

## IMPORTANCE OF KENT REPERTORY IN OBSESSIVE COMPULSIVE DISORDER (OCD)

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### ABSTRACT

Obsessive compulsive disorder is defined as a psychiatric disorder characterized by recurrent obsession and compulsion that are distressing, time consuming and interfere with normal functioning.<sup>[1]</sup> It is a mental disorder in which the Kent repertory play an important role because kent repertory is based on mental symptoms. The lifetime prevalence of OCD is approximately 2–3% in the general population. It affects males and females almost equally, though slight female predominance is seen in adults. The annual incidence of OCD is relatively low, estimated at about 0.05–0.2% per year.

**KEYWORDS:** Obsessive compulsive disorder, Kent Repertory.

### INTRODUCTION

Obsessive compulsive disorder is defined as a psychiatric disorder characterized by recurrent obsession and compulsion that are distressing, time consuming and interfere with normal functioning.<sup>[1]</sup>

Here Obsession means unwanted and recurrent thoughts, urges or images that cause anxiety. Compulsion are repetitive behaviour or mental acts performed to reduce anxiety.

These excessive, unwanted or unreasonable thoughts disturbs the normal daily activities.

## Examples

Obsessions: fear of contamination, doubts Compulsions: washing, checking.<sup>[1]</sup>

- The fourth edition of the Diagnostic and Statistical Manual categorized OCD as an anxiety disorder. However, the fifth edition reclassified it into a new category called “obsessive-compulsive and related disorders.”<sup>[2]</sup>

## ETIOLOGY

- Dysfunction in cortico-striato-thalamo-cortical circuits
- Role of serotonin neurotransmitter
- Genetic and environmental factors

## PATHOPHYSIOLOGY OF OCD

### Cortico-Striato-Thalamo -Cortical-Circuit Dysfunction(CSTC)

#### 1) Dysfunction of CSTC loop which includes

- Orbitofrontal cortex
- Anterior cingulate cortex
- Caudate nucleus(part of basal ganglia)
- Thalamus

Normally, this circuit regulates thoughts and behaviors.

In OCD → hyperactivity of this loop → repetitive intrusive thoughts (obsessions) and compulsive behaviors

#### 2) Neurotransmitter imbalance

Mainly involve neurotransmitter- Serotonin

Reduced serotonin level

## CLINICAL SYMPTOMS

### 1. Obsessions

Recurrent, persistent thoughts, urges, or images that are intrusive and unwanted, cause marked anxiety or distress. Patient attempts to ignore, suppress, or neutralize them.

### Common types

- (a) Fear of contamination (germs, dirt).
- (b) Doubts (e.g., “Did I lock the door?”).
- (c) Aggressive thoughts (harm, sexual, religious).

## 2. Compulsions

- (a) Repetitive behaviors or mental acts performed in response to obsessions.
- (b) Aimed at reducing anxiety or preventing a feared event.

### Common examples

- (i) Excessive hand washing or cleaning
- (ii) Repeated checking (locks, gas etc)
- (iii) Counting, repeating words silently
- (iv) Arranging objects in a specific order<sup>[1]</sup>

## HOMOEOPATHIC APPROACH

Kent repertory plays an important role because Kent repertory is based on mental symptoms. There are many medicines of OCD in Homoeopathy which are very helpful for patient.

### • Rubrics for the OCD according to “Kent Repertory

1. MIND-ANXIETY- fear, with
2. MIND-ANXIETY-health about
3. MIND-THOUGHTS-persistent
4. MIND- REST, cannot, rest when things are not in proper place
5. MIND-RESTLESSNESS-nervousness
6. MIND-FRIGHTENED-easily
7. MIND-IDEAS-abundant, clearness of mind
8. MIND-FASTIDIOUS
9. MIND-DELUSION-contaminates, everything she touch
10. MIND-FEAR-happen, something will
11. MIND-CONFUSION of mind.<sup>[3]</sup>

### Grading of homoeopathic medicines according to kent repertory

- Anxiety fear with- **ars, acon, caust**, calc, phos, alum, sep, puls, *nux vom, sulph.*
- Anxiety Health about- calc, phos, sep, ars, *nux vom, alum, puls, acon.*
- Thoughts persistent- **nat.mur**, ars, calc, nux vom, puls, *phos, alum, sep, acon.*
- Rest, cannot rest when things are not in proper place- ars, *anac.*
- Restlessness, nervousness- **ars, calc, sep, puls, acon**, nux vom, caust, graph, ign, *phos, alum.*
- Frightened, easily- **ars, sep, graph**, calc, phos, nux vom, puls, acon, caust, *alum, kali ars.*

- Ideas abundant, clearness of mind- **phos**, ars, calc, nux vom, puls, *alum*, *sep*, *acon*, *caust*,
- Fastidious – ars, nux vom,
- Delusion, -Contaminates everything she touch- *ars*
- Fear happen something will – **phos**, **caust**, ars, calc, *alum*, *graph*
- Confusion of mind- **calc**, **nux vom**, **sep**, ars, phos, alum, puls, acon, *caust*, *ign*.

The screenshot shows a software interface for a homeopathic repertory. The search criteria are: 1. MIND - ANXIETY - fear, with (85) 1. The results are displayed in a grid format with columns for various remedies and rows for different symptoms. The remedies listed in the columns are: ars, calc, phos, nux-v, alum, sep, puls, acon, caust, graph, sulph, ign, nat-ac, kali-ar, kali-c, ph-ac, nat-p, nat-m, lyc, arg-m, lach, merc, zhus, and ign. The rows represent different symptoms, with the first row being '1. MIND - ANXIETY - fear, with (85) 1'. The grid contains numerical values representing the frequency of each remedy for each symptom.

## HOMOEOPATHIC THERAPEUTICS<sup>[4]</sup>

- **Arsenic album:-**It is a homeopathic remedy commonly used for obsessive compulsive disorder characterized by extreme anxiety, perfectionism, and a strong need for order and cleanliness. patient is very resless. he wants everything neat and clean and in a order he has a fastidious personality.
- **Calcarea carb:-** It is typically indicated for individuals who are fearful, dependable, and feel overwhelmed, leading to mental exhaustion or rigidity. It is used to manage compulsive behaviors and anxiety.
- **Phosphorus:-** Research indicates that phosphorus, particularly in the form of phospholipids and high-energy phosphates, plays a key role in the brain metabolism of individuals with Obsessive-Compulsive Disorder.
- **Nux vomica:-** Nux vomica is a homeopathic remedy commonly used for obsessive-compulsive disorder. When symptoms include intense perfectionism, irritability. It is indicated for patients who are easily angered, sensitive to noise or light, and prone to over-working, often experiencing high anxiety and mental restlessness.
- **Aconitum napellus:-** fear of anything. Great fear and anxiety. fear of crowd, fear of crossing the street. Restlessness, tossing about.

- **Alumina:-** Feels as if mind is slow or dull, difficulty in making decisions, confusion about personal identity, lack of confidence in own actions.
- **Pulsatilla:-** Indecisive, lacks confidence, emotional instability (mood changes frequently).

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