



A case study of obsessive-compulsive disorder



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Abstract:

It is a character of Homeopathy that all its practical processes are governed by the process of individualization. Whether it is drug-proving or study of the Materia-medica compiled from those Proving or Examination and study of the case or selection of the remedy or whatever auxiliary treatment is required, it always seeks to individualize. Based on this fundamental aspect of Individualization a case of obsessive-compulsive disorders treated successfully with Homeopathic Medicine was selected as a study for understanding Portrait of Disease of OCD and differentiation and selection of Homeopathic medicines used for OCD.

Key Words:

Individualization, Obsessive-compulsive disorders (OCD), Musca Domestica.

Introduction:

In Organon of Medicine, Aphorism 82, Hahnemann states⁽³⁾:

"There are, in the world, no two human beings perfectly alike in their physical constitution, their state of health and their mode of living. Hence it follows that no two persons can be affected in the same manner by the same disease."

In every case of a disease, a person gives two types of symptoms – Common and Uncommon.

Common symptoms are those symptoms which are found in most cases of a particular disease. Like in Obsessive Compulsive disorder (OCD) common symptoms according to **DSM 5** are⁽¹⁾:



Obsessions: Persistent, intrusive thoughts, images, or urges that cause significant anxiety (e.g., fear of contamination, violent thoughts).

Compulsions: Repetitive behaviors or mental acts that an individual feels driven to perform in response to obsessions (e.g., excessive cleaning, checking).

Common Themes: These can include contamination fears, the need for symmetry, forbidden or taboo thoughts, and fears of causing harm.

These symptoms must be time-consuming and cause significant distress or impairment in functioning to meet the criteria for OCD.

Uncommon symptoms are those symptoms which are found in very few patients suffering from a particular disease condition. They reflect the individual reaction of a person to a morbidic agent. Such symptoms help us in individualizing a patient and selecting a similar remedy. Uncommon symptoms usually found in the history of childhood, in life situations, in dreams, in hobbies and interests, in the goal of life etc.

In **aphorism 118 of Organon of Medicine Dr. Hahnemann** writes⁽³⁾:

“...Each medicine exhibits peculiar action on the human frame which are not produced in exactly the same manner by other medicinal substance of a different kind...”

Again, in the footnote to the **aphorism 119, Dr. Hahnemann** writes⁽³⁾:

“...Anyone who has a thorough knowledge of, and can appreciate the remarkable difference of, effects on the health of man of every single substance from that of every other, will readily perceive that among them there can be no equivalent remedies, no surrogates...”

It means there are no substitutes in the selection of a remedy. Either a medicine is indicated in a case or it is not. Symptomatic comparison between similar drugs is carried out to find their individuality.

A Case Study:

(Taken excerpts from long Narration as illustrations):

A 27 years old Female Mrs. M. J. V. was having complaints of excessive cleaning, washing hands, washing water tap after washing hands and excessive checking of anything which is closed since 5 years, which was aggravated in last 1 year.

she narrated her complaints in detail:

"...taken allopathic medication since last 3 months and was better after then but relapse after



A.J.SAVLAHOMOEOPATHICNATIONALJOURNAL

leaving the medicines, mostly I wash my hand more frequently, cleaning floor and other things till the water in tank gets exhausted, and specifically I feel some insect like especially house fly inside the jar and if I closed the lid tightly it will die so I recheck many times that lid will not be closed tightly, this feeling of house fly occurs in all the places whether is it bed drawer or even when I lock the door with key I feel if house fly is inside the lock hole and if I close with key it will die so cannot close the lock with the key, even if I fold the clothes I feel house fly will stuck inside and it will not get oxygen and die..."

before 5 years

"...I was having only habit of counting with fingers, and this feeling of house fly inside the things were there and also reciting name of god 100 times..."

"...but now all these complaints are worsening day by day..."

"...also I forget many things now and I can't control the things then I think it's more due to fear that if I do then that insect will die..."

Family h/o.:

Mother having HIV since 25 years.

Brother having mild symptoms of HIV.

Past H/o.: once in a year viral fever. 2-3 times Typhoid in past

Childhood:

"...my childhood was in tension and pressure...as mother was sick and brother was 1 year old, I was having all responsibility of house work, father was not doing anything. Continuously I was thinking how will my family progress...I started praying god and reciting name of god in fixed numbers like 100 times...I was having interest of learning new things like cooking, dancing etc..."

