

CASE REPORT: Dissociative Trauma and Obsessive-Compulsive Symptoms: A Case Report and Home Remedies in Primary Care

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Abstract

Background: In Bali, 1,884 psychiatric cases were reported in 2024. Primary care faces limitations in managing complex cases like dissociation and OCD. Global studies show childhood trauma may trigger identity fragmentation and compulsive symptoms, yet natural interventions like mindfulness, nutrition, and grounding techniques remain underutilized in primary care.

Objective: To strengthen management of dissociative-OCD cases in general practice using biopsychosocial and home remedy approaches.

Case: A 21-year-old student reported persistent negative inner voices since elementary school after repeated sexual abuse. She developed intrusive sexual urges, fixation on strangers, compulsive masturbation, low self-esteem, and social withdrawal. Clinical features suggest dissociation and OCD rooted in trauma.

Discussion: Diagnosis includes trauma, dissociation, and OCD screening. Early interventions may involve mindfulness, grounding, and nutritional education. Studies support natural remedies in reducing OCD symptoms and improving emotional regulations.

Conclusion: Integrated home remedy and biopsychosocial approaches in primary care can bridge early management of dissociative-OCD cases.

Keywords

Dissociation, OCD, sexual trauma, home remedies, primary care, mindfulness.