

# “Role of Folliculinum 1M as an Intercurrent Remedy in Case of Premenstrual Syndrome & Its Homoeopathic Management”

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## ABSTRACT

**Background:** Premenstrual Syndrome (PMS) is a common psychoneuroendocrine condition affecting women of reproductive age, characterized by cyclical physical, psychological, and behavioural symptoms during the luteal phase of the menstrual cycle. Conventional management largely relies on hormonal therapy, which is often associated with side effects and suppression.

**Keywords:** Premenstrual Syndrome, Folliculinum, Intercurrent Remedy, Sarcodes, Homoeopathy

## INTRODUCTION

Premenstrual Syndrome (PMS) is a cyclical condition presenting with a combination of physical, emotional, and behavioural symptoms occurring during the luteal phase and resolving with the onset of menstruation. It affects up to **90% of women** at some point in their reproductive life and significantly impacts quality of life, work productivity, and interpersonal relationships.

Hormonal fluctuations—particularly Estrogen and progesterone imbalance—along with altered serotonin activity, are considered central to PMS pathophysiology. From a homoeopathic perspective, PMS represents a **functional deviation of vital force**, rather than a structural disease.

Modern medical management primarily includes oral contraceptives, SSRIs, and hormonal therapy, which may lead to suppression and adverse effects.

Homoeopathy offers an individualized, non-suppressive approach addressing the mind–body–hormonal axis.

**Folliculinum**, a Sarcodes prepared from Estrogen (oestrone), has shown clinical utility in PMS, particularly when symptoms are related to ovulatory and premenstrual hormonal imbalance.

## Aim And Objectives

### Aim

To evaluate the role of **Folliculinum 1M** as an Intercurrent remedy in cases of Premenstrual Syndrome.

### Objectives

To study the efficacy of Folliculinum 1M in PMS To assess the Miasmatic background of PMS

To evaluate symptom improvement using PMSS and VRS

## MATERIALS AND METHODS

### Study Design

Prospective, interventional clinical study.

### Study Setting

Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar.

### Sample Size

100 clinically diagnosed PMS cases.

### Inclusion Criteria

- Females aged 13–50 years
- PMS present for at least three consecutive cycles
- Apparently healthy females without major co-morbidities

### Exclusion Criteria

- PMDD cases
- Structural gynecological pathology
- Post-menopausal women

### Intervention

- Individualized constitutional homoeopathic treatment
- **Folliculinum 1M** administered as intercurrent remedy based on clinical indication and susceptibility

### Assessment Tools

- Premenstrual Syndrome Scale (PMSS)
- Verbal Rating Scale (VRS) for pain

### Statistical Analysis

- Paired t-test
- Microsoft Excel
- Significance level  $p < 0.05$

## OBSERVATIONS AND RESULTS

- Maximum PMS prevalence seen in **11–30 years** age group
- **Psoric miasm** predominated (63%)
- Most commonly prescribed constitutional remedies: Pulsatilla, Sepia, Natrum muriaticum, Magnesia

phosphorica

- Post-Folliculinum administration showed:
  - Increase in “no complaint” category from **0% to 48%**
  - Elimination of severe PMS cases

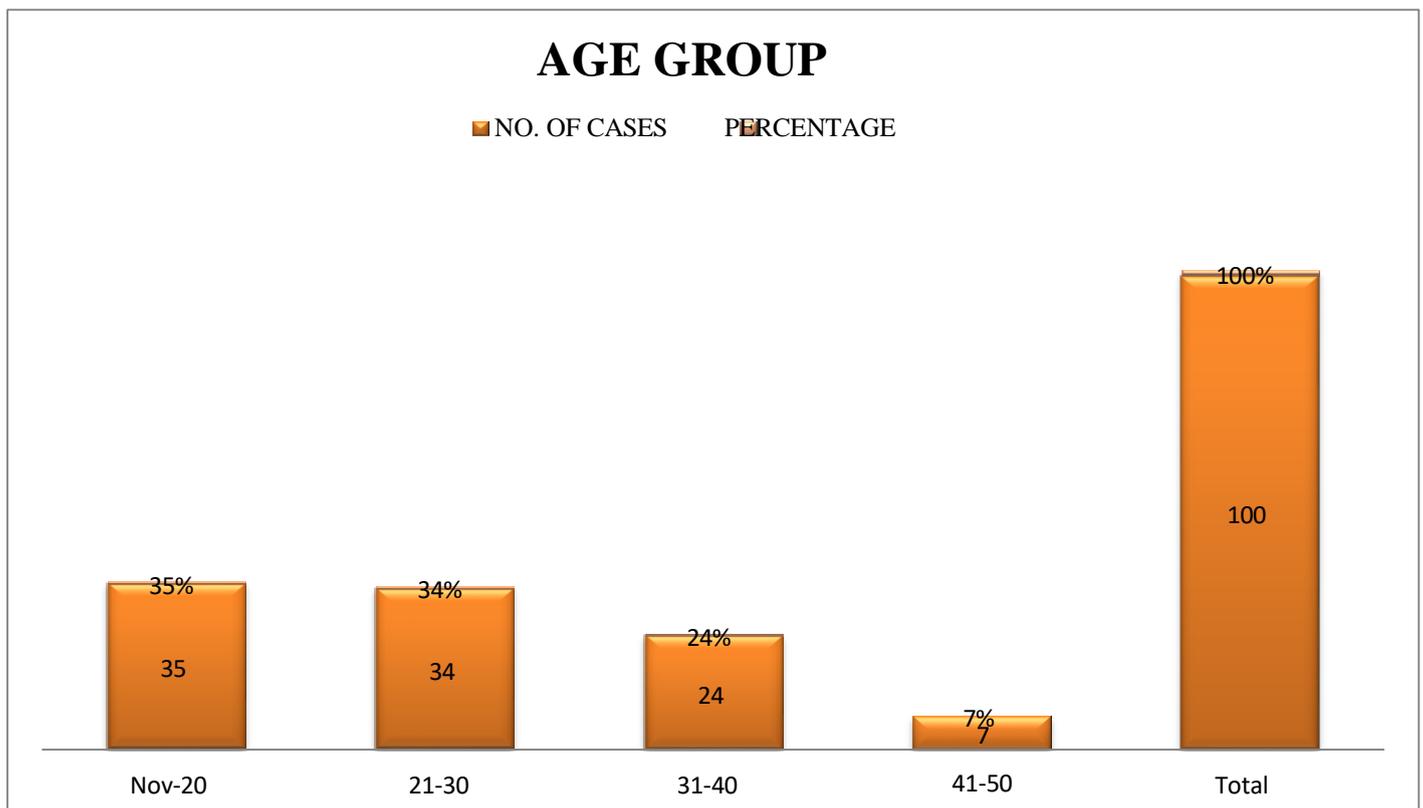
### Overall Outcome

Statistical analysis showed **significant reduction in PMSS scores** after treatment.

TABLE NO. 5.1. AGE GROUP

AGE GROUP	NO. OF CASES	PERCENTAGE
11-20	35	35%
21-30	34	34%
31-40	24	24%
41-50	07	7%
Total	100	100 %

**OBSERVATION:** From table No. 5.1, it can be observed that the age group of 11-20 is more predisposed to Premenstrual Syndrome having 35 cases (35%) while age group of 41-50 is minimally predisposed to Premenstrual Syndrome having 7 cases (7%) only. The age group of 21-30 is next affected with 34 cases (34%). The age group 31-40 is having 24 cases (24%).

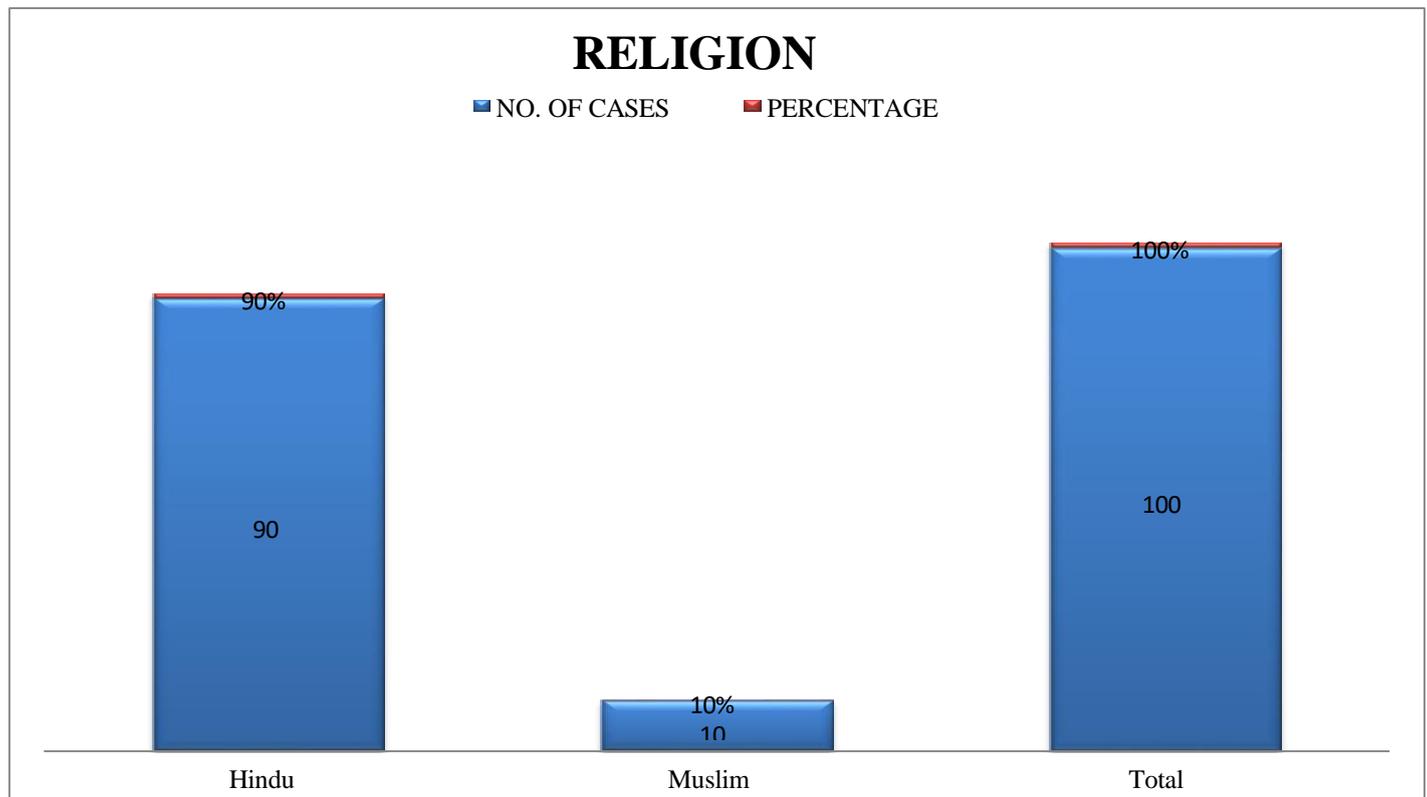


GRAPH NO. 5.1. AGE GROUP

**TABLE NO. 5.2. RELIGION**

RELIGION	NO. OF CASES	PERCENTAGE
Hindu	90	90%
Muslim	10	10%
Total	100	100 %

**OBSERVATION:** From table No. 5.2, it can be observed that the religion of Hindu is more predisposed to Premenstrual Syndrome having 90 cases (90%) while religion of Muslim is minimally predisposed to Premenstrual Syndrome having 10 cases (10%) only.

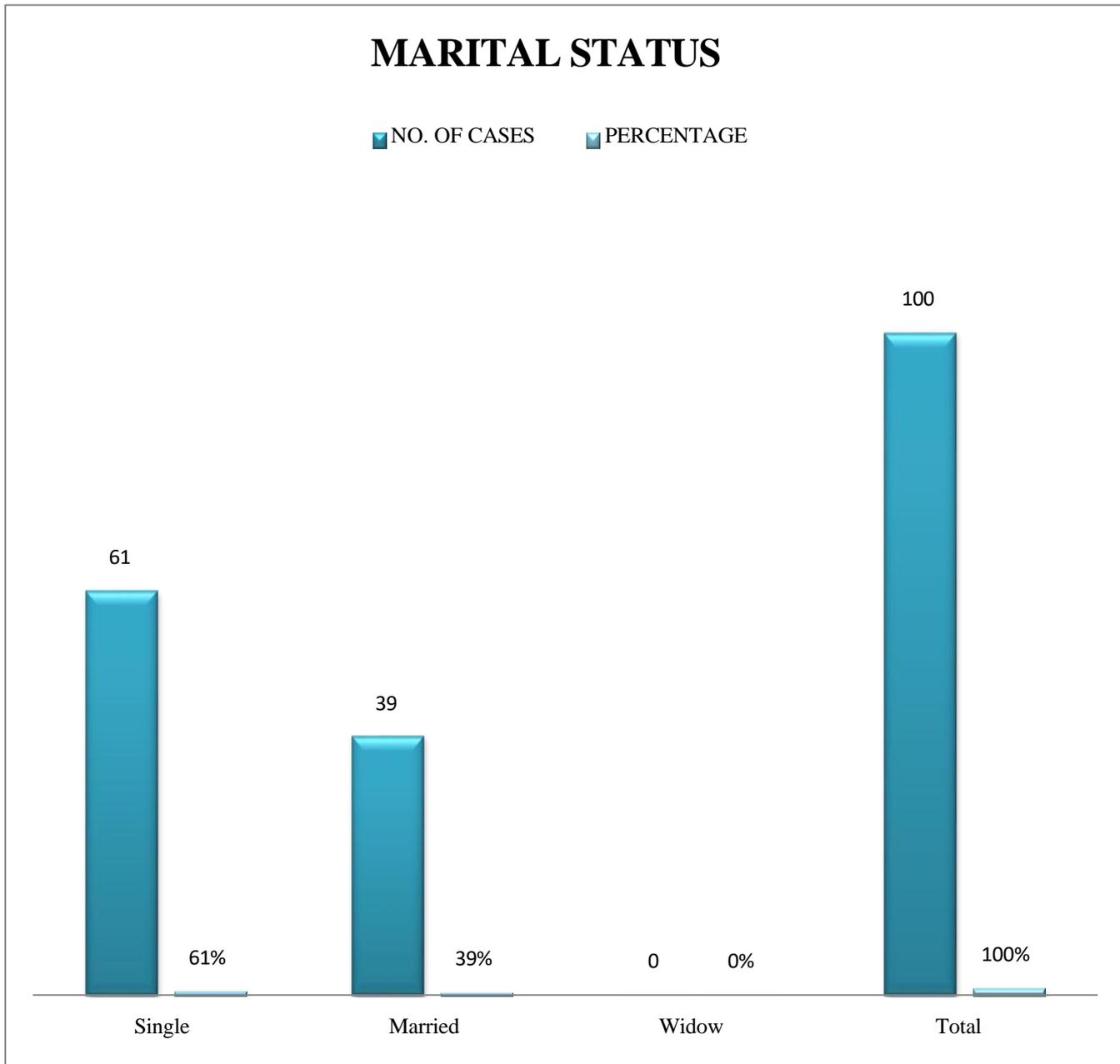


**GRAPH NO. 5.2. RELIGION**

**TABLE NO. 5.3. MARITAL STATUS**

MARITAL STATUS	NO. OF CASES	PERCENTAGE
Single	61	61%
Married	39	39%
Widow	00	0%
Total	100	100 %

**OBSERVATION:** From table No. 5.3, it can be observed that the single is more predisposed to Premenstrual Syndrome having 61 cases (61%) while married women is minimally predisposed to Premenstrual Syndrome having 39 cases (39%). There is no any case related to widow.

