

## **A Case Report of Premenstrual Syndrome with Homoeopathic Remedy Folliculinum**

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### **Abstract**

Premenstrual syndrome is a group of symptoms which is physical, psychological and behavioural. The exact cause and etiology is unknown but it seems to be related to ovarian function and other endocrinal factors. The severity of symptoms varies from female to female and it depends on individuality of the female. Some female may experience such severity that may disturb their daily activities and seeking for medication so we want to know the homoeopathic approach in PREMENSTRUAL SYNDROME. A case of premenstrual syndrome of a female treated with homoeopathy is reported here. This case shows the usefulness of homoeopathic remedy Folliculinum.

**Key words:** Case report, Premenstrual syndrome, ovarian function, Homoeopathy, Folliculinum

### **Introduction**

PREMENSTRUAL SYNDROME / TENSION:

#### **Definition:**

There is no universally agreed single definition of premenstrual syndrome. It seems it is a collection of groups of symptoms. The symptoms are physical, psychological and behavioural which appear at the same period in relation to menstrual cycle, usually 8-10 days before the onset of menstruation, without any physically detectable cause.<sup>[1]</sup> The exact cause is not known but it seems to be related to ovarian function and other endocrinal factors.

#### **Pathophysiology:**

The exact cause is not known but the following hypotheses are postulated

- a) Alteration in the level of estrogen and progesterone starting from the midluteal phase. Either there is altered estrogen: progesterone ratio or diminished progesterone level
- b) Neuroendocrine factors
  - Serotonin: during luteal phase, decreased synthesis of serotonin is observed in women suffering from PMS
  - Endorphins : the symptom complex of PMS is thought to be due to the withdrawal of endorphins from CNS during the luteal phase
  - GABA: gamma aminobutyric acid suppresses the anxiety level in the brain
- c) Psychological and psychosocial factors may be involved to produce behavioural changes
- d) Others: Variety of factors have been mentioned to explain the symptom complex of PMS. These are thyrotrophin releasing hormone, prolactin, renin, prostaglandins, and others. Unfortunately, nothing is conclusive.<sup>[3]</sup>

**Symptoms:**<sup>[2][3][4]</sup>

**RELATED TO WATER RETENTION**

1. Abdominal bloating
2. breast tenderness
3. swelling of the extremities
4. weight gain

**NEUROPSYCHIATRIC SYMPTOM**

1. Irritability
2. Depression
3. Mood swings
4. Forgetfulness
5. Restlessness
6. Tearfulness
7. Anxiety
8. Anger
9. Confusion

**PHYSICAL GENERAL SYMPTOMS**

- 1 .Fatigue
- 2 .Tiredness
- 3 .Insomnia
4. Increased appetite

**Management:**

1. **DIET:** Avoid: caffeine sugar, salt, fat, honey. Dairy products and white flour, sometimes aggravates PMS.
2. **Do's:** Eat more fruits and vegetables, whole grain bread and cereals. Meal high in carbohydrate and low in fat. Meal rich in vit B6 or Mg. For example meat, fish and whole grains.
3. **LIFE STYLE:**  
Regular exercise, yoga, meditation are helpful. Getting adequate sleep is also an important factor for successful treatment.
4. **Homoeopathic medicine: folliculinum**<sup>[5][6]</sup>

Source: Folliculinum is the natural hormone secreted by the ovaries, it is also known as “oestron”. It is a crystalline compound, white, insoluble in water and its first three attenuations are made by trituration.

**GENERALITIES:**

A female remedy affecting primarily the syndrome known as hyperfolliculinia but this syndrome is rarely observed in laboratory tests.

**MIND:** Hypersensitive to heat, noise and contact.

Congestive headaches either with redness of the face, or the opposite, with pallor but still with sensation of chilliness at the extremities.

- Premenstrual migraines.
- Extreme instability with anguish and worse at nightfall.
- Alteration of excitability and depression, worse before

Menses.

- Sexual hyper-excitability.
- Fixed ideas, of a sexual nature.

**Digestive system:**

- Swallowing of liquids very painful.
- Abdominal metearism, worse three or four days before menses.
- Liver swollen, soft and hypertrophic.
- Feeling of heaviness in the rectum.
- Stubborn constipation, sometimes alteration of constipation and diarrhoea.
- Nausea, vomiting, pre-menstrual pain in the right hypochondriac.

**Circulatory system:**

Tachycardia, palpitations with faintness. Sensation of constriction around the heart with feeling of a bar in the pericardial region.

**Respiratory system:**

- Need for fresh air takes large breaths of air and sighs deeply.
- Coryza with headaches and profuse discharge.

