FREE LIVE WEBINAR · 03

Understanding OCD



Bharosa 90-Day OCD Freedom Program

When the mind gets stuck on a loop, there is a way out

Your host

Dr. Uday Kiran

MBBS, MD Psychiatry · Founder & Chief Consultant Psychiatrist

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Neuro Psychiatry Hospital

Meet Your Doctor

BHAROSA™
Neuro Psychiatry Hospital



Dr. Uday Kiran

Founder & CEO, Bharosa

MBBS, MD Psychiatry

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Founder & CEO

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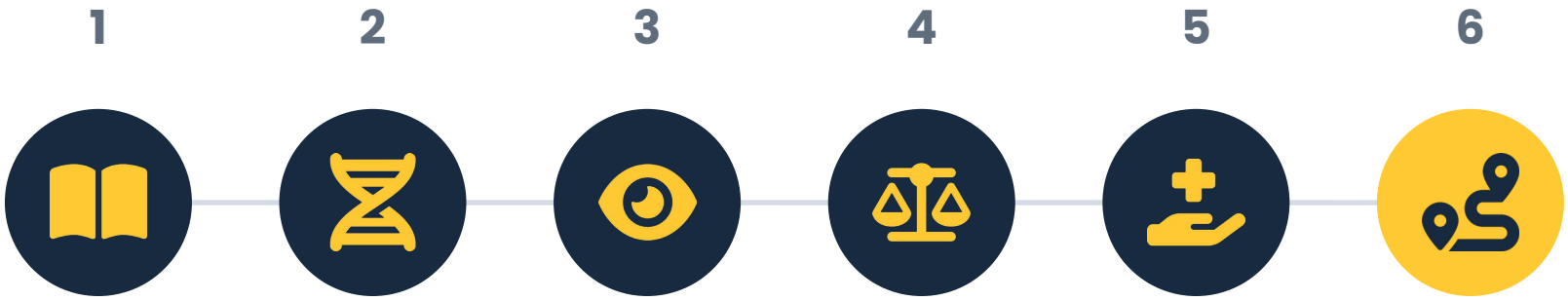
Acute care, emergency psychiatry & rehabilitation

Children to elderly

Care for every age, at four branches

Today's Journey

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Stay till the end: live Q&A with Dr. Uday Kiran and how the Bharosa 90-day program works.

What Is OCD?

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A brain condition where unwanted thoughts cause fear, and rituals are done to calm that fear



Not a habit

It is a medical illness, not a liking for cleanliness



Eats up time

Rituals take over an hour a day and disturb life



Very treatable

Right therapy and medicine help most people

OCD in Numbers

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0.76%

of Indian adults are affected by OCD

National Mental Health Survey of India 2015-16, NIMHANS

19.5 yrs

average age when OCD begins

Fenske & Petersen, Am Fam Physician 2015 (US NCS-R data)

11 yrs

average delay before people get proper treatment

Fenske & Petersen, Am Fam Physician 2015 (US NCS-R data)

Who Gets OCD?

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Children & teens

Can start at 8–12 years; boys often start earlier



Young adults

Most cases begin in late teens or early twenties



New mothers

Can begin or worsen in pregnancy or after delivery

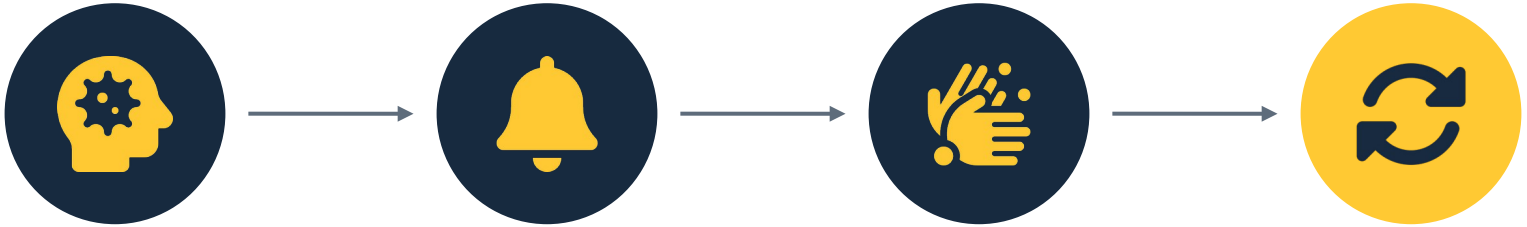


Family history

Higher chance if a parent or sibling has OCD

The Stuck Alarm in the Brain

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Unwanted thought

"My hands are dirty" or "Did I lock the door?"

Alarm rings

Strong fear, doubt or discomfort fills the mind

Ritual

Washing, checking or praying again and again

Brief relief

Calm for a while, but the loop grows stronger

Each ritual teaches the brain the alarm was real. Treatment teaches it to switch off.

What Causes OCD?