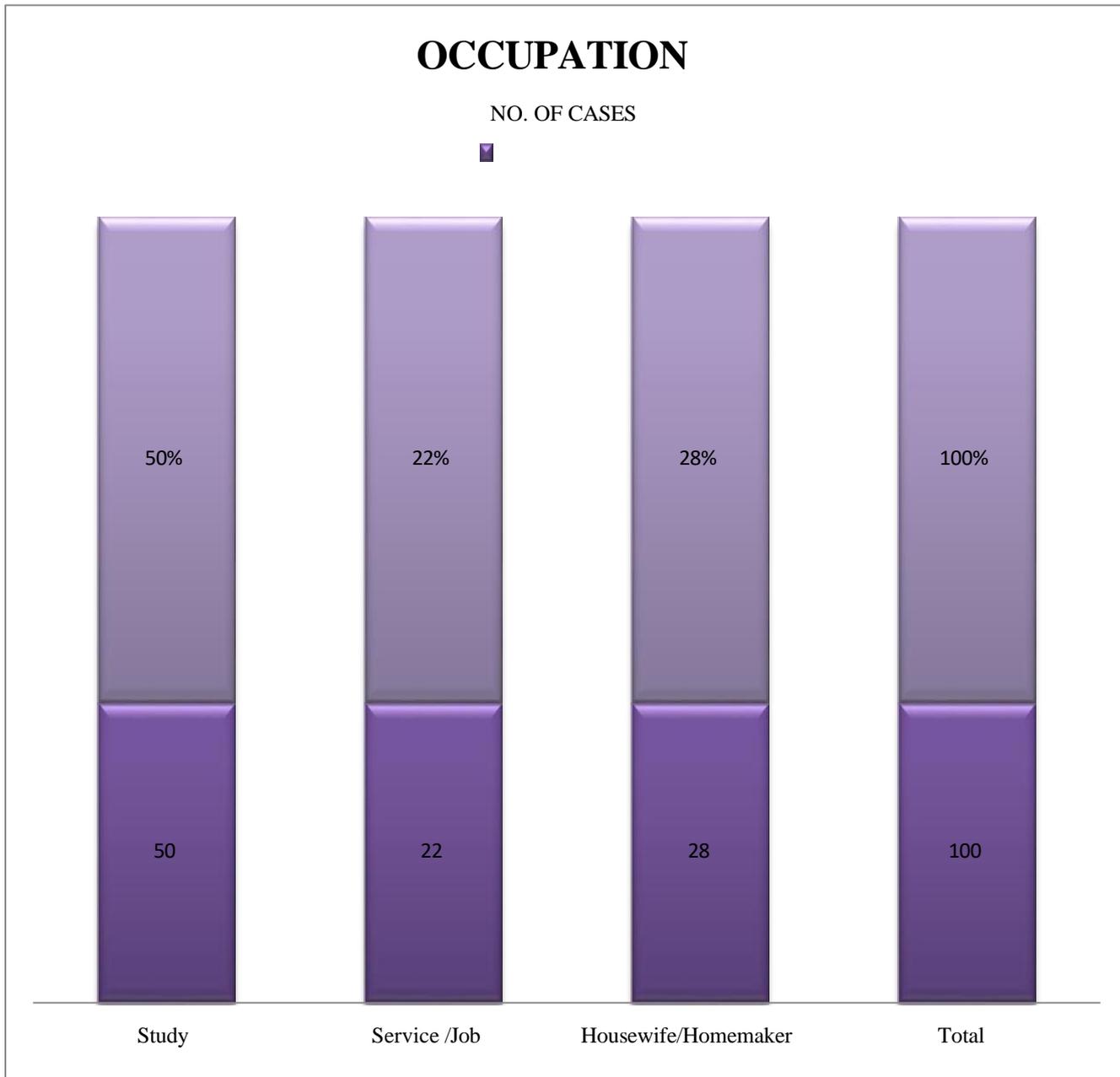


**GRAPH NO. 5.3. MARITAL STATUS**

**TABLE NO. 5.4. OCCUPATION**

OCCUPATION	NO. OF CASES	PERCENTAGE
Study	50	50%
Service /Job	22	22%
Housewife/Homemaker	28	28%
Total	100	100 %

**OBSERVATION:** From table No. 5.4, it can be observed that the girls who are studying is more predisposed to Premenstrual Syndrome having 50 cases (50%) while women who are housewife or homemaker is minimally predisposed to Premenstrual Syndrome having 28 cases (28%). The women who are doing job are predisposed to Premenstrual Syndrome having 22 cases (22%) only.

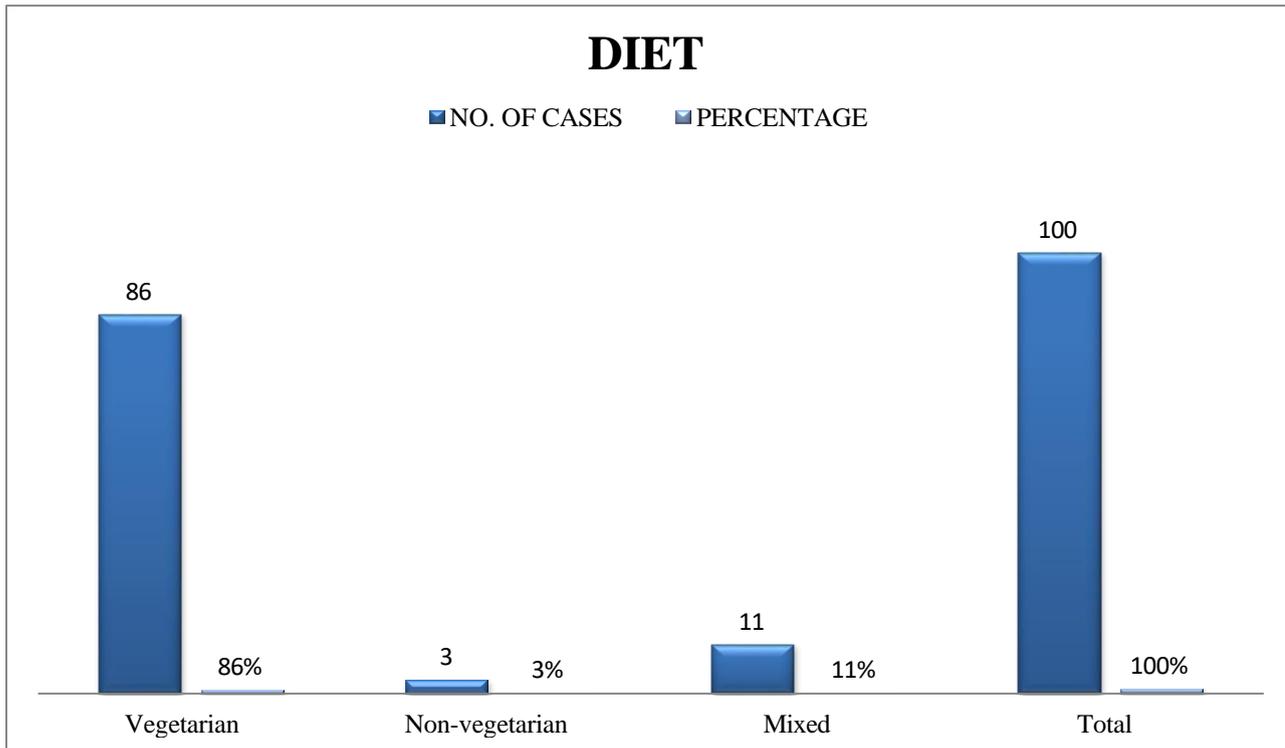


**GRAPH NO. 5.4. OCCUPATION**

**TABLE NO. 5.5. DIET**

DIET	NO. OF CASES	PERCENTAGE
Vegetarian	86	86%
Non-vegetarian	03	3%
Mixed	11	11%
Total	100	100 %

**OBSERVATION:** From table No. 5.5, it can be observed that the women who are on vegetarian diet is more predisposed to Premenstrual Syndrome having 86 cases (86%) while women who are on non-vegetarian diet is minimally predisposed to Premenstrual Syndrome having 03 cases (3%) only. The women who are on mixed diet is predisposed to Premenstrual Syndrome having 11 cases (11%).



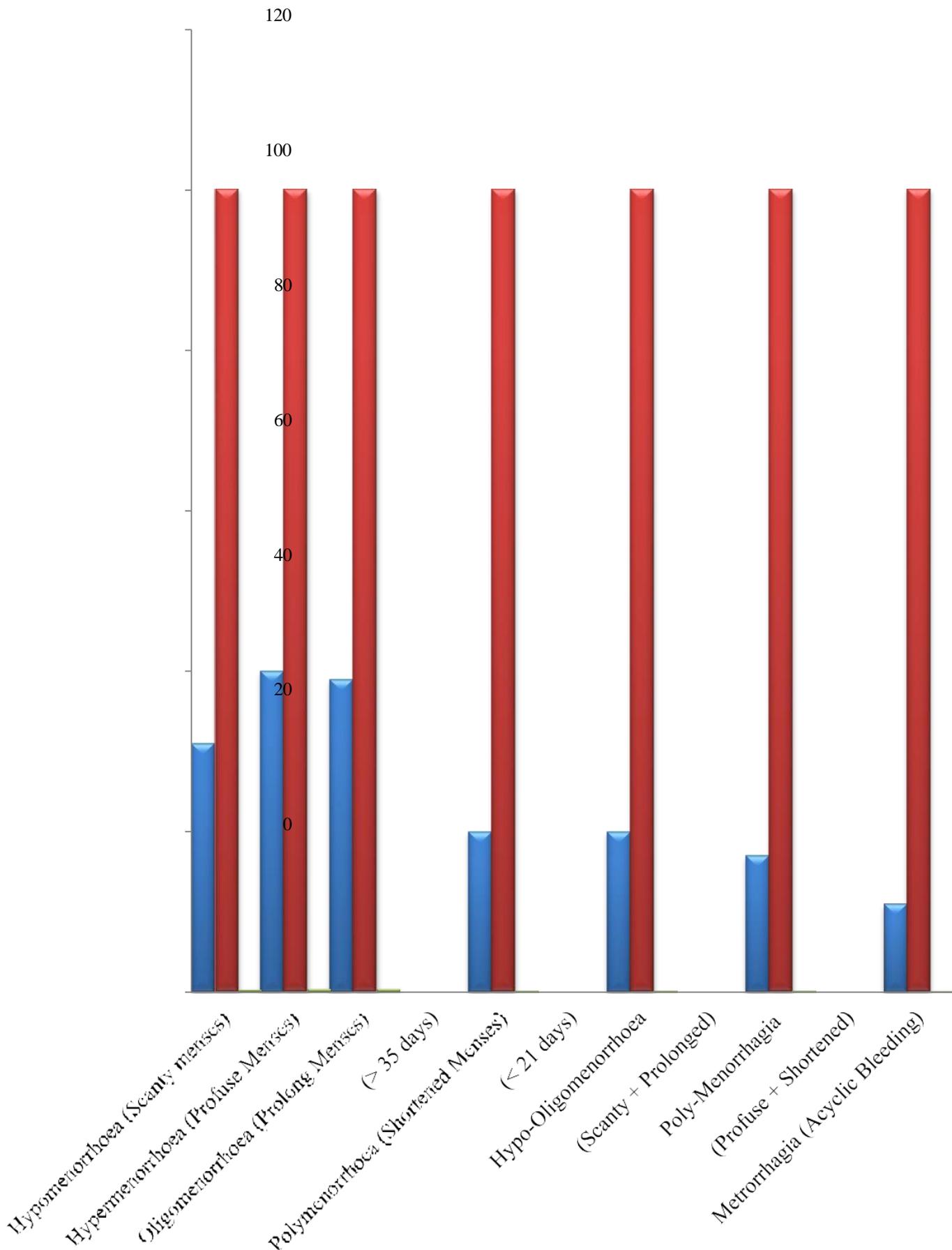
**GRAPH NO. 5.5. DI**

**TABLE NO. 5.6. CHARACTER OF MENSES**

CHARACTER OF MENSES	NO. OF CASES	TOTAL	PERCENTAGE
Hypomenorrhoea (Scanty menses)	31	100	31%
Hypermenorrhoea (Profuse Menses)	40	100	40%
Oligomenorrhoea (Prolong Menses) (> 35 days)	39	100	39%
Polymenorrhoea (Shortened Menses) (< 21 days)	20	100	20%
Hypo-Oligomenorrhoea (Scanty + Prolonged)	20	100	20%
Poly-Menorrhagia (Profuse + Shortened)	17	100	17%
Metrorrhagia (Acyclic Bleeding)	11	100	11%

**OBSERVATION:** From table No. 5.6, it can be observed that the women who are with Hypermenorrhoea (profuse menses) is more predisposed to Premenstrual Syndrome having 40 cases (40%), Oligomenorrhoea (Prolong Menses) is also more predisposed to Premenstrual Syndrome having 39 cases (39%) while women who are with Metrorrhagia (Acyclic Bleeding) is minimally predisposed to Premenstrual Syndrome having 11 cases (11%) only. The women who are with Polymenorrhoea and Hypo- Oligomenorrhoea is predisposed to Premenstrual Syndrome having 20 cases (20%).The women who are with Hypomenorrhoea (Scanty menses) is predisposed to Premenstrual Syndrome having 31 cases (31%) while Poly-Menorrhagia covers 17 cases (17%).

### CHARACTER OF MENSES

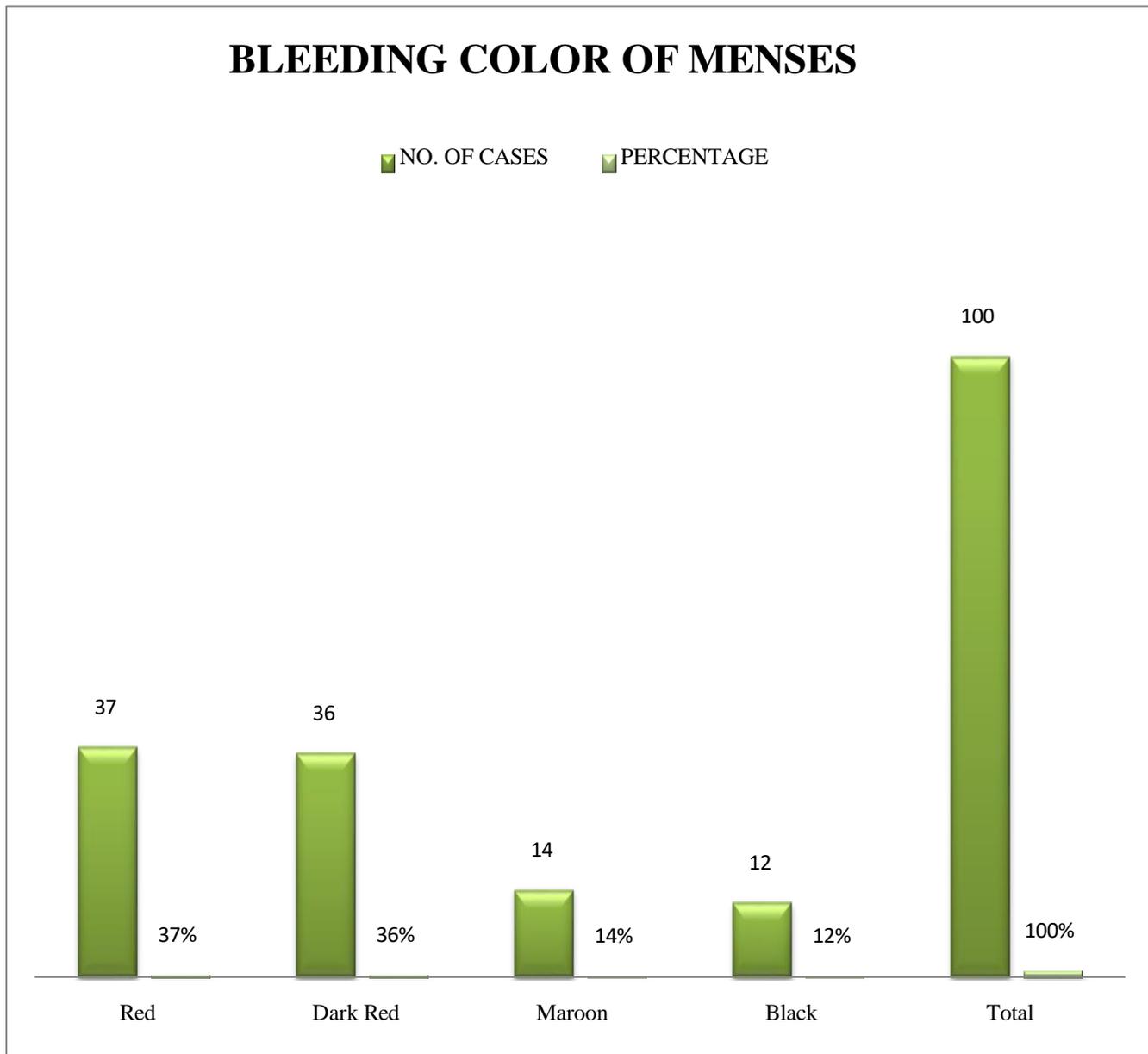


GRAPH NO. 5.6. CHARACTER OF MENSES TABLE NO. 5.7. BLEEDING COLOR OF MENSES

**TABLE NO. 5.7. BLEEDING COLOR OF MENSES**

BLEEDING COLOR OF MENSES	NO. OF CASES	PERCENTAGE
Red	37	37%
Dark Red	36	36%
Maroon	14	14%
Black	12	12%
Total	100	100 %

**OBSERVATION:** From table No. 5.7, it can be observed that the women with red color of menstrual flow is maximally having 37 cases (37%) and dark red color of menstrual flow having 36 cases (36%) while the women with black color of menstrual flow is minimally having 12 cases (12%) and maroon color of menstrual flow having 14 cases (14%).

