

**“AN OPEN LABEL PILOT STUDY OF KALYANAKA GHRITA IN THE
MANAGEMENT OF OBSESSIVE COMPULSIVE DISORDER”**



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AN OPEN LABEL PILOT STUDY OF KALYANAKA GHRITA IN THE MANAGEMENT OF OBSESSIVE COMPULSIVE DISORDER**Background:**

Obsessive and Compulsive Disorder or OCD is a heterogeneous and multidimensional disorder. The lifetime prevalence of OCD in general population is 2-3%. This is the fourth most common psychiatric diagnosis. It constitutes 10% of psychiatric OPD. The Standard or proven drug for the OCD is yet to be explored in the field of *Ayurveda*, though few studies have been conducted but outcomes are not satisfactory.

Objective:

To evaluate the efficacy of *Kalyanaka Ghrita* in the management of Obsessive Compulsive Disorder.

Method:**Ethical clearance:**

Ethical clearance was obtained from Institutional Ethics Committee of Parul Institute of Ayurved, Parul University, Vadodara – 391760. Vide Ref- PIA/IECHR/2016-17/KC/04 dated 22/10/16.

10 patients of OCD satisfying the DSM-IV diagnostic criteria were selected. *Kalyanaka Ghrita* was administered to all for 60 days of period. The use of drug is in practice since very long, explained in *Ayurvedic* classics for various diseases, especially in *Unmada*. This drug was given for 60 days and patient then followed for one more month. There were total three assessments done before treatment, after treatment and after follow up. Yale Brown Obsessive Compulsive scale (Y-BOCS) was selected for the measurement and Yale Brown Obsessive Compulsive symptoms checklist was selected to identify the symptoms.

Results:

Contamination Obsession, Symmetrical Obsession, Religious Obsession, Cleaning/Washing Compulsions, checking compulsions, Counting Compulsion, Ordering/Arranging

Compulsions are the commonest symptoms of clinical presentation of OCD. Paired 't' test was used for statistical evaluation. 44.21% of relief was highly significant on reducing the symptoms of OCD on Y-BOCS ($p < 0.001$).

Interpretation:

By understanding of Etiology, Symptomatology, Pathology, Course of Disease, Prognosis and Co-morbidity of OCD- the most suitable resemblance of OCD in *Ayurveda* is *Grahonmada* or *Bhootonmada*, no any other conditions.

In present study it was found that almost every patients responded positively in short course of treatment and the positive effect the continued even after stopping the treatment in follow up period this may be because of long term and cumulative effect of the drug.

After the complete follow up period the overall reduction of all symptoms was highly significant (about 44% reduction on Y-BOCS Score). This suggests *Kalyanaka Ghrita* is Highly Significant in the management of OCD.

Conclusion:

It is concluded that the efficacy of *Kalyanaka Ghrita* is statistically and clinically significant in the management of Obsessive Compulsive Disorder.

Key Words: Obsessions, Compulsions, Y-BOCS Score, *Kalyanaka Ghrita*.