

**“ATTATVAABHINIVESH” ¼OBSESSIVE COMPULSIVE DISORDER½****Dr. Himandri Yadu\*<sup>1</sup>, Dr. R. Chandrakar<sup>2</sup>, Dr. G. Ratre<sup>3</sup>, Dr. L. C. Harjpal<sup>4</sup> and Dr. Deepak Sahu<sup>5</sup>**M.D. Scholar<sup>1</sup>, Reader<sup>2</sup>, Reader<sup>3</sup>, Professor<sup>4</sup> and M.D. Scholar<sup>5</sup>  
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Article Received on 15/05/2018

Article Revised on 05/06/2018

Article Accepted on 25/06/2018

**ABSTRACT**

In *Ayurvedic* samhita *attatvaabhinivesh* i.e. *Attava-* non existence and *Abhinivesh-* strict or adhere to something; the person unable to distinguish the *nitya/anitya bhav* and *hita/ahita* meaning person can't understand what is good or bad for him/her. It can be correlated as *OCD*. Obsessive compulsive disorder is a mental disorder where the people have unwanted and repeated thoughts, feeling, idea, and sensation, obsession behaviour that drive them to do something over and over (compulsion). The person itself, don't know that he/she is suffering from this disorder. The aim of article is to throw light to understand *attatvaabhinivesh* with *OCD*.

**KEYWORD:** *OCD, ATTATVAABHINIVESH, NITYA/ANITYA AND HITA/AHITA.***INTRODUCTION**

If a person taking dirty food, suppressing impelled urges, using cold-hot, unctuous and rough things in excess, *dosas* reaching the heart affect the channels connected with mind and intellect and get seated there in the one who is already sourr-ounded with *rajas* and *tamas*. Thus on making intellect and mind by increased *rajas* and *tamas* and bewilderment of heart by *dosas*, the patient confuse and having little sense interprets external-non-external and wholesome- unwholesome wrongly. This is known as attachment to unreality or great disease.

**OCD** – It is a mental disorder where the people feel the need to check things repeatedly performs certain thoughts again. People are unable to control either the thoughts or the activities for more than a short period of time. Common activities include hand washing, counting of things and checking to see, if a door is locked or not. These activities occur to such a degree that the person daily life negatively affected. Most adults realize that the behaviour do not make sense the condition is associated with ticks, anxiety disorder and increased risk of suicide. Cause is unknown. Group a streptococci infections can also cause *OCD*.

**Usually onset:** - Before 35 years.**Types**

1. **Primary obsessional-** This type of *OCD* has been called one of the most distressing challenging forms of *OCD*. People with form of *OCD* have distressing and unwanted thoughts emerging frequently and these thoughts typically centre on fear that one may do something potentially fatal to on self or others.

The thoughts may likely to aggressive or sexual nature. This type of *OCD* persons performs some rituals behaviour such as locking doors repeatedly and washing hand again and again.

2. **Compulsive OCD-** They perform compulsive rituals as they feel inexplicably they feel have to, other act compulsively so as to mitigate the anxiety that is stems from particular obsessive thoughts. Excessive skin picking, hair pulling, nail biting and others focussed repetitive behaviours.

**Complications**

1. **Ticks-** Such as touching, tapping, rubbing and blinking eyes.
2. **Steorotyped Moves-** Head banging, body rocking and self biting
3. **Anxiety and Fear-** Such as they are suffering from a serious disease, someone wants to kill them, some are making plan to harm them.

**MATERIAL/METHODS**

This concept is based on review of *ayurvedic* text. Materials related to *attatavabhinesh* and other relevent topic has been selected and compiles form the *samhitas* and net suffering.

**DISCUSION****1. Malin Aahara**

It a person is taking malin ahara i.e. contaminated food which can cause the meningitis like eating certain foods containing listeria bacterium such as soft cheeses, hot dogs. Meningitis alters the mental condition making the person to distinguish his/her own sake.

## 2. Vegaan Praptanigrihat(Supressing, Impelled and URJES)

On suppressive the natural urges i.e. stool, urine etc it creates toxins which after circulation in body altered the physical and mental condition.

## 3. Sithoshnasnigdharukshadhahetubhishchsevita

Person taking alternatively hot, cold, smooth, rough again altering physical and mental condition, for example if a person lives in A.C. room and then suddenly exposed to sunlight, if this situation continues over and over the person gets irritated this can create stress and anxiety.

All these causes' aggravates the dosas, reaching the heart, affects channels connected with the mind, intellect and get seated there in the one who is already surrounded with the rajas and tamas. Thus on making of intellect and mind by increased rajas and tamas and bewilderment of heart by dosas the patient confused and having little sense interprets with eternal and non eternal wrongly. This is known as attachment to unreality or great disease. Same as in modern it has been established that *OCD* has a neurobiological, genetic, behavioural, cognitive and environmental factors that trigger the disorder in a specific individual at a particular point in time.

Many cognitive theorist believe that individual have faulty and dysfunction believes and there misinterpretation of intrusive thoughts people with *OCD* however misinterpret this thoughts has been very personally very significant. The repeated this interpretation thoughts lead to the development of obsession, because of this obsession are so distressing the individual engage in compulsive behaviour try to resist, block or neutralize them.

### Treatment

As per *ayurveda*, *attatavaabhinivesh* can be included under *mansik roga* and the treatment of *manisika vikara* mention by Acharya Charka in sutrasthan "*MANSO GHYAN VIGYANA DHAIRYA SMRITI SAMAADHIBHI*".

The patient should be counselled, about the *GHYAN* i.e. knowledge about the reality, about her/him thoughts, feeling and emotion's. Patient should be dealt about the actual reality.

As *ayurveda* is *Vighyan* (science) of life, it deals with the treatment of physical as well as mental disorders with the help of science of *ayurveda*. Patient is exposed to the actuality of disease, how to overcome by it. This entire one explained.

Patient has been explained to keep *dhairya* (patience), as this problem can't be resolve quickly. Patient has to be counselled about the time and duration.

*Smriti* (Retention of memory)- patient has to be counselled that he/she has to retained in the memory that all the all the thoughts, actions, emotions, sensation that they are experiencing they only have to control it, they are not supposed to do the same they should be too much mentally strong to control all this.

Patient has to *Samadhi* (concentrate) only and only about his/her life, how he can make it positively to enjoy his life by removing all the negativity from his/her mind and soul.

Same as in modern the treatment is as follow:-

1. **Cognitive behaviour therapy (CBT)**:- It is talking therapy that can help you to manage your problems by changing the way you think and behave. It is base of a concept that your thoughts, feeling, physical sensation and action are enter connected and negative thoughts can trap you. *CBT* aims to help you deal with overwhelming problems in a more positive way by breaking their thoughts in smaller parts.

### 1. Meditation

It is by its nature the act of digging down in to the depth of your mind session by session.

### 2. Selective Serotonin Reuptake Whibitors

Serotonin are used as antidepressant as in anxiety disorder it careless signals between nerves, bowels and blood, platelets, constricting smooth muscles, contributing to wellbeing and happiness, it maintain mood balance and deficient leads to depression.

## CONCLUSION

Hence by studying all this, we concluded that everything has already been explained in the *Samhitas* about *OCD* as an *Ayurvedic* scholar, we can treat it and during counselling if we use all the principle "*MANSO GHYAN VIGYANA DHAIRYA SMRITI SAMAADHIBHI*." it will create a new former type of morbidity is quieted by medications, spiritual and physical; and the latter by religion, philosophy, fortitude, remembrance and concentration so that the patient can live physically, mentally, socially, fit and happily to spend life.

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