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A Narrative Review on Homoeopathy for Obsessive – Compulsive Disorder

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ABSTRACT:

Background: Obsessive-Compulsive Disorder (OCD) is a common psychiatric condition that involves unwanted intrusive thoughts and repetitive behaviors, resulting in significant disability. Homeopathy shows a strong emphasis on mental health, considering it in the context of treating holistically. This review shovels into the literature surrounding the potential use of homeopathy in the treatment of OCD.


Objectives: To find out how effective homoeopathy is in the management of OCD and also to develop a strategy for future scientific research in homoeopathy.

Materials and Methods: A systematic literature search was done in various databases such as PubMed, Medscape, Google Scholar, Wiley online library, Springer, Scopus and the AYUSH portal for articles related to OCD and Homoeopathy. The study design, methodology, homoeopathic medicine prescribed, and outcome of the treatment is analyzed and then the results are summarized.

Results and Discussion: The available literature is limited to eight studies including an RCT, case series, and case reports. Notably, all these studies employed individualized homeopathic medicine with the exception of the RCT in which *Hypericum* was used.

Conclusion: This review highlights the potential usefulness of homeopathy in the treatment of OCD when individualized medicines were employed. However, it also notes a negative impact when a specific remedy was used. To establish a more robust evidence base for homeopathic treatment of OCD, a greater number of studies with strong evidence-based parameters and rigorous study designs using validated assessment scales are essential.

Keywords: Homoeopathy, Review, Obsessive-Compulsive disorder, Yale Brown Obsessive- Compulsive scale.

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