"...Since childhood I would like to make decision for me, no other person would decide or having power to order me about any work, for this reason I always fought with my grandmother..."

Mind:

"...I am having nature of hurry and hasty...also cannot control my anger...wants to complete task fast...wants to learn new things and everything", ...not feeling appreciated due to my disease OCD, feels everyone understand me as shallow person, feeling looked down in front of in law's family...I always think when will I become free from this disease so that family will appreciate and



they will think that I am perfect i.e. I am good and I can remember the things and I can manage the family and social things, no one in family can point out my mistake..., everyone can trust me; due to OCD no one is trusting me as what I am doing at home i.e. I am wasting 1500 litres water tank in just one day in washing and cleaning...everyone gets bored with me, they are not including me as family member...they think I am bad person...so feels isolated and forsaken".

Fear:

of excessive cleaning because I can't control my mind to stop the cleaning. In childhood one brother younger than me expired and mother was having HIV, so had fear of death of mother. Always talking with God why you are not listening? what fault remains in my prayer to God? what will God do with my family in future? why family is not happy? God, please forgive me and keep my family happy.

Incident before marriage:

I used to call my fiancé before marriage...one day by mistakenly dialled to my cousin brother at 2 am night instead of my fiancé. My Brother's wife came next day and made doubt on my relationship with my brother. I felt pressure and tension that she thought about me as bad person though I did not do any bad things.

"...this feeling that family members thinking about me as not good person and not appreciating me was since childhood and also in my in-law's family after marriage. In my in-law's family everyone having nature of joyful and joking but I got angry, initially I felt boredom and thought why all were talking like this to me. I got hurt frequently...my nature is I cannot accept any order or decision from other..."

Hobby / interests:

"...I wanted to become Fashion designer in this regard I learnt sewing and other needle work, anything new I am interested and also learnt beauty parlor work...also like to look beautiful and attractive so doing make up and all such things..."

According to Husband:

she is restless and talkative. she is very hard working in house work constantly doing work

Sleep: more sleepiness even after stopping allopathic medications

Dreams:



"...of going out with adorning and beautifying myself..."

"...of quarrelling with someone..."

".. of dispraising me that she is like this and that; I am reverting with violence, beating them, feeling so much anger that even I killed them or sometimes I killed myself..."

Desire:not specific but like spices

Aversion:not specific but dislike sweets

Thirst:thirstless, she feels less thirsty

Thermal:ambithermal

Last moment symptom:

one last thing I feel headache if I am with 50-100 people and in closed carcausing nausea, vomiting and sometime vertigo.

Analysis of Case:

According to **Dr. J. T. Kent** most important aspect to consider in case is Man himself which is prior to organ. Apart from common symptoms individuality lies in beyond the symptoms i.e. how OCD develop and how disease affect her in life.

Fundamentally important consideration is Miasm which is running in Family that is sycotic-syphilitic more towards syphilitic as Family history of HIV confirm in the case.

If we draw a portrait of this lady since in her childhood out of tension of responsibility of family and fear of mother's death where she started praying and chanting 100 times to god so that situation gets better which triggered her inherited miasm and symptoms of OCD started and gradually the life situations gave boost to the condition.

The repetitive pattern emerges in her case is being not appreciated in family as part of group because I am not good person. and as a person she can't tolerate authority of another who rules and order her. (Reminds us medicines like Causticum, Mercury, Cantharis, cuprums etc.)

Fastidiousness seen in cleaning which she can't stop until everything in place and which gives her satisfaction. (Reminds us medicines like Arsenicums, Carcinocinum, Kalis, Syphilinum etc.)

