

Presence of Eating Disorder and Obsessive Compulsive Disorder in the Patients

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BRIEF REPORT

In an era where psychological state is a major concern, obsessive disorder is one of the most frequent mental illnesses. To fully comprehend the disorder, we must delve deeper into the concepts obsessive and compulsive. A man has demonstrated a character of feelings who are fascinated with some or other things since his very existence on the lap of mother earth. Obsession has two faces: one that is good and brings feelings of jealousy and hatred among us, and the other that is bad and produces feelings of jealousy and hatred among us. Patients with Obsessive Compulsive Disorder are not only obsessive, but also compulsive, meaning they feel compelled to do something. If people disobey their obsession's thought, they lose their inner peace, experience tension, and their mood deteriorates. As they remain caught in their ocean of emotions, such feelings push them to undertake the work again in the future.

Checking, ruminations, and intrusive thoughts, ordering and symmetry, and contamination are the different types of patients that suffer from this disease. A patient with this ailment spends at least one hour per day on chores that he is preoccupied with. These patients complete the duties to the best of their abilities and never give up until there is no more room for progress. Patients with a family history of OCD, trauma, depression, tics, or anxiety, and a different anatomical structure of particular parts of the brain are more likely to develop OCD. There have also been reports of OCD in children following a significant streptococcal infection. Although a complete cure for OCD remains a problem for scientists and doctors, the disorder can be managed with treatment, medication, or a combination of the two in some circumstances. OCD is one of many mental illnesses that are quite frequent. It cannot be denied that some people, particularly in developing countries, are unaware of the presence of such illness within them. It's past time to accelerate research into the treatment of OCD patients and find a complete cure for them.

People in less developed nations must be made aware that with correct medication and counselling, they can live a better life. Despite the fact that the title includes the word "eating," the mental disability encompasses more than just food. Obsessions with body shape, food, and weight are at the root of many diseases. According to estimates from an epidemiological study conducted in the United States, almost 10 and 20 million men and women, respectively, have experienced eating disorders at some point in

their lives. Another study found that this disease is more common in teenagers than in adults, with 13% of adolescents experiencing the disease by the age of 20. Perfectionism, neuroticism, and impulsivity have been identified as three personal characteristics linked to an increased risk of developing an eating disorder or are found to be directly related to the start of an eating disorder. The condition has also been linked to genetic relationships, as evidenced by a research in which two twins who were separated at birth got the disease despite having completely different dietary habits and familial environments.

The genesis of this disease is heavily influenced by society. We live in a society where physical attractiveness is directly related to thinness, which puts stress and pressure on people who are trying to lose weight. From a scientific standpoint, it has been revealed that dopamine and serotonin play a critical part in the development of this condition. Pica, Anorexia, Binge Eating Disorder, Avoidant/restrictive Food Intake Disorder, and Insight meditation Disorder are some of the diseases that are classified as eating disorders. Pica is a disorder characterised by the desire to consume non-food items such as chalk, linen, paper, and soap. Anorexia is defined by a patient who is constantly concerned about their weight and reduces their intake while being underweight. Binge eating disorder is a type of eating disorder in which the patient eats until he is completely satisfied and about to vomit. When the event is done, the patient's self-esteem takes a hit. Surprisingly, despite their fears about becoming overweight, binge patients never get obese.

Food intolerance is linked to avoidant/restricted meal intake disorder because of the texture, flavour, and smell of the food. This condition begins in childhood and can last into adulthood in some circumstances. Rumination Condition is one of the most recent eating disorders to be found; in this sort of disorder, the patient chews the food that has been swallowed and then tosses it out. The procedure is entirely controlled by its reflex. One of the therapies for Rumination Disorder is therapy. Eating disorder, it might be inferred, is more tied to human psychology or behaviour toward food than to food itself. None of these actions are natural and should be addressed by a physician. It cannot be denied that many people in impoverished and even developed countries are unaware that some conditions are odd. Mental health awareness is urgently needed, and regulatory organisations must act appropriately to pave the path for a brighter future and eliminate widespread misunderstanding.

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