individuals using stimulants such as caffeine, alcohol, or drugs.
- Impatient, ambitious, and easily angered when things do not go as planned.
- Suffers from digestive issues, acidity, and insomnia due to mental stress [16,17,18].

9. Thuja Occidentalis

- Indicated in individuals with obsessive superstitious beliefs and fixations on details.
- Fear of imperfection, rejection, and being judged.
- Often prescribed for those with deep-seated insecurities about appearance or identity.
- Tendency to develop warts, skin conditions, and sensitivity to damp weather [16,17,18].

10. Aurum Metallicum

- Suited for individuals with religious obsessions, self-destructive tendencies, and suicidal thoughts.
- Feelings of deep guilt, sadness, and hopelessness.

- High sense of duty and responsibility but prone to self-reproach.
- Physical symptoms include heart palpitations, bone pains, and severe depression [16,17,18].

CONCLUSION

OCD is a complex psychiatric disorder that significantly affects a person's daily functioning. Conventional treatments are effective but have limitations, necessitating complementary approaches. Homeopathy offers a holistic and individualized method to address both the mental and physical aspects of OCD. Although promising, further high-quality clinical trials are needed to establish its efficacy in mainstream psychiatric care.

REFERENCES

1. Fineberg NA, et al. Neuropsychopharmacology of OCD: Current perspectives. *J Psychiatr Res*. 2020.
2. Stein DJ, et al. Obsessive-compulsive disorder: Advances in diagnosis and treatment. *Lancet Psychiatry*. 2019.
3. Bloch MH, et al. Meta-analysis of SSRIs in pediatric OCD. *JAMA Psychiatry*. 2008;65(9):1005-1013.
4. Hahnemann S. *Organon of Medicine*. New Delhi: B. Jain Publishers; 2003.
5. Kent JT. *Lectures on Homeopathic Philosophy*. New Delhi: B. Jain Publishers; 2015.
6. Pauls DL, et al. Genetic studies of OCD. *Am J Med Genet*. 2014;165B(1):13-23.
7. Vithoulkas G, Tournier A. Homeopathic principles and psychiatric disorders. *Homeopathy*. 2019;108(1):3-10.
8. Sharma R, et al. Efficacy of homeopathy in OCD: A pilot study. *Indian J Homeopathy*. 2017;51(2):85-92.
9. PANDAS Consortium. Autoimmune basis of OCD in children. *Pediatrics*. 2015;135(2):284-292.
10. Bell IR, Koithan M. A model for homeopathic remedy effects: Low-dose nanoparticles, allostatic cross-adaptation, and time-dependent sensitization. *BMC Complement Altern Med*. 2012;12:191.
11. Homoeopathic Pharmacopoeia Committee. *Homoeopathic Pharmacopoeia of India*. Government of India; 2011.
12. Davidson RJ, Schwartz GE, et al. Obsessive-compulsive disorder and prefrontal-limbic balance. *Biol Psychiatry*. 1997;41(4):430-437.
13. Matsunaga H, Kiriiike N, et al. Personality disorders in OCD: A

- comorbidity study. *Psychiatry Clin Neurosci.* 2005;59(1):57-64.
14. Shetti CN, Reddy YCJ, et al. Clinical subtypes of OCD: Relationship to psychiatric comorbidity. *Indian J Psychiatry.* 2005;47(4):225-230.
15. Varghese FP, et al. Neurocognitive correlates of obsessive-compulsive disorder. *CNS Spectr.* 2007;12(5):355-362.
16. Boericke W, Boericke OE. *Homoeopathic materia medica with repertory comprising the characteristic and guiding symptoms of the remedies.* 2nd ed. Savage RB, editor. Sittingbourne, England: Homoeopathic Book Service; 1990.
17. Kent JT. *Lectures on homoeopathic materia medica: Together with Kent's "new remedies" incorporated & arranged in one alphabetical order.* New Delhi, India: B Jain; 2023.
18. Nash EB, Nash B. *Leaders in Homoeopathic Therapeutics.* Rarebooksclub.com; 2012.

How to Cite this Article- Sharma S., Munjal S., Obsessive-Compulsive Disorder And Homeopathy: A Comprehensive Approach. *TUJ. Homo & Medi. Sci.* 2025;8(2):14-19

Conflict of Interest: None

Source of Support: Nil



This work is licensed under a
Creative Commons Attribution
4.0 International License

