



Original Research Article

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**EFFECTIVENESS OF INDIVIDUALIZED HOMOEOPATHIC MEDICINE *IGNATIA AMARA* IN OBSESSIVE-COMPULSIVE DISORDER: A CASE REPORT**

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**Abstract**

**Background**

Obsessive-Compulsive Disorder (OCD) is a chronic psychiatric disorder characterized by intrusive obsessive thoughts and repetitive compulsive behaviors that significantly impair quality of life. Integrative and individualized approaches are increasingly explored in the management of OCD, particularly in patients seeking complementary systems of medicine.

**Case Summary**

A 25-year-old female presented with uncontrolled thoughts regarding cleanliness associated with repeated cleaning acts, emotional sensitivity, weeping when alone, intolerance to contradiction, headache, reduced appetite, desire for cold substances despite a chilly thermal constitution. The case was evaluated using the Yale-Brown Obsessive Compulsive Scale (Y-BOCS), with an initial score of 29 indicating severe OCD. After detailed case taking and repertorial analysis, Ignatia amara 1M was prescribed on the basis of symptom totality.

**Outcome**

After six months of individualized homoeopathic treatment, the patient demonstrated significant improvement in obsessive thoughts, compulsive cleaning behavior, and associated emotional symptoms. The Yale-Brown Obsessive Compulsive Scale (Y-BOCS) score reduced from 29 (severe OCD) to 10 (mild OCD) over six months., indicating marked clinical improvement.

## **Conclusion**

This case highlights the potential role of individualized homoeopathic treatment in reducing the severity of symptoms in OCD. Further systematic clinical studies are required to establish efficacy and reproducibility.

**Keywords:** Obsessive-Compulsive Disorder, OCD, Homoeopathy, Ignatia amara, Y-BOCS, Case Report

## **Introduction**

Obsessive-Compulsive Disorder (OCD) is a psychiatric condition characterized by persistent intrusive thoughts (obsessions) and repetitive behaviors or mental acts (compulsions). The disorder can significantly interfere with social, occupational, and personal functioning. Common obsessions include contamination fears, while compulsions often involve repetitive cleaning, checking, or counting behaviors.

The lifetime prevalence of OCD is estimated to be approximately 2–3% in the general population, and the disorder is associated with substantial psychosocial impairment and reduced quality of life.

According to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), OCD is associated with anxiety and distress, and symptoms are often chronic if untreated. Conventional management includes cognitive behavioural therapy (CBT) and selective serotonin reuptake inhibitors (SSRIs). However, a subset of patients seek complementary and alternative therapeutic approaches because of chronic disease course, partial therapeutic response, medication-associated adverse effects, or concerns regarding long-term pharmacotherapy.

Homoeopathy emphasizes individualized treatment based on the totality of symptoms, including mental and emotional characteristics. Ignatia amara is frequently indicated in emotionally sensitive individuals exhibiting grief, emotional contradiction, mood variability, and psychosomatic manifestations.

This report presents a case of OCD managed with individualized homoeopathic medicine and assessed using the Yale-Brown Obsessive Compulsive Scale (Y-BOCS).

### Patient Information

Parameter	Details
Name	Mrs.XYZ
Age	25 years
Sex	Female
Occupation	Housewife
Marital Status	Married
Date of Consultation	[18/06/2024]

### Chief Complaints

1. Uncontrolled thoughts regarding cleanliness for 2 years
2. Repeated acts of cleaning
3. Headache
4. Weeping when alone
5. Cannot tolerate contradiction
6. Reduced appetite

### History of Present Illness

The patient presented with persistent intrusive thoughts related to cleanliness and contamination. These thoughts compelled her to repeatedly clean household objects and surroundings multiple times a day. The compulsive behavior caused emotional distress and interfered with routine domestic activities.

She reported increased emotional sensitivity with a tendency to weep when alone. She was unable to tolerate contradiction and became emotionally disturbed when opposed. Associated symptoms included recurrent headache and diminished appetite.

The patient also reported a desire for cold substances despite being generally chilly in disposition.

No history of substance abuse, psychosis, seizures, or major medical illness was reported. No identifiable precipitating psychosocial stressor was reported.

**Past History**

- No significant past medical illness reported.
- No major surgical history.
- No known psychiatric treatment history before consultation.

**Family History**

- No significant family history of psychiatric illness reported.