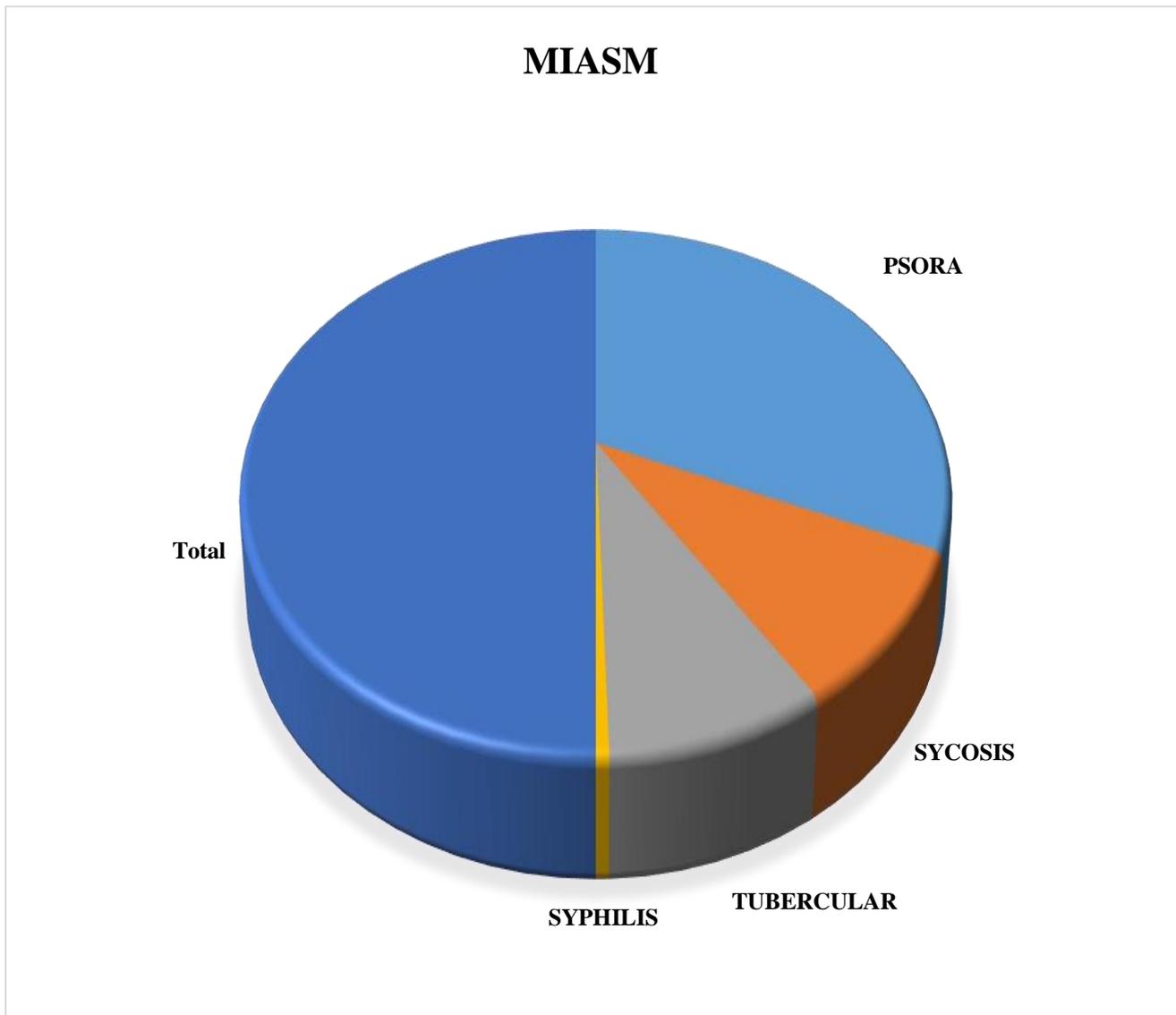


**GRAPH NO. 5.7. BLEEDING COLOR OF MENSES**

**TABLE NO. 5.8. MIASM**

MIASM	NO. OF CASES	PERCENTAGE
PSORA	63	63%
SYCOSIS	19	19%
TUBERCULAR	17	17%
SYPHILIS	01	01%
Total	100	100%

**OBSERVATION:** From table No. 5.8, it can be observed that the Premenstrual syndrome with is maximally having 63 cases (63%) of Psora miasm. while the Premenstrual syndrome with minimally having 01 case (1%) of Syphilis miasm. the Premenstrual syndrome with 19 cases (19%) of Sycosis miasm & 17 cases (17%) of Tubercular miasm.

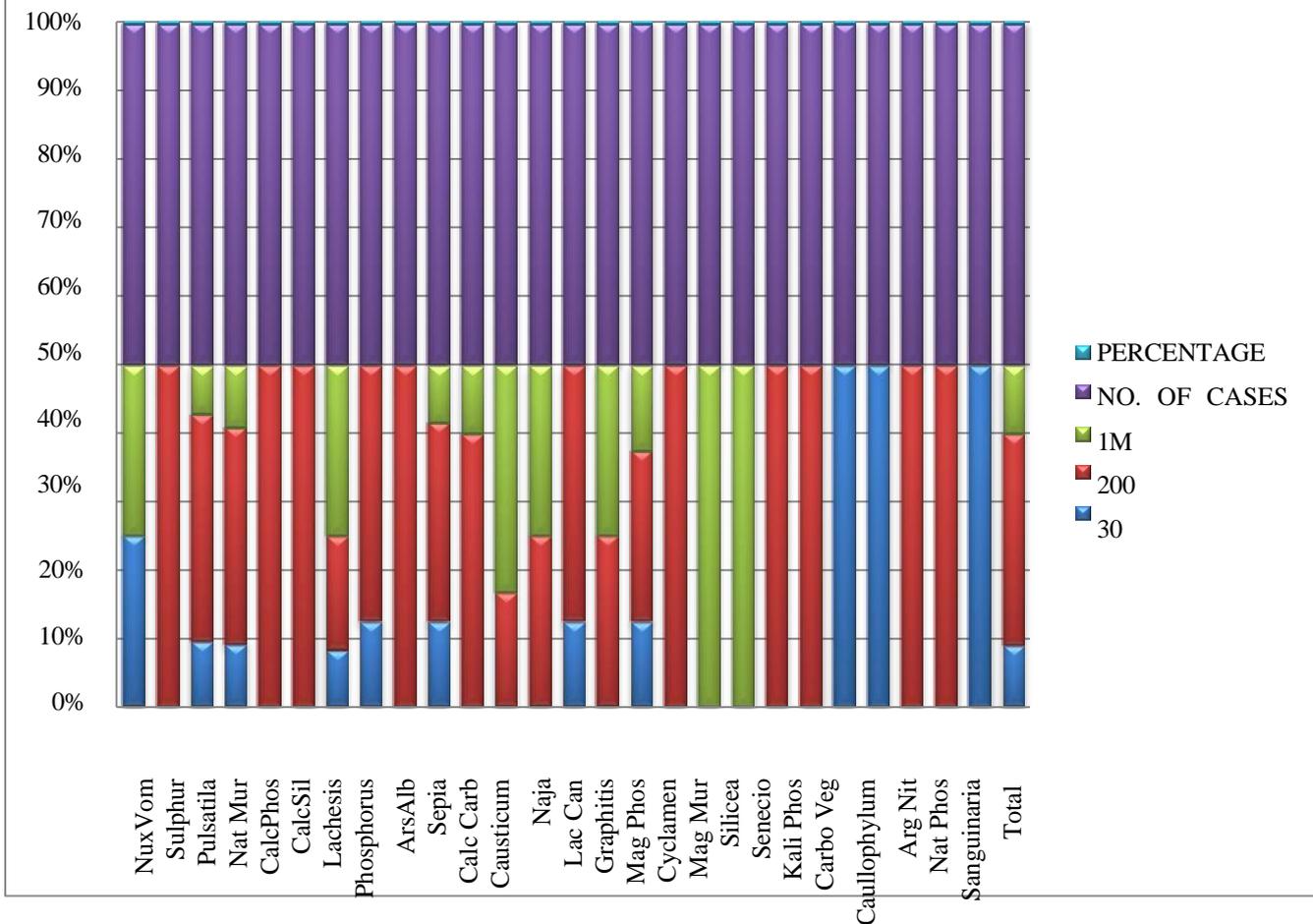


**GRAPH NO. 5.8. MIASM**

TABLE NO. 5.9. MEDICINE WITH POTENCY

MEDICINE WITH POTENCY	30	200	1M	NO. OF CASES	PERCENTAGE
Nux Vom	01	00	01	02	02%
Sulphur	00	04	00	04	04%
Pulsatila	04	14	03	21	21%
Nat Mur	02	07	02	11	11%
Calc Phos	00	03	00	03	03%
Calc Sil	00	01	00	01	01%
Lachesis	01	02	03	06	06%
Phosphorus	01	03	00	04	04%
ArsAlb	00	01	00	01	01%
Sepia	03	07	02	12	12%
Calc Carb	00	04	01	05	05%
Causticum	00	01	02	03	03%
Naja	00	01	01	02	02%
Lac Can	01	03	00	04	04%
Graphitis	00	01	01	02	02%
Mag Phos	02	04	02	08	08%
Cyclamen	00	01	00	01	01%
Mag Mur	00	00	01	01	01%
Silicea	00	00	01	01	01%
Senecio	00	01	00	01	01%
Kali Phos	00	02	00	02	02%
Carbo Veg	01	00	00	01	01%
Caullophyllum	01	00	00	01	01%
Arg Nit	00	01	00	01	01%
Nat Phos	00	01	00	01	01%
Sanguinaria	01	00	00	01	01%
Total	18	62	20	100	100%

### HOMOEOPATHIC MEDICINE WITH POTENCY



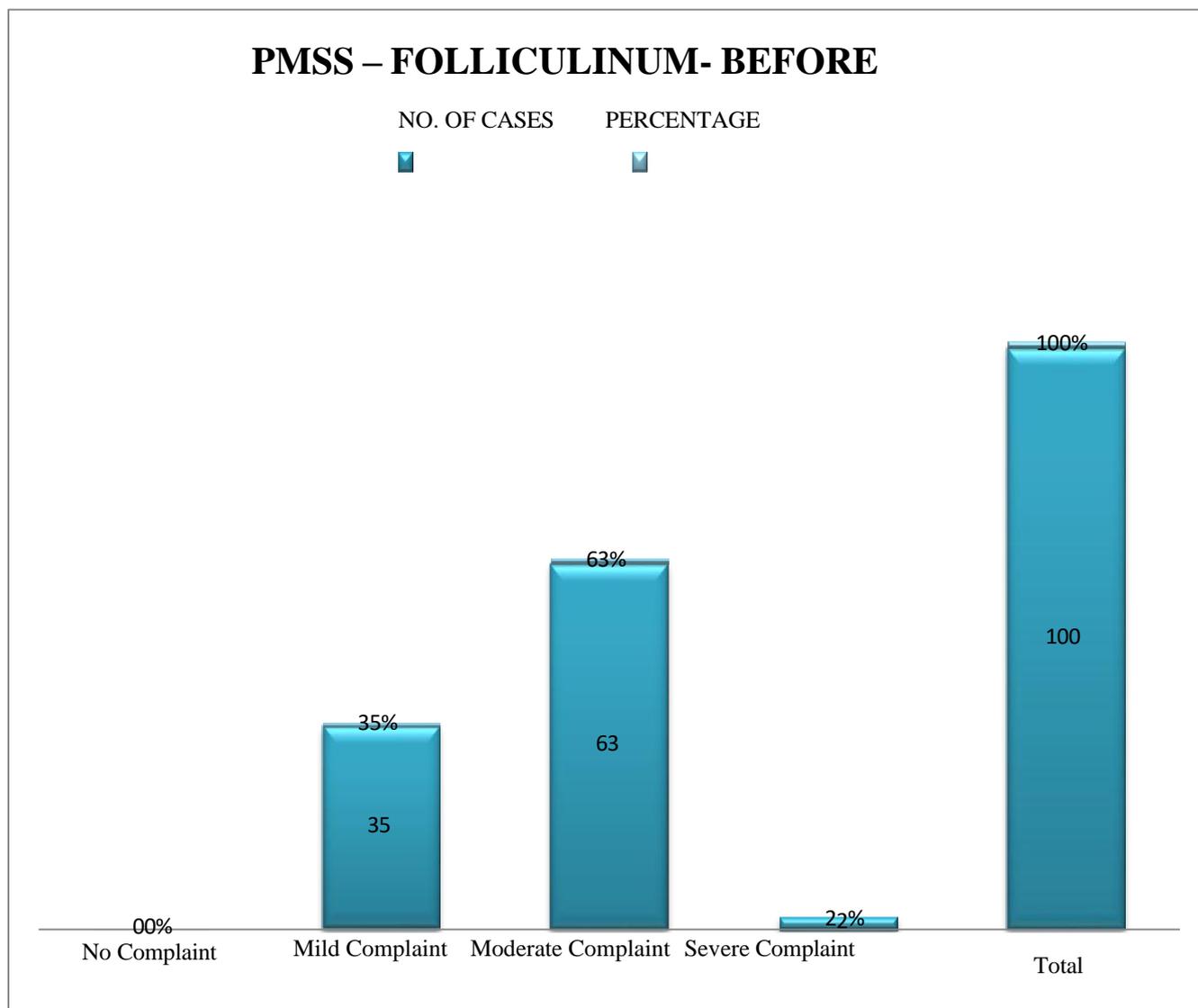
**OBSERVATION:** From table No. 5.9, it can be observed on the complaint of premenstrual syndrome is maximally treated by Pulsatilla 21 cases, Sepia 12 cases, Nat Mur 11 cases, Mag Phos by 8 cases, Lachesis by 6 cases and Calc Carb having 5 cases. The complaint of premenstrual syndrome is minimally with single case treated by Calc Sil, Ars alb, Silicea, Cyclamen, Mag Mur, Senecio, Carbo Veg, Caullophylum, Arg Nit, Nat Phos and Sangunaria while PMS cases treated with Sulphur, Phos and Lac can by 4 cases, Calc Phos and Causticum having 3cases, Nux Vom, Naja, Graphitis, and Kali Phos having 2 cases only.

**GRAPH NO. 5.9. HOMOEOPATHIC MEDICINE WITH POTENCY**

TABLE NO. 5.10. Total

PMSS – FOLLICULINUM- BEFORE	NO. OF CASES	PERCENTAGE
No Complaint	00	0%
Mild Complaint	35	35%
Moderate Complaint	63	63%
Severe Complaint	02	2%
Total	100	100 %

**OBSERVATION:** From table No. 5.10, it can be observed on the base of PMSS- before Folliculinum 1M was given that the women with moderate complaint of premenstrual syndrome is maximally having 63 cases (63%) while the women with severe complaint of premenstrual syndrome is minimally having 02 cases (2%) and the women with mild complaint of premenstrual syndrome is having 35 cases (35%).

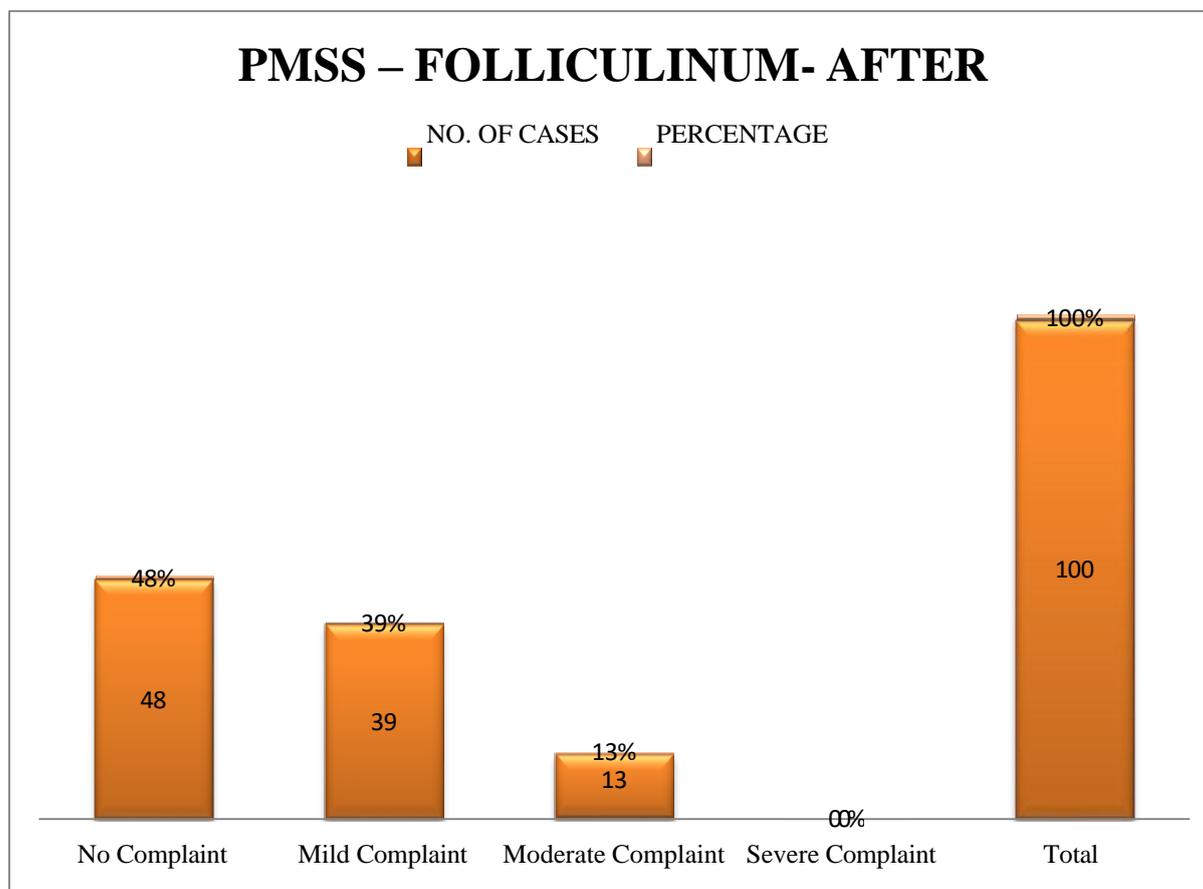


**GRAPH NO. 5.10. PMSS – FOLLICULINUM- BEFORE**

**TABLE NO. 5.11. PMSS – FOLLICULINUM- BEFORE**

PMSS – FOLLICULINUM- AFTER	NO. OF CASES	PERCENTAGE
No Complaint	48	48%
Mild Complaint	39	39%
Moderate Complaint	13	13%
Severe Complaint	00	0%
Total	100	100 %

**OBSERVATION:** From table No. 5.11, it can be observed on the base of PMSS- after Folliculinum 1M was given that the women with no complaint of premenstrual syndrome is maximally having 48 cases (48%) while the women with moderate complaint of premenstrual syndrome is minimally having 13 cases (13%) and the women with mild complaint of premenstrual syndrome is having 39 cases (39%) and there is no any such cases related to severe complaint.



