

# Treatment of obsessive-compulsive disorder (OCD)

A basic set of numerical treatment sequences according to dr. Grabovoi is proposed for the case of anankastic personality disorder on the basis of OCD, including the treatment of OCD itself. The possibility of associated autism is included. The recognition of conditions when choosing appropriate numerical sequences is served by (some typical symptoms of diagnoses).

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**Concentrations that we perform at least one cycle of repetitions every day until the condition improves**

----- the focus of concentration is the head and the whole body for 419----

Health of the whole body 419 (all necessary regeneration of the body)

ADHD disorder 498.611.019031 (attention deficit and hyperactivity)

Adult autism 428.516.319017 (wrong, redundant rules, rituals, hypersensitivity to sounds and the like)

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**Concentrations that we perform at least 1x- 2x every day until the condition improves**

----- the numerical series should act on all possible influential circumstances, decisions, goals-----

Changing negative INFORMATION into positive 19751 (undesirable circumstances, problems)

Fulfillment of desire 741.808.121 (more demanding goals, desires), we call our goal, or desire

----- the focus of concentration is the space in the body and around bodies within reach -----

Intensive personal development 514 (psychic, mental and intuitive deficiencies)

Conversion of negative thoughts into positive ones 1888948 (pessimism and negativism, pessimistic thoughts)

OCD disorder 8142543 (intrusive thoughts, restlessness, obsessiveness, persecutory, compulsive rituals)

Decision 25122004 (indecision to change, choose, or act), we call the content of the decision

Habits and vices 289064.319.14 (acquired harmful and unnecessary automatisms)

Irrational will 898716.074819 (gluttony, various other harmful passions)

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**Concentrations that we perform as needed for a quick positive effect and change**

----- the focus of concentration is the space in and around the body within reach -----

Rational will 519317919.817 (irrationality, unplannedness, unpragmaticity, disorganization)

Anxiety 5857121918 (undefined paralyzing fear, chest tightness, anxiety)

Depression 519514.319891 (lethargy, pessimism, despair)

Concentration 519688.01971 (distractedness, lack of concentration)

Eternal harmony, joy and well-being 741 (harmonious state)

Optimization of everything in life 213 (better efficiency and success)

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### **Prevention and elimination of saturation and consequently possible insomnia, and adrenal burnout**

Mental and / or physical saturation and its consequences - check it out on the internet

Eliminating the monotony of work and life, introducing changes, rest, reset - relaxation of mind and body, temporary complete disconnection from daily routine, conscious and intentional 'lazing around' until improvement.

Neurovegetative asthenia syndrome is a possible extreme consequence of long-term psychophysical abuse of the organism, which includes suppressed stress, emotions, etc. It is not affirmed in Western medicine, but in traditional Chinese medicine.

Burnout 518491498

Relaxation 54967184941

Psychomental hygiene 489418

Insomnia and sleep disorders 514248538

Neurovegetative asthenia syndrome 1891013

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