**Urinary and genital organs:**

- Vulva pruritus, worse before menses.
- Small losses of blood during ovulation. Menses prolonged, blood bright red, with clotting.
- Menses painful for 1st few days.
- Yellow or brown discharge, sometimes blood- streaked, between menses, especially during ovulation.
- Congestive mastitis. Congestion, pre-premenstrual pain.
- Breast enormous, swollen cannot bear being constricted or touched.
- The pain is ameliorated or disappears with menses.

**Skin:**

- Acne on the face, and seborrhoea of the nostrils.
- Dry eczema, worse during ovulation before menses.
- Worse before menses or during ovulation.

**Locomotor system:**

- Lumbar pains, worse during ovulation, before menses.

**Modalities:**

- Aggravation: before menses, during ovulation, from heat, and from resting.
- Amelioration: Better after the third day of menses with movement of fresh air.

**Case report**

A female aged 23 years intern came to the OPD of Motiwala homoeopathic medical college on 15/7/2016 with complaints of backache , swollen extrimities , headache throbbing type of pain since 4 to 5 days ,she told that this symptoms came before 7 to 8 days prior to the menses.

**Mental general before menses:** Irritability+++ trifles at menses before, Anxiety & Crying menses

before. I feel sad about the fact that I have never done anything according my wish since childhood, I was always forced to do things, I never wanted to become a doctor but still I had to become, all my desires are suppressed since childhood.

**History of presenting complaints:** Complaints started since menarche she was taken allopathic medicines like antispasmodic and painkillers

**Menstrual history:** Menarche at 14 years of age, LMP: 20/6/2016 , Cycle duration: 4/28 days character of blood : profuse dark and clotted

**Family history:** father and mother suffering from renal calculus.

**On Examination:**

BP : 120/ 70 mm of Hg Pulse : 87 / min

Weight : 55 kg

**Systemic examination**

CVS : S1S2 Normal CNS: Conscious well oriented

RS :AeBe clear P/A : Soft and non –tender

**Repertorial totality:**

- 1) MIND- Ailments from domination.
- 2) MIND- Irritability menses before.
- 3) MIND- Anxiety menses before.
- 4) MIND- Hood changeable menses before.
- 5) HEAD- Headache menses before.
- 6) BACK- Backache menses before.
- 7) EXTREMITIES- Extremities pain menses before.

**REPERTORIAL**

**SHEET<sup>[8]</sup>**

**PRESCRIPTION: (15/07/2016)**

Folliculinum 30/3doses /8 hourly for 1 day,SL 4 pills TDS X 1 Month

**DIGNOSTIC TOOL**

Please rate the following symptoms according to the degree of severity with which you experience them. Please also indicate when you experience symptoms.

1 = Mild    2 = Moderate    3 = Severe			Week Before Period	Week After Period	Other	
<b>PMS</b> (Circle one)			(Check one)			
Anxiety	1	2	3	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Irritability	1	2	3	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood Swings	1	2	3	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nervous Tension	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>PMS</b>						
Appetite Increase	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Headache	1	2	3	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fatigue	1	2	3	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dizziness or Fainting	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Palpitations	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>PMS</b>						
Depression	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Crying	1	2	3	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forgetfulness	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Confusion	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Insomnia	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

1 = Mild    2 = Moderate    3 = Severe			Week Before Period	Week After Period	Other	
<b>PMS</b> (Circle one)			(Check one)			
Fluid Retention	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weight Gain	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swollen Extremities	1	2	3	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breast Tenderness	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Abdominal Bloating	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>OTHER SYMPTOMS</b>						
Oily Skin	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acne	1	2	3	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Constipation	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diarrhea	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backache	1	2	3	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hives	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weakness & radiation Down thighs	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DURING FIRST TWO DAYS OF PERIOD</b>						
Menstrual Cramps	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Menstrual Backache	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Symptoms: 9  
Severity of symptoms: 23