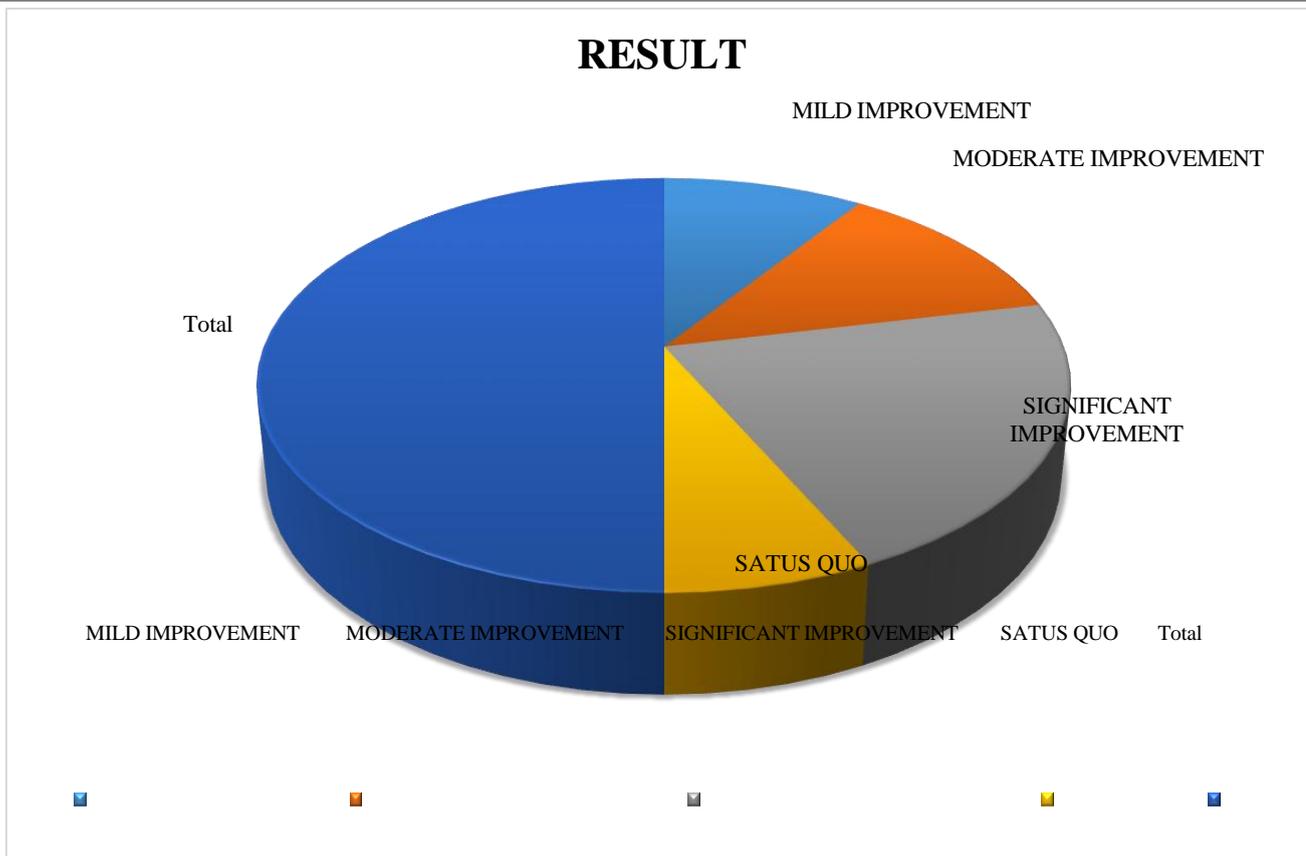
**GRAPH NO. 5.11. PMSS – FOLLICULINUM- AFTER**

**TABLE NO. 5.12. PMSS – FOLLICULINUM- AFTER**

RESULT	NO. OF CASES	PERCENTAGE
MILD IMPROVEMENT	19	19%
MODERATE IMPROVEMENT	24	24%
SIGNIFICANT IMPROVEMENT	43	43%
SATUS QUO	14	14%
Total	100	100%

**OBSERVATION:** From table No. 5.12, it can be observed that the Folliculinum 1M as Intercurrent remedy in case of PMS is maximally having 43 cases (43%) of significant improvement and while the women with moderate improvement having 24 cases (24%) & mild improvement having 19 cases (19%). There is 14 cases (14%) having status quo in result.

### RESULT



GRAPH NO. 5.12. RESULT

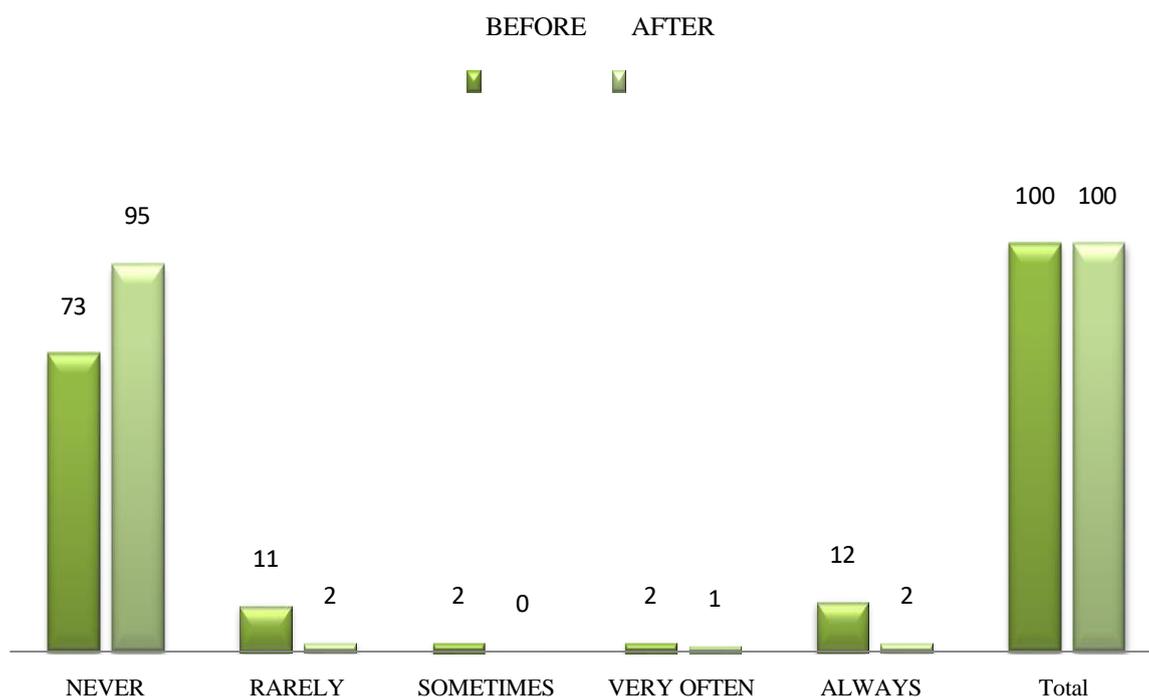
TABLE NO. 5.13. RESULT

BREAST TENDERNESS SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	73	95
RARELY	11	02
SOMETIMES	02	00
VERY OFTEN	02	01
ALWAYS	12	02
Total	100	100

**OBSERVATION:** From table No. 5.13, it can be observed on the base of PMSS- BREAST TENDERNESS SYMPTOM that the women with never experienced is maximally having 73 cases before & 95 cases after Treatment. While the women with sometimes experienced is minimally having 02 cases before & 00 cases after Treatment. The woman with very often experienced is minimally having 02 cases before & 01 case after Treatment. The woman with always experienced is having 12 cases before & 02 case after Treatment.



### PMSS- BREAST TENDERNESS



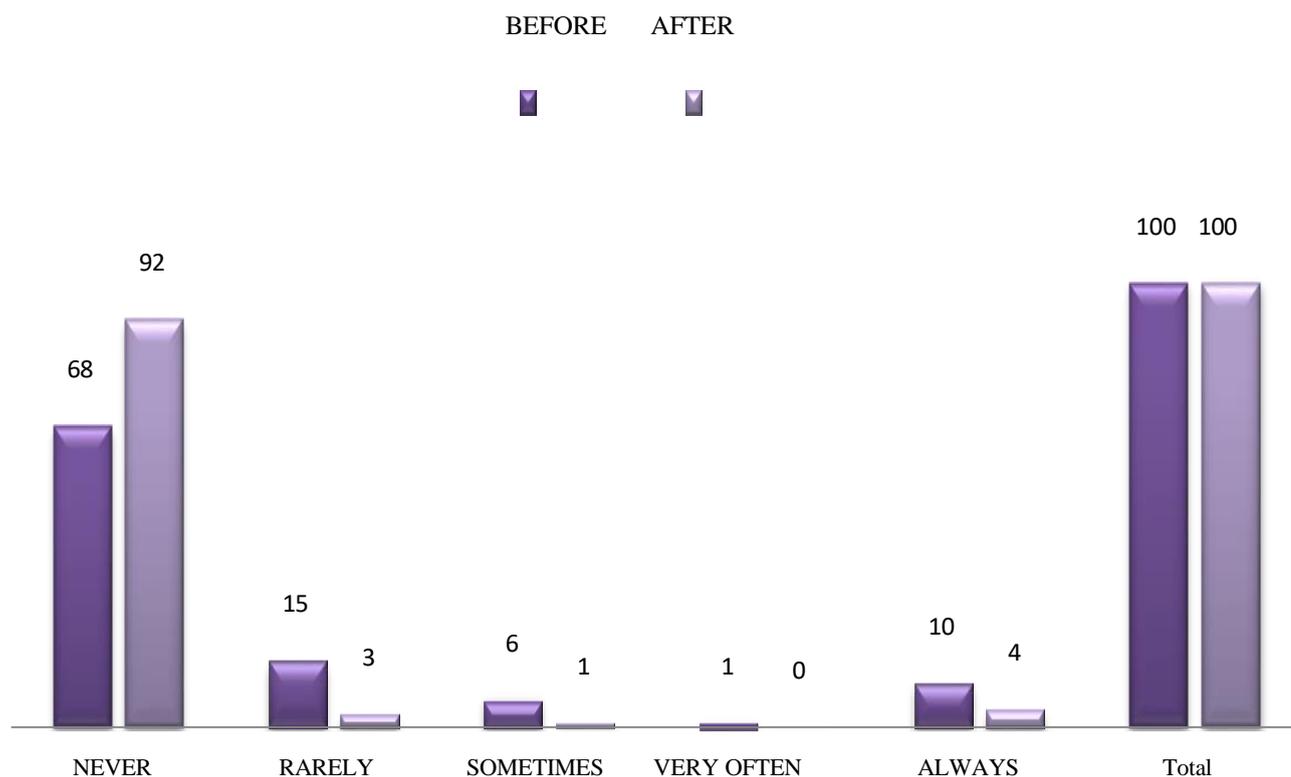
GRAPH NO. 5.13. PMSS- BREAST TENDERNESS

TABLE NO. 5.14. BREAST TENDERNESS SYMPTOM

ABDOMINAL BLOATING SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	68	92
RARELY	15	03
SOMETIMES	06	01
VERY OFTEN	01	00
ALWAYS	10	04
Total	100	100

**OBSERVATION:** From table No. 5.14, it can be observed on the base of PMSS- ABDOMINAL BLOATING SYMPTOM that the women with never experienced is maximally having 68 cases before & 92 cases after Treatment. While the women with very often experienced is minimally having 01 cases before & 00 cases after Treatment. The woman with sometimes experienced is minimally having 06 cases before & 01 case after Treatment. The woman with rarely experienced is having 15 cases before & 03 case after Treatment.

### PMSS- ABDOMINAL BLOATING



GRAPH NO. 5.14. PMSS- ABDOMINAL BLOATING

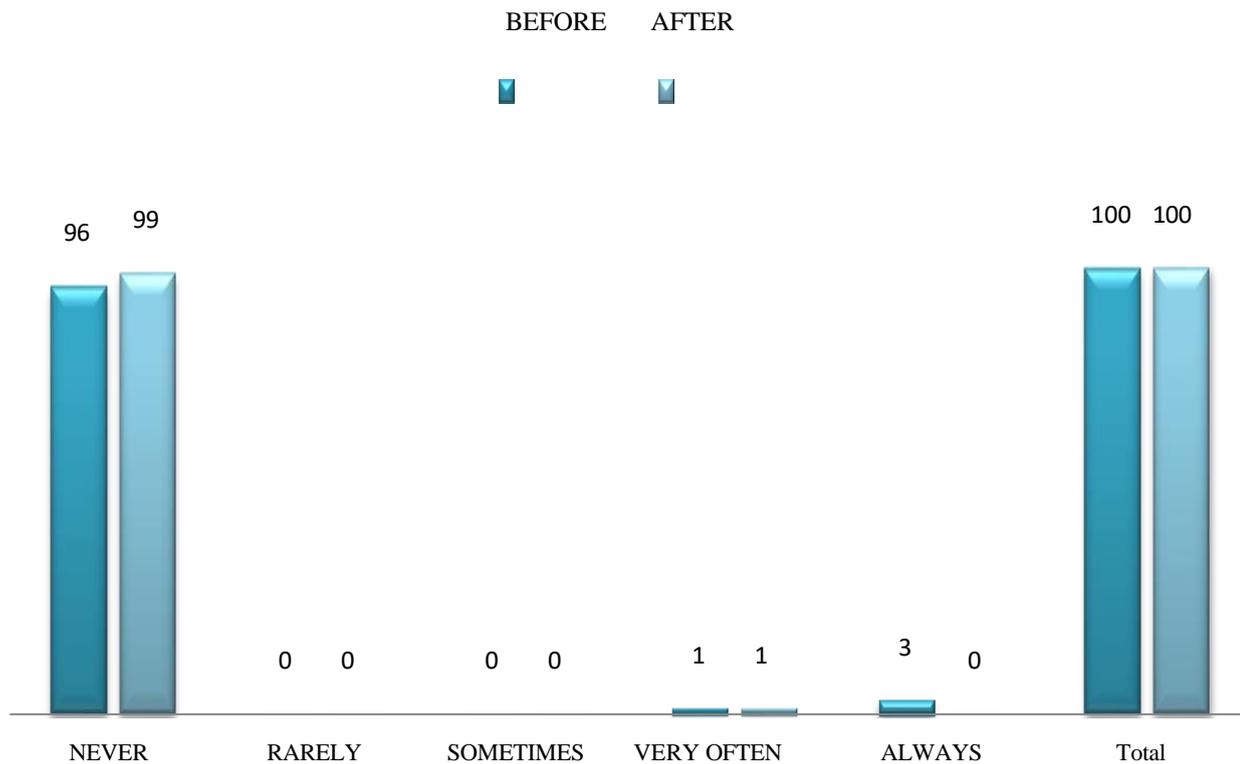
TABLE NO. 5.15. ABDOMINAL BLOATING SYMPTOM

WEIGHT GAIN SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	96	99
RARELY	00	00
SOMETIMES	00	00
VERY OFTEN	01	01
ALWAYS	03	00
Total	100	100

**OBSERVATION:** From table No. 5.15, it can be observed on the base of PMSS- WEIGHT GAIN SYMPTOM that the women with never experienced is maximally having 96 cases before & 99 cases after Treatment. While the women with rarely & sometimes experienced is minimally having 00 cases before & 00 cases after Treatment. The woman with very often experienced is minimally having 01 case before & 01 case after Treatment. The woman with always experienced is having 03 cases before & 00 case after Treatment.



### PMSS- WEIGHT GAIN



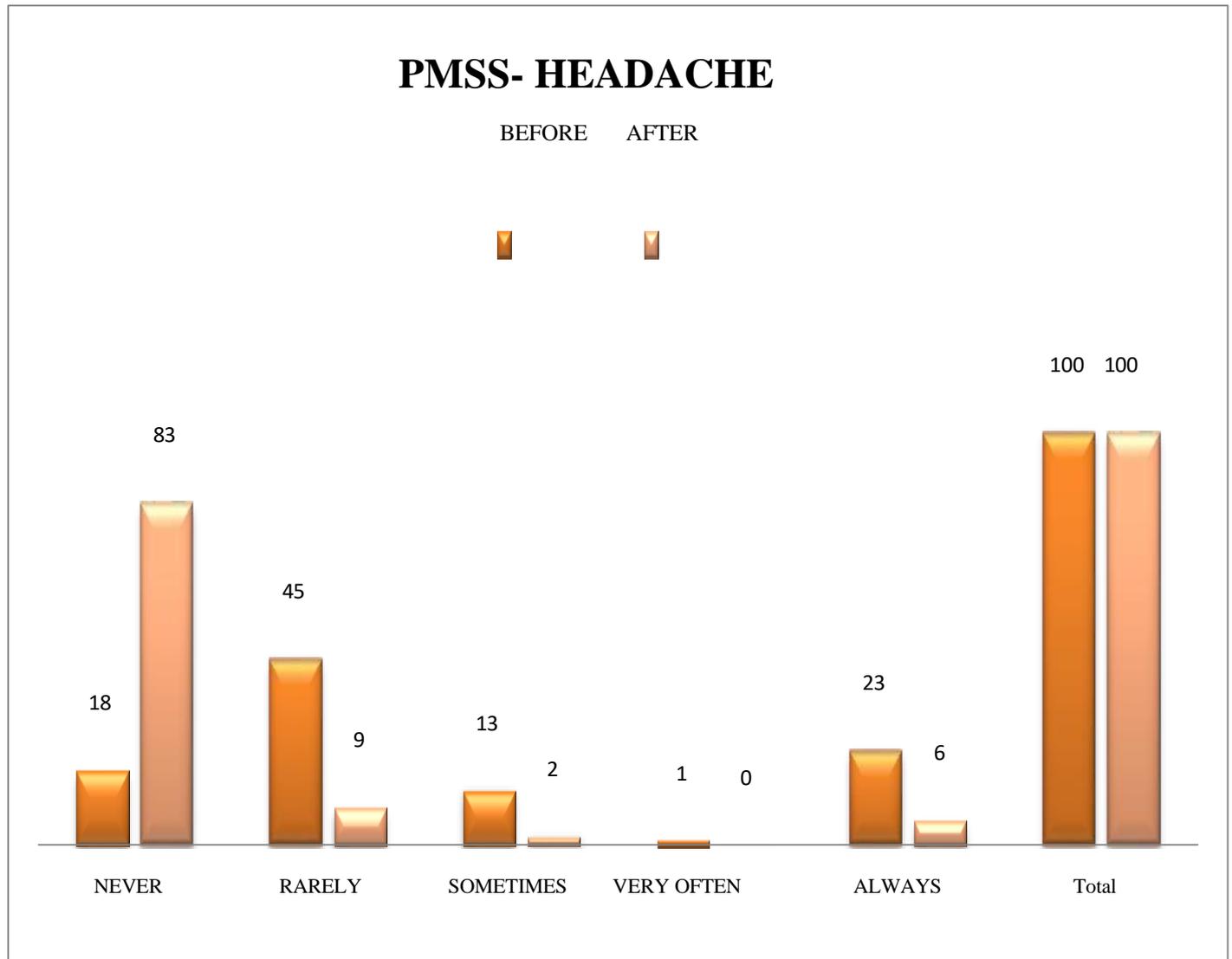
GRAPH NO. 5.15. PMSS- WEIGHT GAIN

TABLE NO. 5.16. WEIGHT GAIN SYMPTOM

HEADACHE SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	18	83
RARELY	45	09
SOMETIMES	13	02
VERY OFTEN	01	00
ALWAYS	23	06
Total	100	100

**OBSERVATION:** From table No. 5.16, it can be observed on the base of PMSS- HEADACHE SYMPTOM that the woman with rarely experienced is maximally having 45 cases before & 09 cases after Treatment. While the women with very often experienced is minimally having 01 cases before & 00 cases after Treatment. The woman with always experienced is having 23 cases before & 06 case after Treatment. The woman with never experienced is having 18 cases before & 83 case after Treatment. The woman with sometimes experienced is

having 13 cases before & 02 case after Treatment.