**Personal History**

Parameter	Findings
Appetite	Reduced
Thirst	Normal
Desire	Cold substances
Thermal Reaction	Chilly patient
Sleep	Disturbed due to intrusive thoughts
Bowel & Bladder	Normal

**Mental Generals**

- Persistent thoughts of cleanliness
- Compulsive cleaning behavior
- Weeping when alone
- Cannot bear contradiction
- Emotional sensitivity

**Clinical Findings**

Mental status examination revealed anxiety associated with contamination-related thoughts and compulsive cleaning rituals. Insight was partially preserved, and the patient acknowledged the repetitive nature of her actions but was unable to control them.

**Diagnostic Assessment**

The diagnosis of OCD was made based on DSM-5 diagnostic criteria and severity was assessed using the Yale-Brown Obsessive Compulsive Scale (Y-BOCS).

Assessment	Score
Baseline Y-BOCS Score	29
Y-BOCS Score after 6 months	10

Interpretation:

- Score 29: Severe OCD
- Score 10: Moderate OCD with marked improvement

### Case Analysis and Evaluation

The totality of symptoms considered for remedy selection included:

#### Mental Symptoms

- Obsessive thoughts regarding cleanliness
- Repeated cleaning acts
- Weeping when alone
- Cannot bear contradiction
- Emotional sensitivity

#### Physical Generals

- Reduced appetite
- Desire for cold substances
- Chilly patient

Based on repertorial totality and Materia medica correlation, Ignatia amara was selected as the constitutional remedy.

#### Therapeutic Intervention

Date	Prescription	Dose	Remarks
[18-06-24]	Ignatia amara 1M	Single dose	Followed by placebo

A single dose of *Ignatia amara* 1M was prescribed, followed by placebo during subsequent follow-up visits. Supportive counselling regarding stress management and reassurance were provided during follow-up visits.

### Follow-up and Outcome

Follow-up Duration	Clinical Observation	Y-BOCS Score	Prescription
Baseline	Severe contamination obsessions and compulsive cleaning rituals associated with emotional distress	29	<i>Ignatia amara</i> 1M single dose
1 month	Mild reduction in anxiety and frequency of compulsive cleaning behaviour, appetite slightly improved.	24	Placebo one dose
3 months	Improvement in emotional symptoms, reduced weeping, and better tolerance to contradiction, sleep improved.	16	Placebo one dose
6 months	Marked reduction in obsessive thoughts and compulsive cleaning rituals with improved emotional stability, appetite and sleep.	10	Placebo one dose

Serial Y-BOCS assessment demonstrated progressive symptomatic improvement over six months of individualized homoeopathic treatment. No change in constitutional prescription was required during the follow-up period. The patient showed marked clinical improvement over six months of treatment. The frequency and intensity of compulsive cleaning behavior reduced considerably. Emotional stability improved, and associated symptoms such as headache and reduced appetite, sleep also improved.

The Y-BOCS score reduced from 29 to 10 during the treatment period.

### Discussion

Obsessive-Compulsive Disorder is a chronic psychiatric condition requiring long-term management. Individualized homoeopathic prescribing aims to address the mental, emotional, and physical symptom totality unique to each patient.

Obsessive-Compulsive Disorder is associated with dysfunction in cortico-striato-thalamo-cortical neural circuits and serotonergic dysregulation. Conventional treatment primarily

targets these neurobiological pathways through cognitive behavioral therapy and serotonin reuptake inhibitors.

In this case, *Ignatia amara* was selected based on characteristic emotional features such as emotional sensitivity, weeping alone, and intolerance to contradiction along with obsessive ideation and compulsive behavior. Improvement was observed not only in compulsive symptoms but also in emotional and physical generals.

The reduction in Y-BOCS score from 29 to 10 suggests clinically meaningful improvement. Although a single case report cannot establish causal efficacy, it contributes to the growing body of clinical observations regarding individualized homoeopathic management in psychiatric disorders.

Further observational studies and controlled clinical trials are needed to evaluate the role of homoeopathy in OCD management.

### **Conclusion**

This case report suggests that individualized homoeopathic treatment with *Ignatia amara* may contribute to symptomatic improvement in selected patients with OCD when prescribed on the basis of totality of symptoms. Further controlled studies with larger sample sizes and standardized methodologies are required to evaluate reproducibility and clinical efficacy.

### **Patient Perspective**

The patient reported subjective improvement in mental calmness, reduction in repetitive cleaning behavior, and improved emotional wellbeing after treatment.

### **Informed Consent**

Written informed consent was obtained from the patient for publication of this case report and clinical details while maintaining confidentiality.

### **Conflict of Interest**

The authors declare no conflict of interest.

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