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Genes

Runs in families; genes explain about half



Brain circuit

An over-active loop deep inside the brain



Serotonin

Imbalance in a key brain chemical messenger



Infection (rare)

In some children, after strep throat



Stress

Exams, marriage, childbirth, loss



Personality

Perfectionism, high sense of responsibility

Early Warning Signs

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Very long baths or washing



Checking locks again & again



Always late, stuck in tasks



Asks the same doubt often



Avoiding touch or places



Things must be 'just right'

What Goes On in the Mind

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Obsessions (thoughts)

Thoughts that push in, feel wrong, and will not leave



Dirt & purity

Fear of germs, dirt, 'mayla', or being impure



Religious doubt

Fear of sin, a bad thought about God, or wrong puja



Harm thoughts

Fear of hurting a loved one, though they never would



Order & doubt

Need for symmetry; 'Did I do it right?'

What the Person Does

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Compulsions (actions)

Rituals done to calm the fear — not because they enjoy them



Washing

Hand-washing, bathing, washing clothes many times



Checking

Gas, locks, switches, phone — checked again and again



Mental rituals

Repeating prayers, counting, cancelling bad thoughts



Reassurance

Asking family 'Is it okay?' many times a day

How OCD Affects Life

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Studies & work

Late, slow, unable to finish exams or office tasks



Family

Whole family pulled into rituals, fights at home



Marriage

Strain between couples; delay in marriage plans



Mood

Shame, hiding, and often depression on top

> *We all washed, checked and answered her questions. We thought we were helping. We were feeding the OCD.*
>
> — A family member

Myths vs Facts

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MYTH	FACT
OCD means liking things clean and neat	**OCD is fear-driven suffering, not a choice or a personality style**
They can stop if they try harder	**Willpower alone cannot break the loop; it needs proper treatment**
Bad thoughts mean a bad person	**The thoughts disturb them because they go against who they are**

When to Seek Help Now

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- Rituals take over an hour a day
- Missing school, college or work
- Skin cracked or bleeding from washing
- Stopped going out or meeting people
- Hopeless talk or thoughts of death

Act today

Book a visit this week. Any talk of death: get help today (see below).

Emergency: 112
Tele-MANAS 14416 (free, 24×7)

How We Diagnose OCD

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01



Detailed talk

Psychiatrist meets patient and family privately

02



Y-BOCS scale

A standard test to measure OCD severity

03



Health check

Blood tests to rule out other medical causes

04



Other problems

Check for depression, anxiety, tics, addiction

THE GOOD NEWS

OCD Is Very Treatable

With the right therapy and medicine, most people take their life back

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Our 5 Pillars of Care

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One team · one plan · every day



Right medicine

Correct dose, given enough time to work



ERP therapy

Face fears step by step, without the ritual



Family training

Stop joining rituals; support the right way



Mind & body

Yoga, mindfulness, sleep, exercise, diet



Relapse plan

Tools to handle future triggers at home

Medicines & Therapies

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Medicines

- SSRIs, often at higher doses than for depression
- Take 8–12 weeks to show full effect
- Clomipramine if SSRIs are not enough
- Add-on medicines for difficult OCD

Therapies

- ERP — the gold-standard therapy for OCD
- CBT to change fearful thinking patterns
- Family taught to stop joining rituals
- Mindfulness; rTMS for resistant OCD

Why 90 Days?

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The brain needs time to unlearn a loop

Medicine time

SSRIs need 8–12 weeks at the right dose to fully work

ERP practice

Daily, guided practice climbs the fear ladder steadily

Fresh setting

Breaks home rituals; ERP faces triggers step by step

Your 90-Day Roadmap

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Day 1-30

Understand & calm

- Full assessment and Y-BOCS score
- Start and adjust medicines
- Learn how the OCD loop works

Day 31-60

ERP ladder

- Daily exposure, one step at a time
- Delay and drop rituals
- Family joins therapy sessions

Day 61-90

Independence

- Practise ERP alone and on home visits
- Family stops all reassurance
- Relapse plan and follow-up set

Your Care Team at Bharosa

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Every patient in the 90-Day OCD Freedom Program is cared for by:

- **Psychiatrists**
- **Psychologists**
- **General physicians**
- **Dietitians**
- **Yoga trainers**
- **Fitness trainers**
- **Nurses, 24×7**
- **Family counsellors**

A Day in the Program

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Medicines on time · therapy every day · healthy food · safe, calm rooms · weekly family update

How Family Can Help

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Do

- Learn about OCD with the patient
- Praise small steps, even tiny ones
- Follow the ERP plan the therapist gives
- Stay calm and patient during setbacks

Avoid

- Don't give endless reassurance
- Don't wash or check for them
- Don't shout, mock or call it drama
- Don't stop medicines without the doctor

Choose Your Nearest Bharosa

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L.B. Nagar

Standard & mid-range care

East Hyderabad



Kothapet

Standard & mid-range care

Close to the city centre



Banjara Hills

Premium private rooms

Privacy and comfort



Achampet

Long-term rehabilitation

Healing close to nature

The same 90-Day OCD Freedom Program and the same care team at every branch.

Take the First Step Today

Join the Bharosa 90-Day OCD Freedom Program

1

Reply 1 on WhatsApp

Our counsellor calls you today

2

Free family assessment

At your nearest branch this week

3

Visit any branch

L.B. Nagar · Kothapet
Banjara Hills · Achampet

Your questions now

Dr. Uday Kiran answers live



Emergency: 112 · Tele-MANAS 14416 (free, 24×7)

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