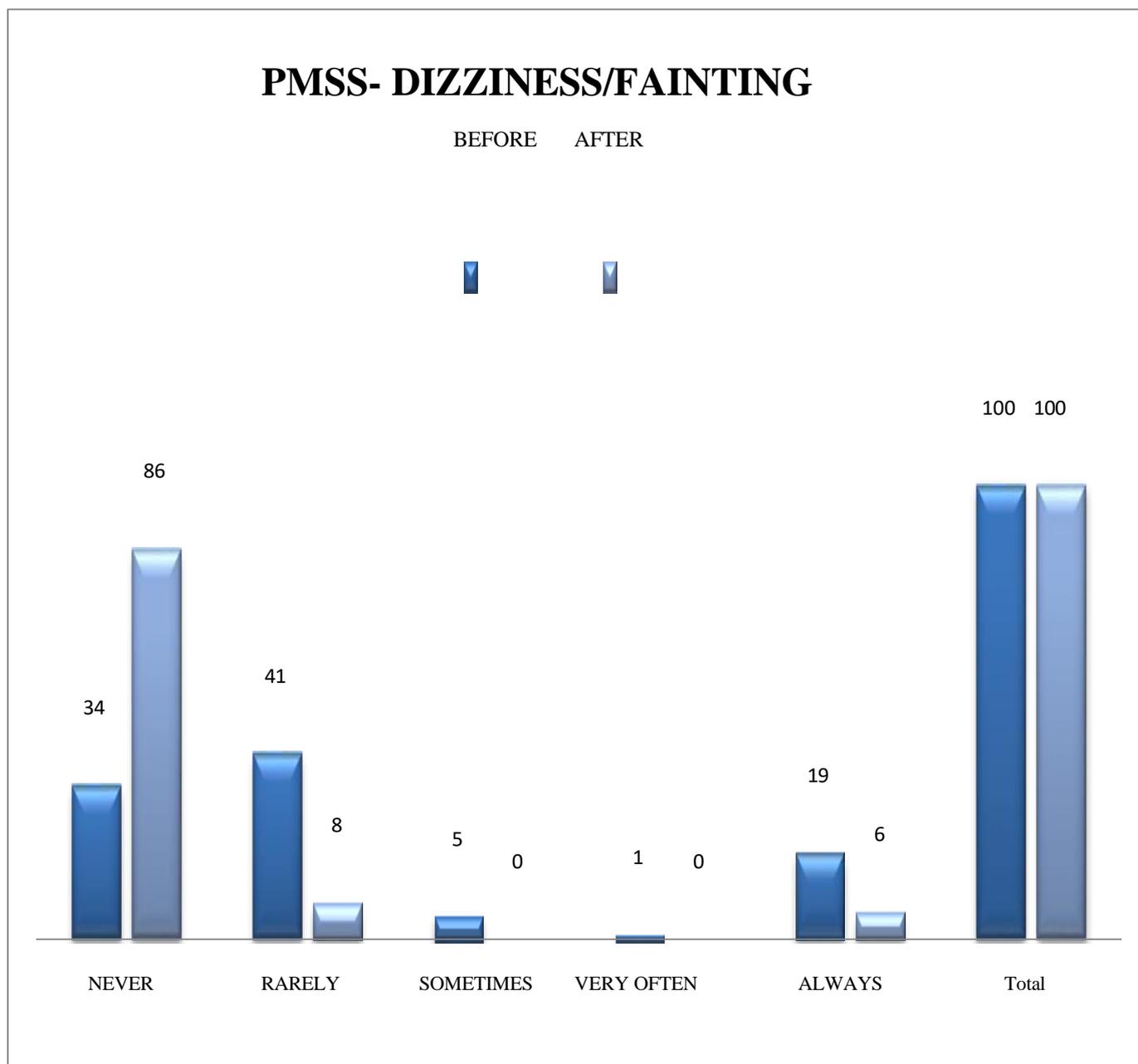


GRAPH NO. 5.16. PMSS- HEADACHE

TABLE NO. 5.17. HEADACHE SYMPTOM

DIZZINESS/FAINTING SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	34	86
RARELY	41	08
SOMETIMES	05	00
VERY OFTEN	01	00
ALWAYS	19	06
Total	100	100

**OBSERVATION:** From table No. 5.17, it can be observed on the base of PMSS- DIZZINESS/FAINTING SYMPTOM that the woman with rarely experienced is maximally having 41 cases before & 08 cases after Treatment. While the women with very often experienced is minimally having 01 cases before & 00 cases after Treatment. The woman with sometimes experienced is having 05 cases before & 00 case after Treatment. The woman with always experienced is having 19 cases before & 06 case after Treatment. The woman with never experienced is having 34 cases before & 86 case after Treatment.



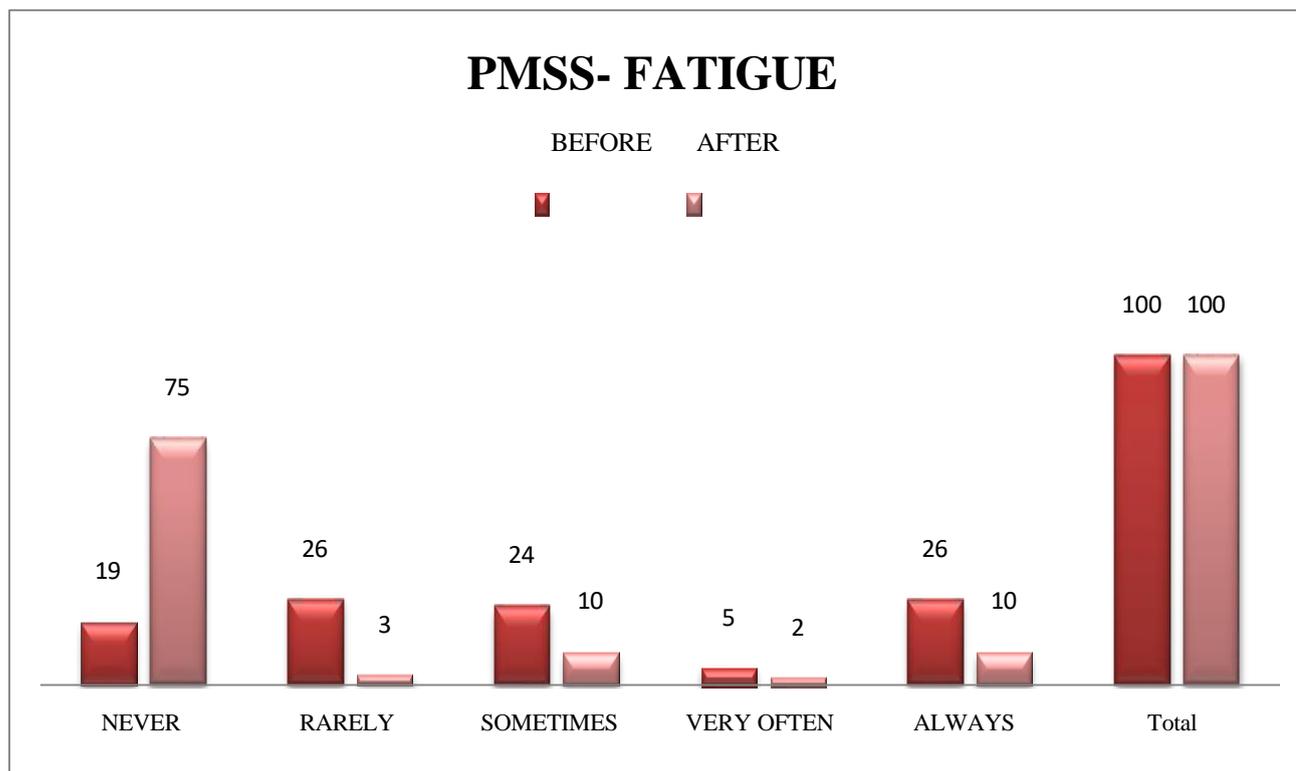
**GRAPH NO. 5.17. PMSS- DIZZINESS/FAINTING**

**TABLE NO. 5.18. DIZZINESS/FAINTING SYMPTOM**

FATIGUE SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	19	75



RARELY	26	03
SOMETIMES	24	10
VERY OFTEN	05	02
ALWAYS	26	10
Total	100	100



**OBSERVATION:** From table No. 5.18, it can be observed on the base of PMSS- FATIGUE SYMPTOM that the woman with always experienced is maximally having 26 cases before & 10 cases after Treatment. The woman with rarely experienced is having 26 cases before & 03 case after Treatment. While the women with very often experienced is minimally having 05 cases before & 02 cases after Treatment. The woman with sometimes experienced is having 24 cases before & 10 case after Treatment. The woman with never experienced is having 19 cases before & 75 case after Treatment.

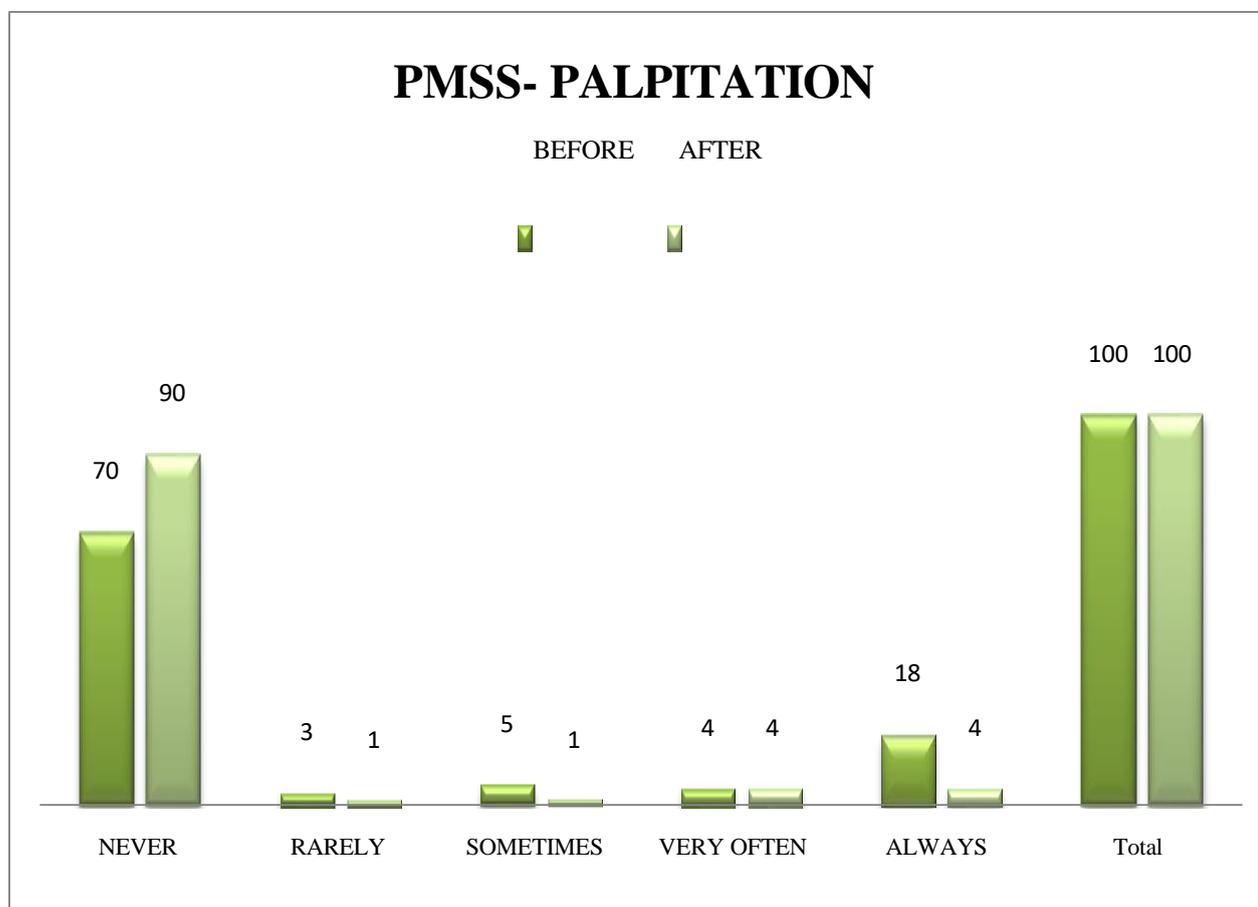
**GRAPH NO. 5.18. PMSS- FATIGUE**

**TABLE NO. 5.19. FATIGUE SYMPTOM**

PALPITATION SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	70	90
RARELY	03	01

SOMETIMES	05	01
VERY OFTEN	04	04
ALWAYS	18	04
Total	100	100

**OBSERVATION:** From table No. 5.19, it can be observed on the base of PMSS- PALPITATION SYMPTOM that the woman with never experienced is maximally having 70 cases before & 90 cases after Treatment. While the women with rarely experienced is minimally having 03 cases before & 01 case after Treatment. The woman with sometimes experienced is having 05 cases before & 01 case after Treatment. The woman with always experienced is having 18 cases before & 04 case after Treatment. The woman with very often experienced is having 04 cases before & 04 case after Treatment.



GRAPH NO. 5.19. PMSS- PALPITATION

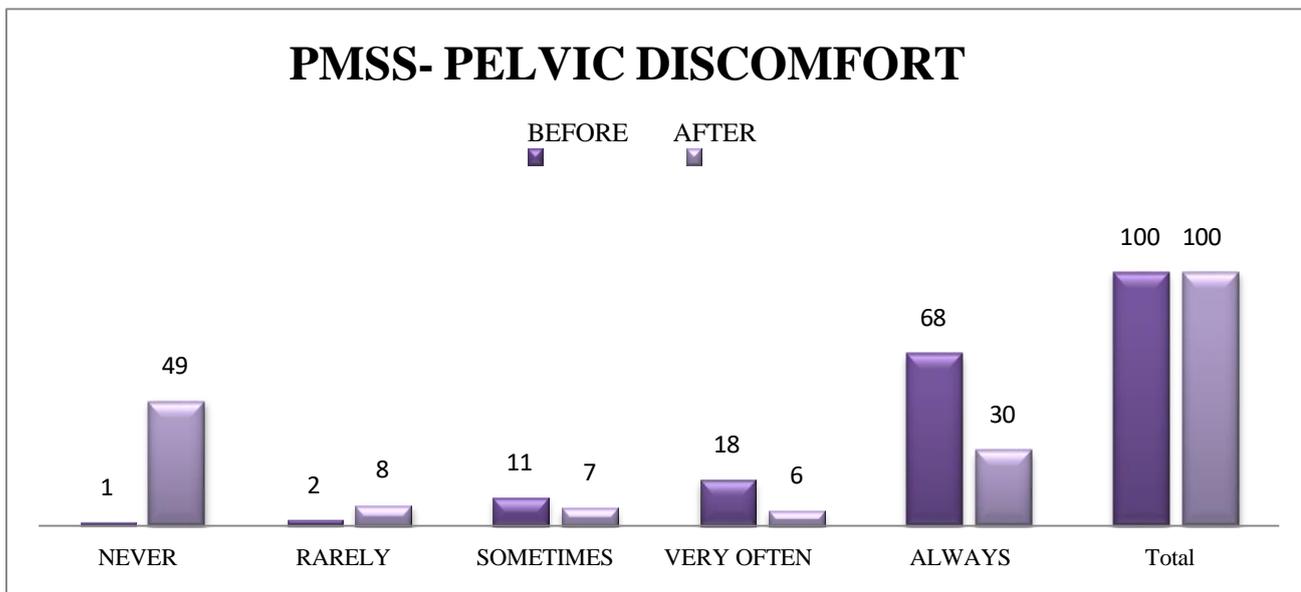
TABLE NO. 5.20. PALPITATION SYMPTOM

PELVIC DISCOMFORT SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	01	49



RARELY	02	08
SOMETIMES	11	07
VERY OFTEN	18	06
ALWAYS	68	30
Total	100	100

**OBSERVATION:** From table No. 5.20, it can be observed on the base of PMSS- PELVIC DISCOMFORT SYMPTOM that the woman with always experienced is maximally having 68 cases before & 30 cases after Treatment. While the women with never experienced is minimally having 01 cases before & 49 case after Treatment. The woman with rarely experienced is having 02 cases before & 08 case after Treatment. The woman with sometimes experienced is having 11 cases before & 07 case after Treatment. The woman with very often experienced is having 18 cases before & 06 case after Treatment.