Also,she is having delusion of everything being dirty need to wash constantly (Reminds us Lac can,



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Syphilinum and other nosodes etc.). Imagine insects which generated fear that it trapped inside any closed container or drawer or in hole of lock. (we can consider as 'Archetypal Image" which Reminds us Insects group of medicines)

Other important symptoms in her case are:

Industriousness

Talkative

Cannot tolerate any Authority

Anger which reflects in dreams as to kill someone or killed herself

Claustrophobia (Always last moment symptoms are most important. These are sometime concomitant and peculiar to herself)

Desire appreciation from family and feels forsaken and isolated

Desire to look beautiful and attractive

Weakness of Memory

Area of Perception:

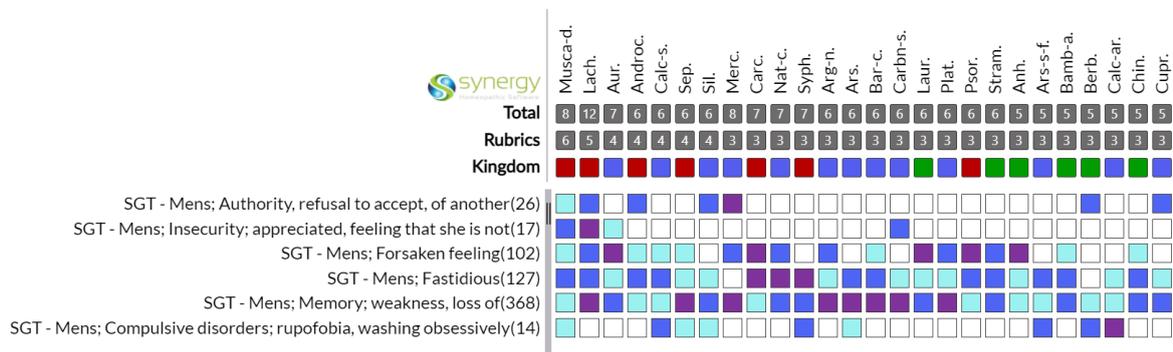
Issues with Home and Family since Childhood up to present

Choice of Repertory

Repertory which having reliable and extensive source of rubrics of Mind.

We used Suggesta Repertory by Dr Massimo Mangialavori

Reperterization / Repertorial Result:(Below chart was used for first prescription)⁽⁵⁾



Prescription, Repetition and Improvement:

Musca Domestica 1m 1 dose (first prescription)



Total 6 doses given up to now in 2 years of follow ups.

She started feeling better gradually. Initially she got improvement in excessive cleaning which she controls now with increase of her anger for short period of time.

Perception of house fly still present but reduced to some extent that now she can lock with key and then she can forget about this.

Excessive Washing hands and water tap still there but reduced in greater extent.

Most Important changes started after few doses that her anger got balanced and feel emotionally stable especially in feeling of forsaken and isolation in family.

she is under treatment at present

Discussion:

About Remedy Musca Domestica:

Musca = Fly and Domestica = of or in the house / at home

Proving by Susan Sonz and Robert Stewart [USA], 6 female and 4 male provers, 30c, 1999.

Additional symptoms from clinical observations.

Musca domestica belongs to the family muscoidea, the order diptera, the class insecta and the phylum arthropoda. In the homeopathic materia medica, the chordates are represented by the milks mostly.

There is a large grouping of arthropoda represented by the spiders. From the order coleoptera, we have the important remedy, Cantharis. There is only one other member of the fly family in the materia medica, the mosquito (Culex), whose name is actually an illiteration of muscoidea.⁽⁸⁾

EXCERPTS FROM PROVING⁽⁸⁾

“Some of the general reactions were quite interesting - some provers got angry with their supervisors, and some were angry with us, the master provers... Irritability was a strong factor for everyone. As always there was a lot of guessing as to the substance they were proving. Not surprisingly, there were some close guesses - one prover thought it was a cockroach, another prover's wife believed it was a fly...”

“There was an unusual fastidiousness - three provers said that they could not stop cleaning until everything was in its place, and this was for them a definitely new symptom. The other strong mind symptom was a sensation of isolation, which is listed as a rubric in the Complete Repertory, but



without remedies within the rubric. It was a strong feeling within the group - one supervisor said she only wanted to communicate via email (this was against our instructions), another supervisor stopped communicating in any way at all, leaving that prover feeling completely isolated. Many others expressed this sensation, in this language. In addition, those same provers expressed feelings of self-pity - it's not clear if these two ideas would exist separately or if they fed on each other. The feeling was strong enough for us to use the rubrics, pities herself and forsaken feeling, (or delusion forsaken).”