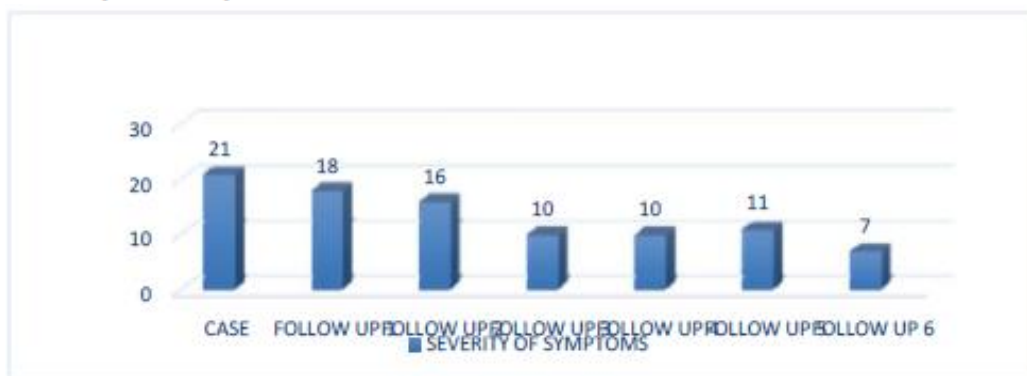
SYMPTOMS	FOLLOW UP 1 (11/8/16)	FOLLOW UP 2 (9/9/16)	FOLLOW UP 3 (5/10/16)	FOLLOW UP 4 (8/11/16)	FOLLOW UP 5 (4/12/16)	FOLLOW UP 6(7/1/17)
Backache	as it is of last follow up	Slightly better than before	Reduced 30 to 40 %	As it is of last follow up	Slight back ache but no stiffness	Mild backache before menses
Headache	as it is of last follow up	as it is of last follow up	Reduced 70 %	As it is of last follow up	As it is of last follow up	No headache before menses
Swollen extremities	Better slightly	As it is of last follow up	Reduced	As it is of last follow up	As it is of last follow up	Swollen extrimities increased
Mood swings	Reduced than before	Reduced than before	Reduced 60%	No mood swings before menses	No mood swings before menses	No mood swings before menses
Irritability	Reduced than before	Reduced than before	No irritability before menses	Mild irritability before menses	No irritability before menses	No irritability before menses
Anxiety	No anxiety before menses	No anxiety before menses	No anxiety before menses	No anxiety before menses	No anxiety before menses	No anxiety before menses
Menstrual history	LMP : 24/7/16 Cycle duration 4/28 Character of blood :	LMP : 25/8/16 Cycle duration 4/30 Character of	LMP : 23/9/16 Cycle duration 5/30 Character of	LMP : 29/10/16 Cycle duration 5/30 Character of	LMP : 23/11/16 Cycle duration 5/28 Character of	LMP : 30/12/16 Cycle duration 5/30 Character of blood : dark red, normal

	Normal , Red , offensiveness reduced	blood : dark red, Normal flow , No odour	blood : dark red, profuse flow , No odour	blood : dark red, normal flow , No odour	blood : dark red, profuse flow , No odour	flow , No odour
Crying , fatigue	New symptoms came	As it is of last follow up	As it is of last follow up	Fatigue reduced , crying as it is	Fatigue reduced 50%, crying as it is	Fatigue reduced 70 %, crying reduced 60 %
Medicine prescribed	Folliculinum 30 /3 doses /8 hrly for 1 day SL /4 pills TDS X 1 month	Rubrum /3 doses /8 hrly for 1 day SL /4 pills TDS X 1 month	Cos /3 doses /8 hrly for 1 day SL /4 pills TDS X 1 month	Rubrum /3 doses /8 hrly for 1 day SL /4 pills TDS X 1 month	Folliculinum 30 /3 doses /8 hrly for 1 day SL /4 pills TDS X 1 month	Cos /3 doses /8 hrly for 1 day SL /4 pills TDS X 1 month

SEVERITY OF SYMTOMS IN 1 TO 6 FOLLOW UPS

S R N O	SYMPTOM	CAS E	FOLL OW UP 1	FOLLO W UP 2	FOLLO W UP 3	FOLLO W UP 4	FOLLO W UP 5	FOLLOW UP 6	BEFOR E T/T	AFTE R T/T
1	ANXIETY	2	0	0	0	0	0	0	2	0
2	IRRITABILITY	3	2	1	0	1	1	0	3	0
3	HEADACHE	2	3	3	1	2	2	1	2	1
4	FATIGUE	3	3	3	2	1	1	1	3	1
5	CRYING	3	3	3	3	2	2	2	3	2
6	SWOLLEN EXTRIMITIES	3	2	2	2	2	3	2	3	2
7	BACKACHE	3	3	2	1	2	2	1	3	1
8	MOOD SWINGS	2	2	2	1	0	0	0	2	0
	TOTAL OF SEVERITY OF SYMPTOMS	21	18	16	10	10	11	7	21	7

[ TABLE : 1]



**Discussion –**

The patient visited the OPD of Motiwala homoeopathic medical college ON 15/7/2016 for the premenstrual syndrome. She is taking antispasmodic and painkiller for past 2 to 3 years without desired results. The case was repertorised with all symptoms and Folliculinum 30C were prescribed (15/07/2016). In the next follow up (11/8/2016) the severity of symptoms was reduced. Later on, based on the response to these drug the next medicine that is placebo was prescribed. After the fourth follow up the severity of symptoms slightly increased that’s why few doses of Folliculinum 30 were repeated on 4/12/2016. After giving Folliculinum 30, patient was much better. Patient started Homoeopathic treatment from Aug 2016 and continued till Jan 2017, during this period the patient was not taking any allopathic medication for premenstrual syndrome

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