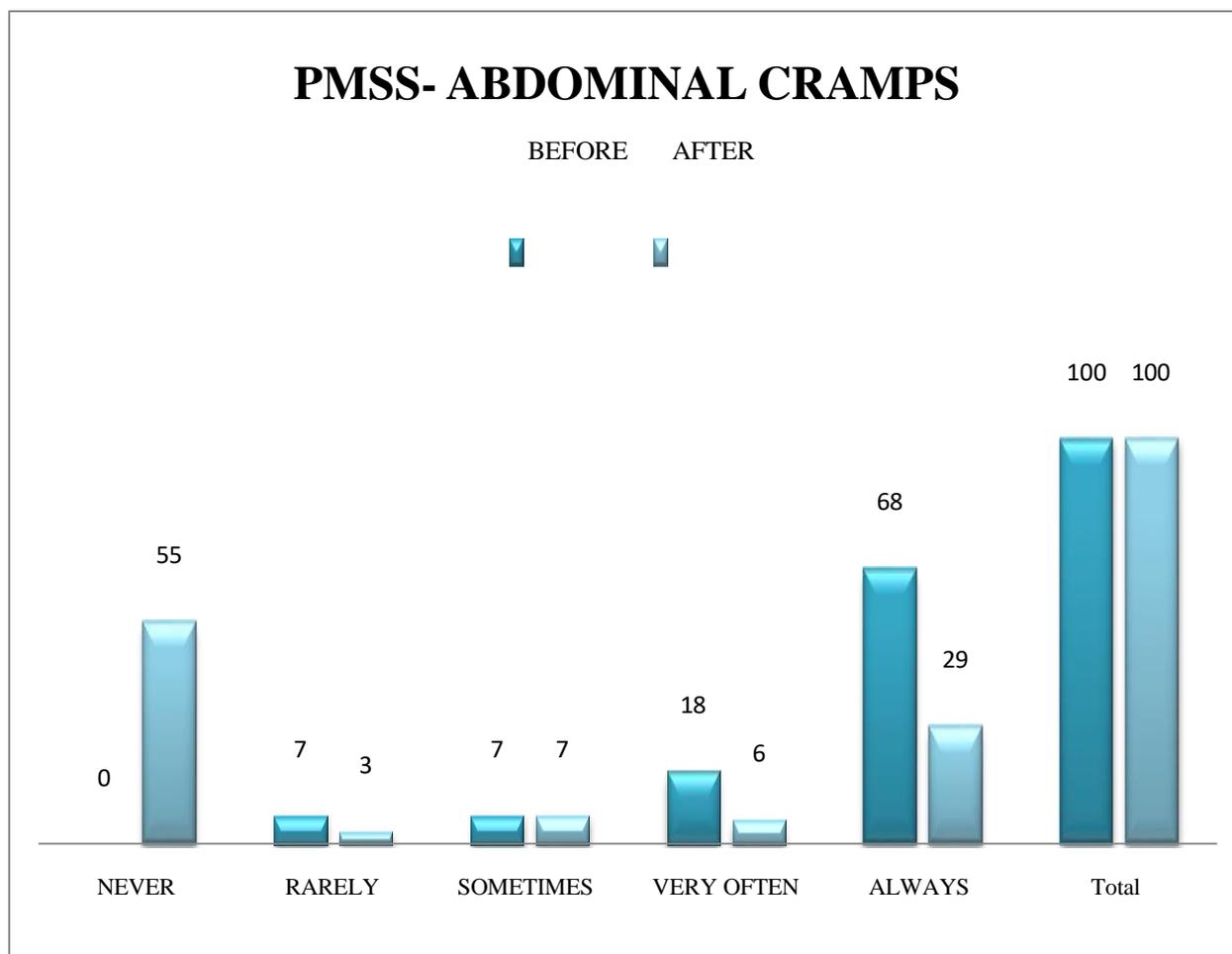
**GRAPH NO. 5.20. PMSS- PELVIC DISCOMFORT**

**TABLE NO. 5.21. PELVIC DISCOMFORT SYMPTOM**

ABDOMINAL CRAMPS SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	00	55
RARELY	07	03
SOMETIMES	07	07
VERY OFTEN	18	06

ALWAYS	68	29
Total	100	100

**OBSERVATION:** From table No. 5.21, it can be observed on the base of PMSS- ABDOMINAL CRAMPS SYMPTOM that the woman with always experienced is maximally having 68 cases before & 29 cases after Treatment. While the women with never experienced is minimally having 00 cases before & 55 case after Treatment. The woman with rarely experienced is having 07 cases before & 03 case after Treatment. The woman with sometimes experienced is having 07 cases before & 07 case after Treatment. The woman with very often experienced is having 18 cases before & 06 case after Treatment.



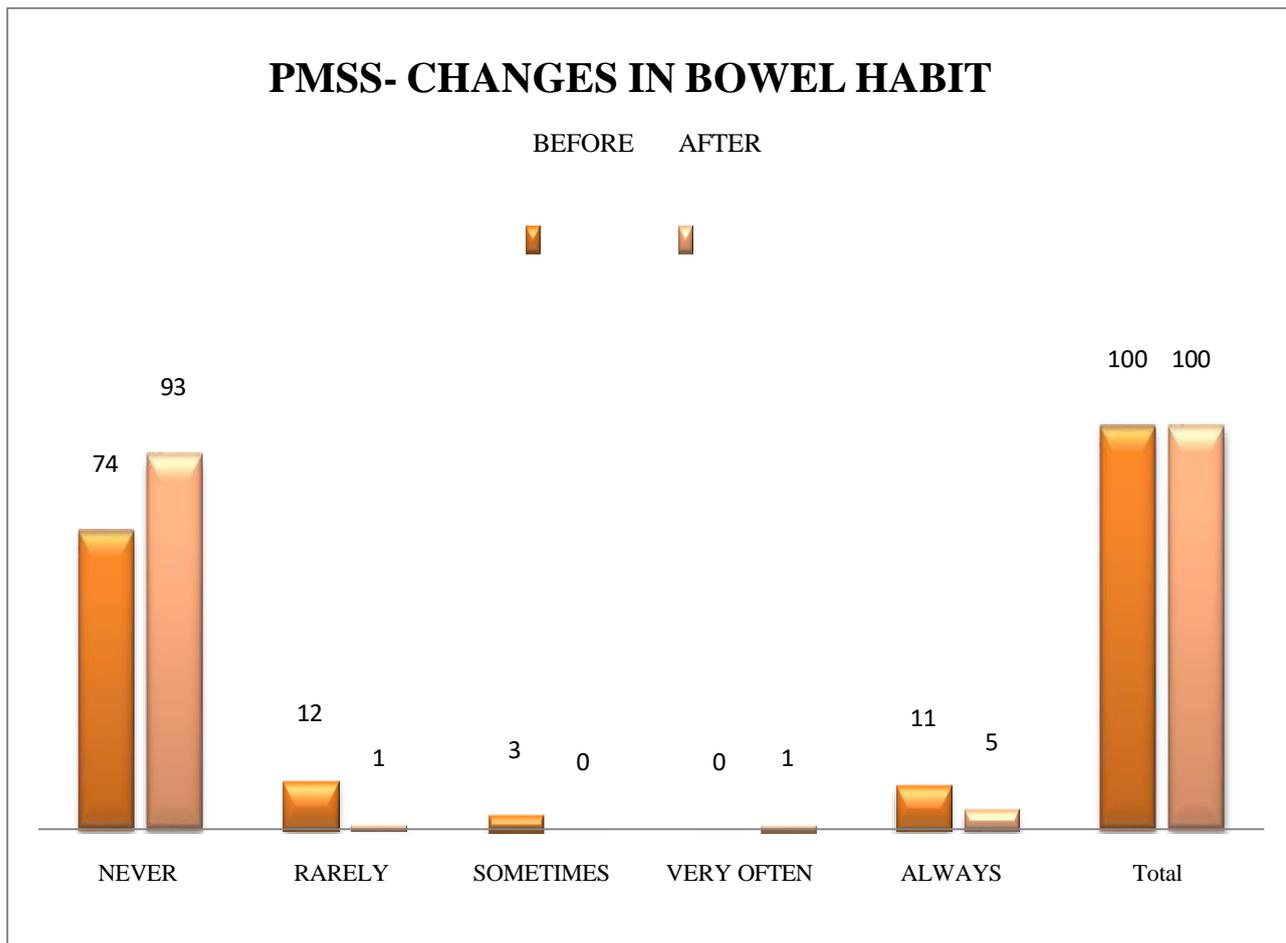
GRAPH NO. 5.21. PMSS- ABDOMINAL CRAMPS

TABLE NO. 5.22. ABDOMINAL CRAMPS SYMPTOM

CHANGES IN BOWEL HABIT SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	74	93
RARELY	12	01
SOMETIMES	03	00

VERY OFTEN	00	01
ALWAYS	11	05
Total	100	100

**OBSERVATION:** From table No. 5.22, it can be observed on the base of PMSS- CHANGES IN BOWEL HABIT SYMPTOM that the woman with never experienced is maximally having 74 cases before & 93 cases after Treatment. While the women with very often experienced is minimally having 00 cases before & 01 case after Treatment. The woman with sometimes experienced is having 03 cases before & 00 case after Treatment. The woman with rarely experienced is having 12 cases before & 01 case after Treatment. The woman with always experienced is having 11 cases before & 05 case after Treatment.



GRAPH NO. 5.22. PMSS- CHANGES IN BOWEL HABIT

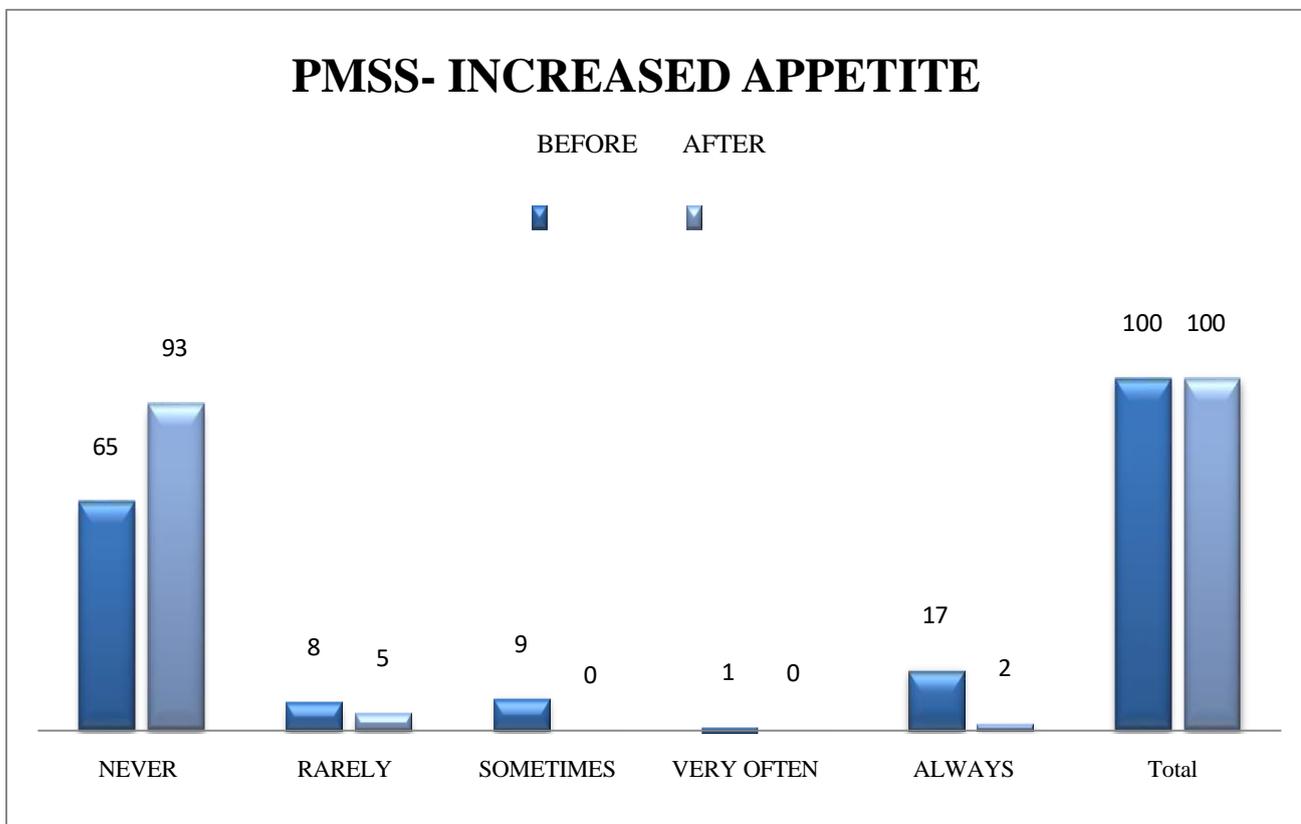
TABLE NO. 5.23. CHANGES IN BOWEL HABIT SYMPTOM

INCREASED APPETITE SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	65	93
RARELY	08	05



SOMETIMES	09	00
VERY OFTEN	01	00
ALWAYS	17	02
Total	100	100

**OBSERVATION:** From table No. 5.23, it can be observed on the base of PMSS- INCREASED APPETITE SYMPTOM that the woman with never experienced is maximally having 65 cases before & 93 cases after Treatment. While the women with very often experienced is minimally having 01 case before & 00 case after Treatment. The woman with sometimes experienced is having 09 cases before & 00 case after Treatment. The woman with rarely experienced is having 08 cases before & 05 case after Treatment. The woman with always experienced is having 17 cases before & 02 case after Treatment.



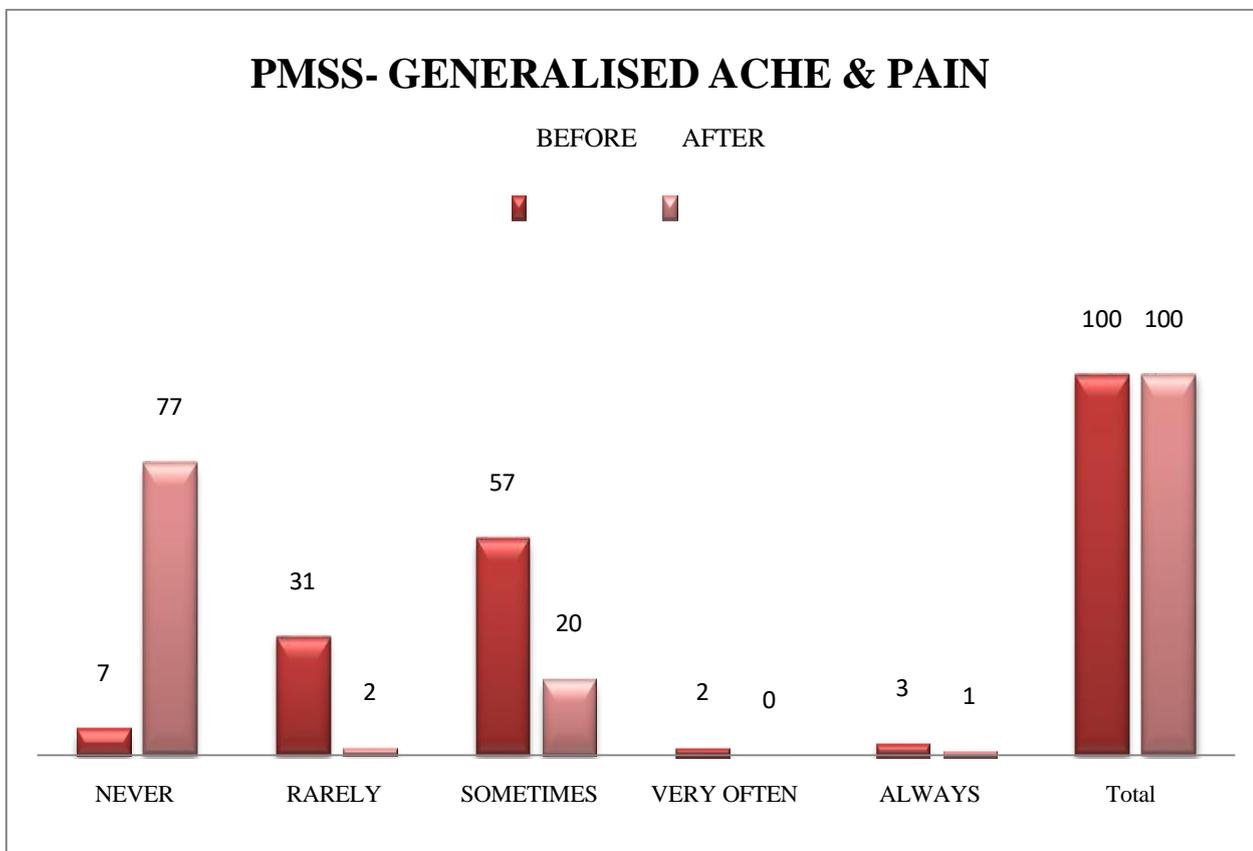
**GRAPH NO. 5.23. PMSS- INCREASED APPETITE**

**TABLE NO. 5.24. INCREASED APPETITE SYMPTOM**

GENERALISED ACHE & PAIN SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	07	77
RARELY	31	02

SOMETIMES	57	20
VERY OFTEN	02	00
ALWAYS	03	01
Total	100	100

**OBSERVATION:** From table No. 5.24, it can be observed on the base of PMSS- GENERALISED ACHE & PAIN SYMPTOM that the woman with sometimes experienced is maximally having 57 cases before & 20 cases after Treatment. While the women with very often experienced is minimally having 02 case before & 00 case after Treatment. The woman with always experienced is having 03 cases before & 01 case after Treatment. The woman with never experienced is having 07 cases before & 77 case after Treatment. The woman with rarely experienced is having 31 cases before & 02 case after Treatment.