REFERENCE FROM RELIABLE REPERTORY IN SYNERGY HOMEOPATHIC SOFTWARE (9)

synergy		Musca-d.	Calc.	Phos.	Staph.	Stram.	Bell.	Sep.	Ign.	Tarent.	Herin.	Lat-h.	Posit.	Lyc.	Nat-m.	Rhus-t.	Sulph.	Thuji.	Ars.	Zinc.	Cycl.	Merc.	Aids.	Cact.
Total		8	12	10	10	9	9	8	8	5	5	5	5	12	9	9	9	9	8	8	7	7	6	6
Rubrics		8	5	5	5	5	5	5	5	5	5	5	5	4	4	4	4	4	4	4	4	4	4	4
Kingdom		■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
R.R. - Mind; Dreams; murder(145)		■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
R.R. - Mind; Delusions, imaginations, hallucinations, illusions; insect, insects(24)		■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
R.R. - Mind; Delusions, imaginations, hallucinations, illusions; dirty; everything is(14)		■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
R.R. - Mind; Anger, irascibility; easily(113)		■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
R.R. - Mind; Memory; weakness, loss of(396)		■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
R.R. - Mind; Pities herself(34)		■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
R.R. - Mind; Industrious(160)		■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
R.R. - Mind; Forsaken feeling; isolation, sensation of(66)		■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

Differentiating with other OCD Remedies from our Cases

SYPHILINUM:

“It is a main remedy for compulsive neurosis that is manifest in an obsession with cleanliness and a germ-free state. There is a compulsion about checking and rechecking the correctness of former actions such as having turned off appliances. A strong fear of infectious diseases prevails and is accompanied by a constant washing of the hands. ...Syphilinum is overly occupied with health, order, and cleanliness. Underneath the routines and anxieties lies a fatalistic view of life, a deep sense of being doomed and of not proceeding in recovery; the emotional life deteriorates, angry outbursts occur, affectionate ties weaken, alcoholism is engaged in. ... These patients have an inherent fear of dangers, of being hurt, or of breaking down in mind and body.”⁽¹⁰⁾

A Case of 24 years Male having severe Autism that he was having no awareness what he is doing. In clinic he was constantly cleaning sofa, wall, flooring with hands. Also cleaning nose, ears, nails etc. He was sleepless since many days and nights. Extreme restlessness and destructiveness of the things. History of alcoholism of father. He responded well with Syphilinum gradually over the



years.

ARSENICUM ALBUM:

“Arsenicum is most liable to become irritated by untidiness, inefficiency and waste. All of these refer to the material plane of existence, which is usually Arsenicum's principal focus.' (2). In Arsenicums main issue is Preservation and then Disintegration, decline, decay and death in aspect of Material Insecurity.”

We had a case of Female 24 years old having excessive fear of contamination from touching anything which turned in to a disease and then death does well with Arsenicum album

Kent - Mind; Delusions; contaminates everything she touches(1): ars.⁽⁴⁾

SILICEA:

“...is indicated in obstinate, stubborn people who nonetheless tend to yield to others and may suffer from low self-confidence. Not getting their own way, while feeling stifled in their expressive capacity, they become introverted, compulsive, and preoccupied with fixed ideas and imaginations....Silica is introspective, shy when engaging in the world, and remorseful, while easily developing fixed thoughts and compulsive traits such as searching out pins and counting them...”⁽⁷⁾

We had a case of Male 23 years old having compulsive habit counting things. He feels that “if I do not count the things then I will not succeed in my work and project” does well with Silicea.

PSORINUM:

One of our cases of OCD of young adult male was having complain of excessive washing hands and bathing with fear of poverty and totally incapability to earn money does well with Psorinum.

MAGNESIUM CARBONICUM:

One Lady of 45 years having complaints of checking-rechecking and packing-unpacking things in her home, due to this compulsive behaviour if she gets late, she feels that her husband will abandon her. She always seen dreams of lost in her own house. She completely got better after Mag carb.

Pathak's Concise Materia medica: Mind: Dazed feeling; packs and unpacks her clothes, without consciousness of having done so.⁽⁶⁾



Conclusion:

Homeopathy is having extensive modern and ancient literature of remedies which can give relief to various cases of obsessive-compulsive disorders. So, for INDIVIDUALIZATION we should follow the concepts given in Organon of medicine i.e. to consider Fundamental symptoms which belongs to person instead of only common symptoms of disease belongs to patient.

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