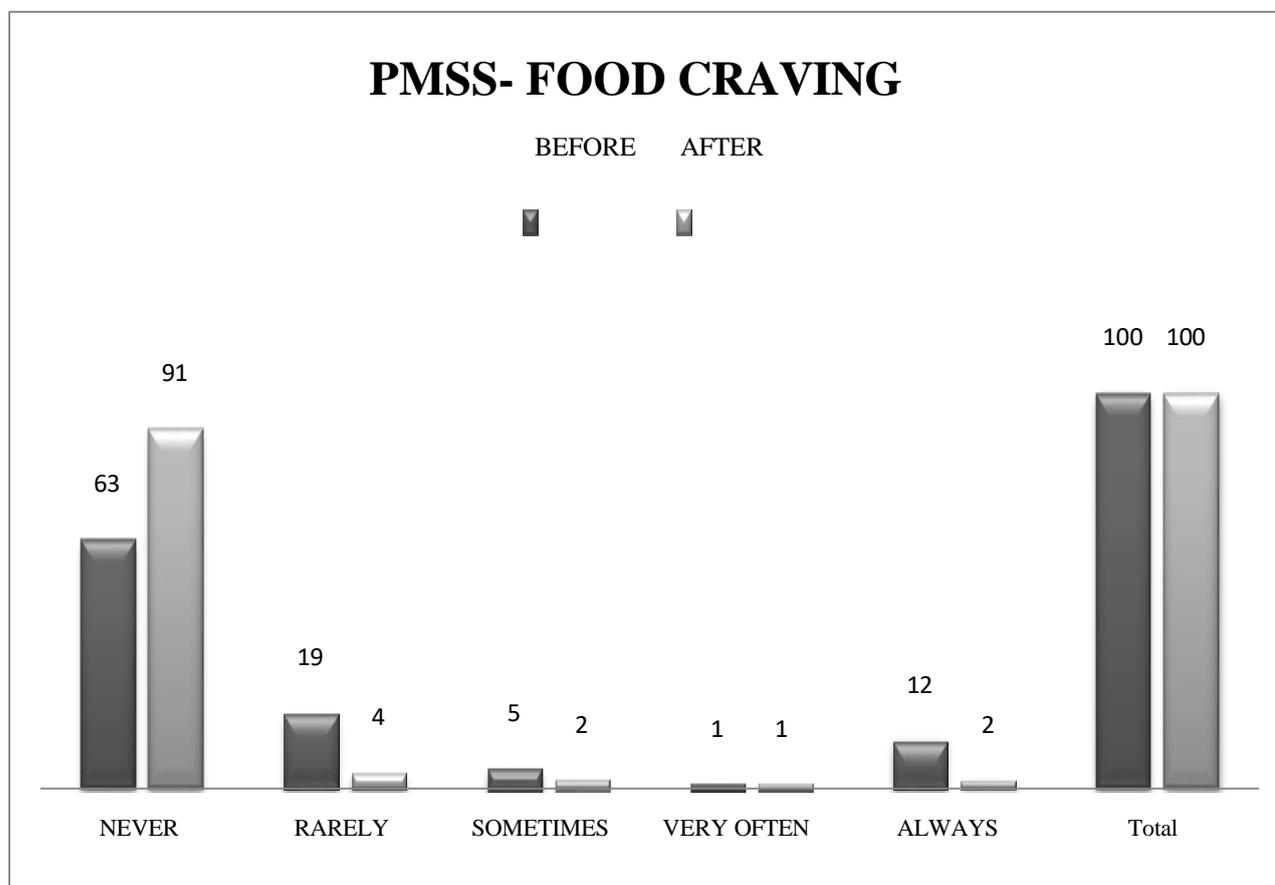
GRAPH NO. 5.24. PMSS- GENERALISED ACHE & PAIN

TABLE NO. 5.25. GENERALISED ACHE & PAIN SYMPTOM

FOOD CRAVING SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	63	91
RARELY	19	04

SOMETIMES	05	02
VERY OFTEN	01	01
ALWAYS	12	02
Total	100	100

**OBSERVATION:** From table No. 5.25, it can be observed on the base of PMSS- FOOD CRAVING SYMPTOM that the woman with never experienced is maximally having 63 cases before & 91 cases after Treatment. While the women with very often experienced is minimally having 01 case before & 01 case after Treatment. The woman with sometimes experienced is having 05 cases before & 02 case after Treatment. The woman rarely with experienced is having 19 cases before & 04 cases after Treatment. The always woman with experienced is having 12 cases before & 02 case after Treatment.



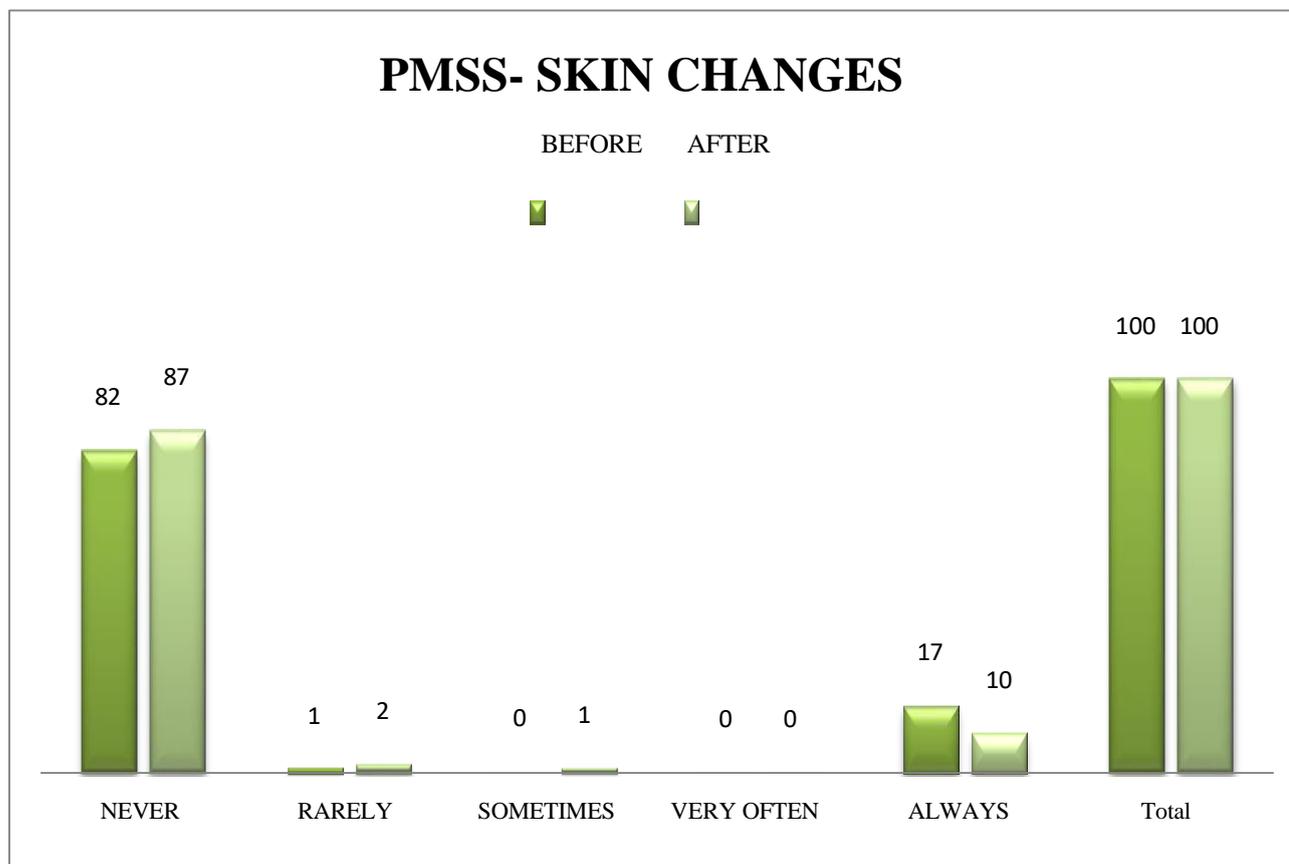
GRAPH NO. 5.25. PMSS- FOOD CRAVING

TABLE NO. 5.26. FOOD CRAVING SYMPTOM

SKIN CHANGES SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	82	87
RARELY	01	02

SOMETIMES	00	01
VERY OFTEN	00	00
ALWAYS	17	10
Total	100	100

**OBSERVATION:** From table No. 5.26, it can be observed on the base of PMSS- SKIN CHANGES SYMPTOM that the woman with never experienced is maximally having 82 cases before & 87 cases after Treatment. While the women with very often experienced is minimally having 00 case before & 00 case after Treatment. The woman with sometimes experienced is having 00 cases before & 01 case after Treatment. The woman rarely with experienced is having 01 cases before & 02 cases after Treatment. The always woman with experienced is having 17 cases before & 10 case after Treatment.



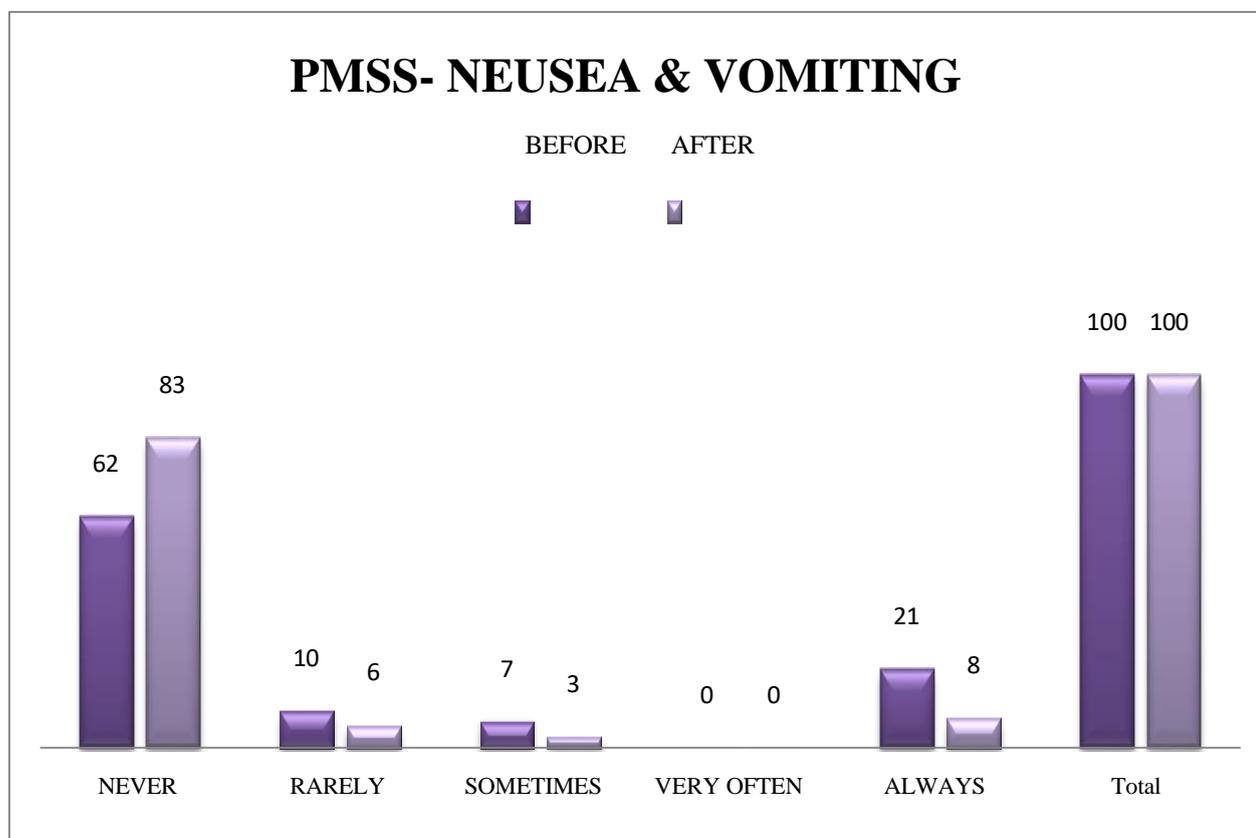
GRAPH NO. 5.26. PMSS- SKIN CHANGES

TABLE NO. 5.27. SKIN CHANGES SYMPTOM

NAUSEA & VOMITING SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	62	83
RARELY	10	06

SOMETIMES	07	03
VERY OFTEN	00	00
ALWAYS	21	08
Total	100	100

**OBSERVATION:** From table No. 5.27, it can be observed on the base of PMSS- NAUSEA & VOMITING SYMPTOM that the woman with never experienced is maximally having 62 cases before & 83 cases after Treatment. While the women with very often experienced is minimally having 00 case before & 00 case after Treatment. The woman with sometimes experienced is having 07 cases before & 03 cases after Treatment. The woman rarely with experienced is having 10 cases before & 06 cases after Treatment. The always woman with experienced is having 21 cases before & 08 case after Treatment.



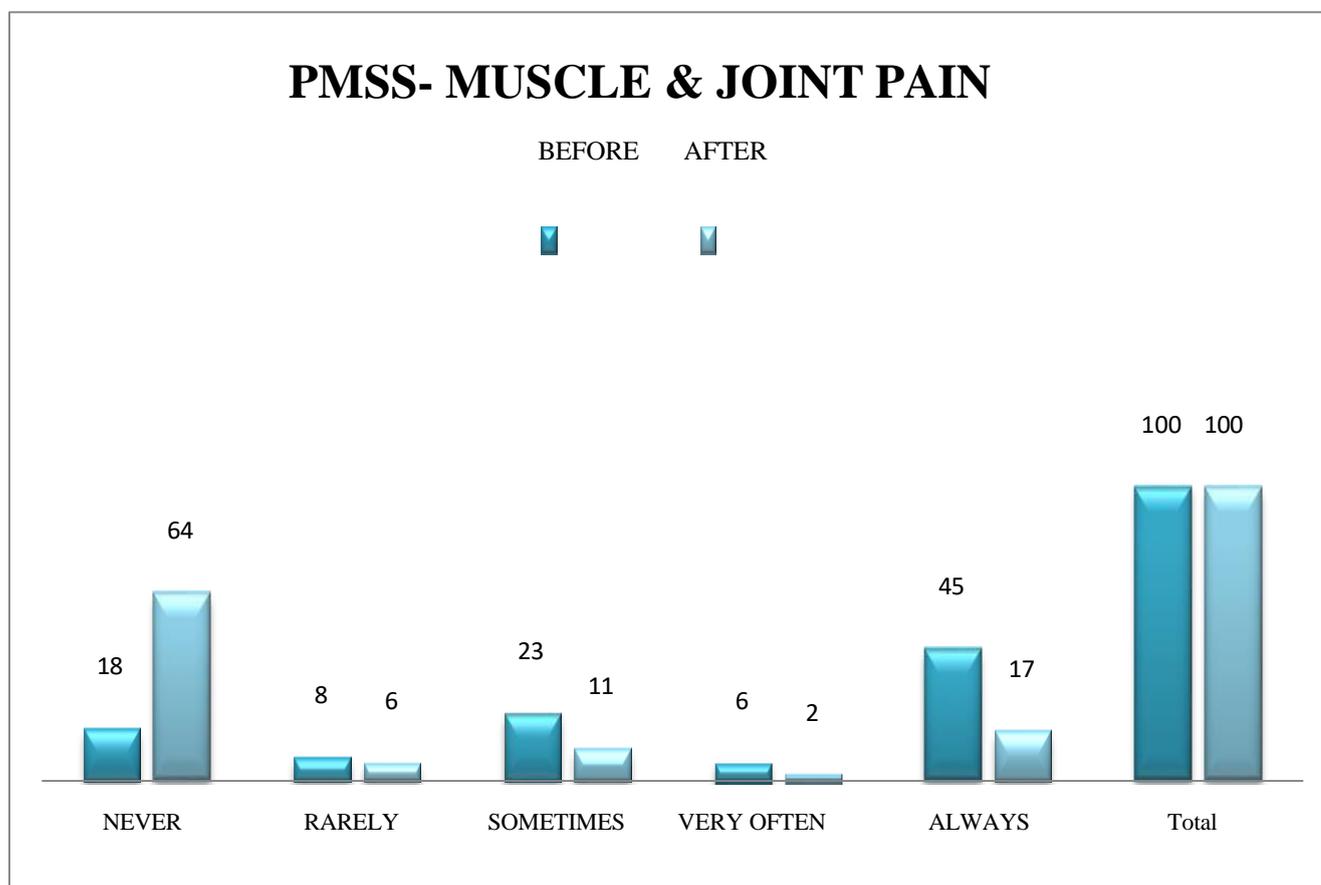
GRAPH NO. 5.27. PMSS- NAUSEA & VOMITING

TABLE NO. 5.28. NAUSEA & VOMITING SYMPTOM

MUSCLE & JOINT PAIN SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	18	64
RARELY	08	06

SOMETIMES	23	11
VERY OFTEN	06	02
ALWAYS	45	17
Total	100	100

**OBSERVATION:** From table No. 5.28, it can be observed on the base of PMSS- MUSCLE & JOINT PAIN SYMPTOM that the woman with always experienced is maximally having 45 cases before & 17 cases after Treatment. While the women with very often experienced is minimally having 06 case before & 02 case after Treatment. The woman with rarely experienced is having 08 cases before & 06 cases after Treatment. The woman with never experienced is having 18 cases before & 64 case after Treatment. The woman with sometimes experienced is having 23 cases before & 11 cases after Treatment.



GRAPH NO. 5.28. PMSS- MUSCLE & JOINT PAIN

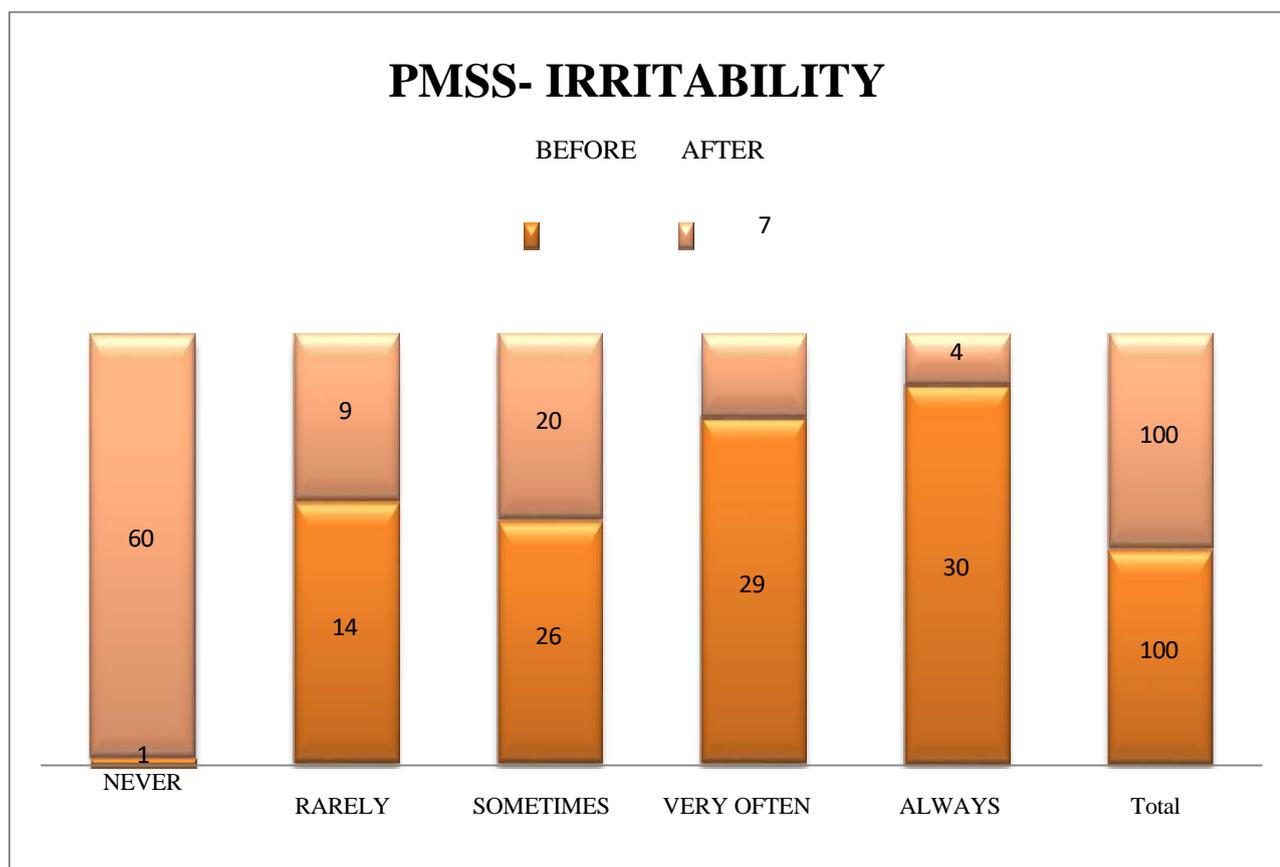
TABLE NO. 5.29. MUSCLE & JOINT PAIN SYMPTOM

IRRITABILITY SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	01	60
RARELY	14	09



SOMETIMES	26	20
VERY OFTEN	29	07
ALWAYS	30	04
Total	100	100

**OBSERVATION:** From table No. 5.29, it can be observed on the base of PMSS- IRRITABILITY SYMPTOM that the woman with very often experienced is maximally having 29 cases before & 07 cases after Treatment. While the women with never experienced is minimally having 01 case before & 60 case after Treatment. The woman with rarely experienced is having 14 cases before & 09 cases after Treatment. The woman with sometimes experienced is having 26 cases before & 09 cases after Treatment. The woman with always experienced is having 30 cases before & 04 cases after Treatment.



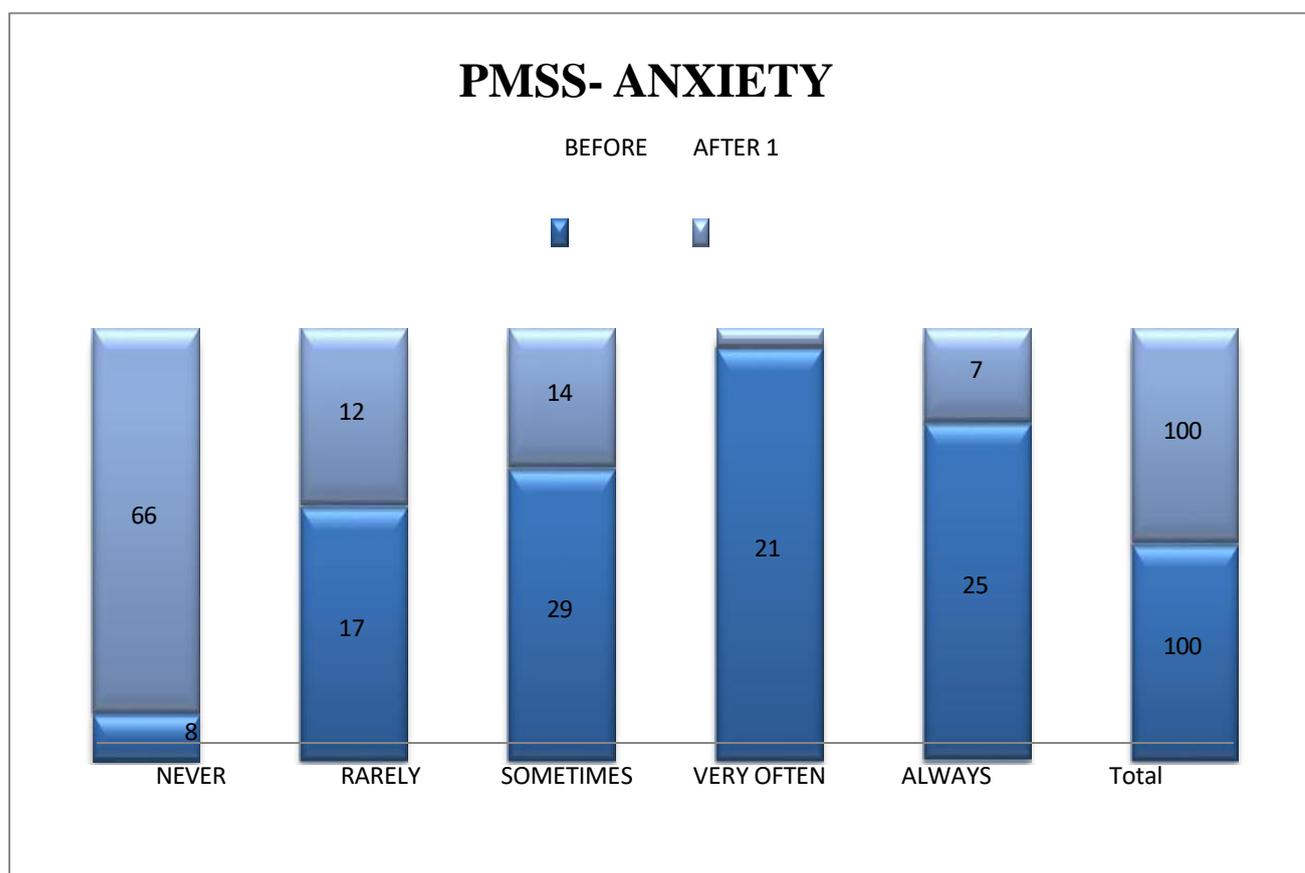
GRAPH NO. 5.29. PMSS- IRRITABILITY

TABLE NO. 5.30. IRRITABILITY SYMPTOM

ANXIETY SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	08	66
RARELY	17	12

SOMETIMES	29	14
VERY OFTEN	21	01
ALWAYS	25	07
Total	100	100

**OBSERVATION:** From table No. 5.30, it can be observed on the base of PMSS- ANXIETY SYMPTOM that the woman with sometimes experienced is maximally having 29 cases before & 14 cases after Treatment. While the women with never experienced is minimally having 08 case before & 66 case after Treatment. The woman with rarely experienced is having 17 cases before & 12 cases after Treatment. The woman with very often experienced is having 21 cases before & 01 case after Treatment. The woman with always experienced is having 25 cases before & 07 cases after Treatment.



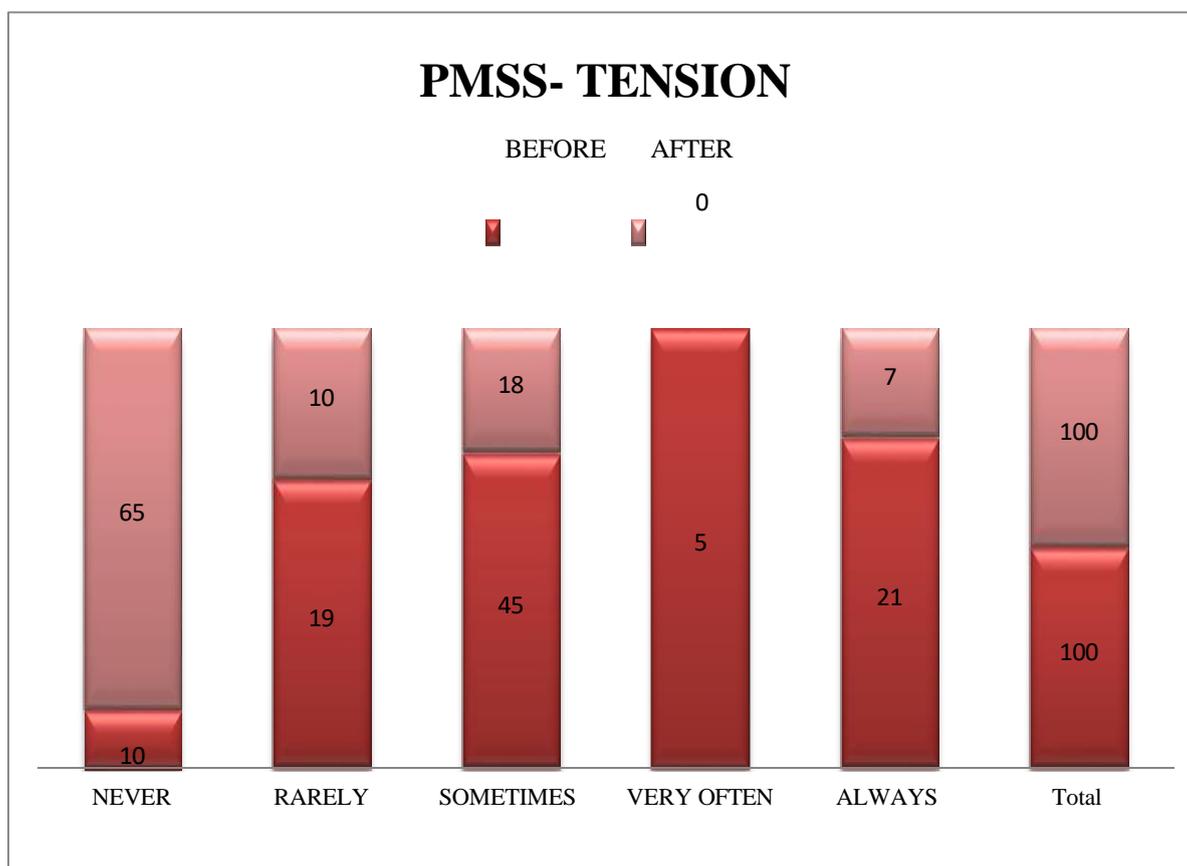
GRAPH NO. 5.30. PMSS- ANXIETY

TABLE NO. 5.31. ANXIETY SYMPTOM

TENSION SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	10	65
RARELY	19	10

SOMETIMES	45	18
VERY OFTEN	05	00
ALWAYS	21	07
Total	100	100

**OBSERVATION:** From table No. 5.31, it can be observed on the base of PMSS- TENSION SYMPTOM that the woman with sometimes experienced is maximally having 45 cases before & 18 cases after Treatment. While the women with very often experienced is minimally having 05 case before & 00 case after Treatment. The woman with never experienced is having 10 cases before & 65 cases after Treatment. The woman rarely with experienced is having 19 cases before & 10 case after Treatment. The woman with always experienced is having 21 cases before & 07 cases after Treatment.



GRAPH NO. 5.31. PMSS- TENSION

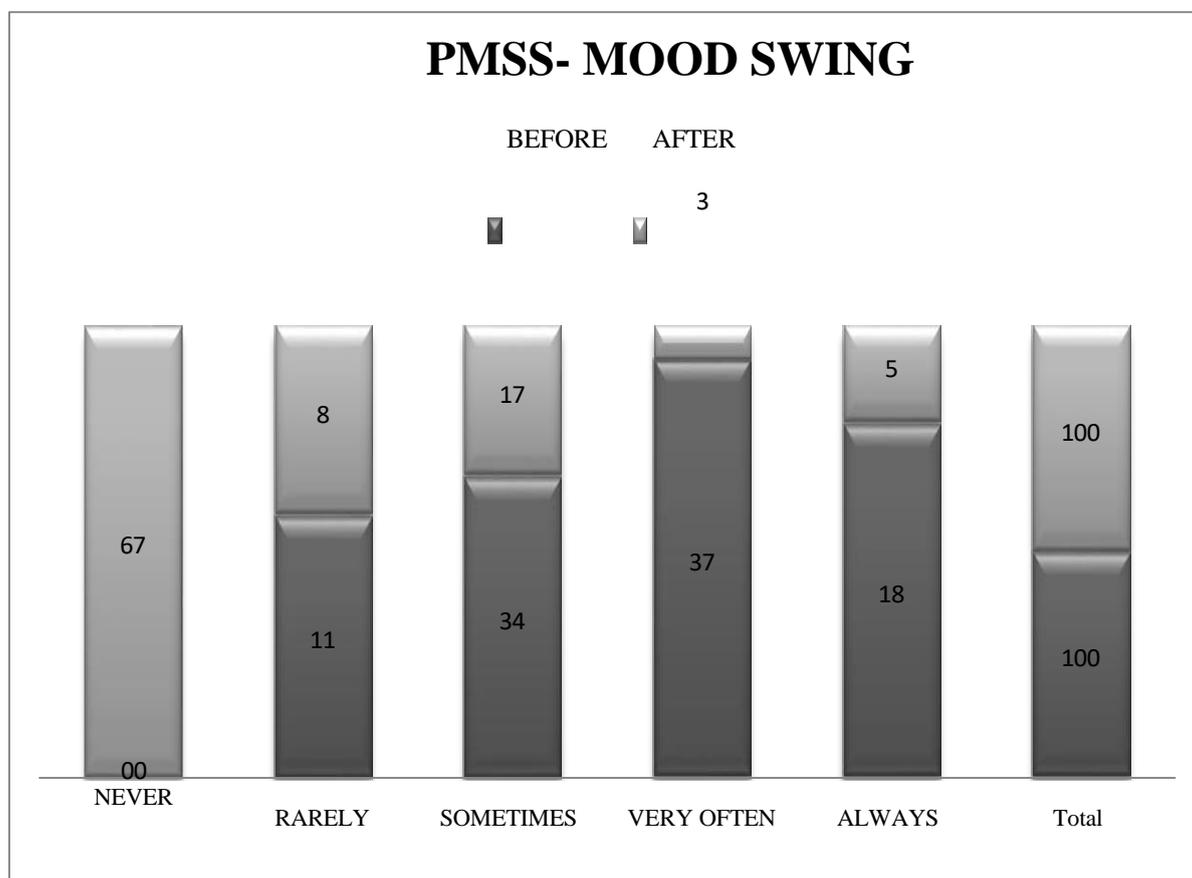
TABLE NO. 5.32. TENSION SYMPTOM

MOOD SWING SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	00	67
RARELY	11	08



SOMETIMES	34	17
VERY OFTEN	37	03
ALWAYS	18	05
Total	100	100

**OBSERVATION:** From table No. 5.32, it can be observed on the base of PMSS- MOOD SWING SYMPTOM that the woman with very often experienced is maximally having 37 cases before & 03 cases after Treatment. While the women with never experienced is minimally having 00 case before & 67 case after Treatment. The woman with rarely experienced is having 11 cases before & 08 cases after Treatment. The woman always with experienced is having 18 cases before & 05 case after Treatment. The woman sometimes with experienced is having 34 cases before & 17 cases after Treatment.



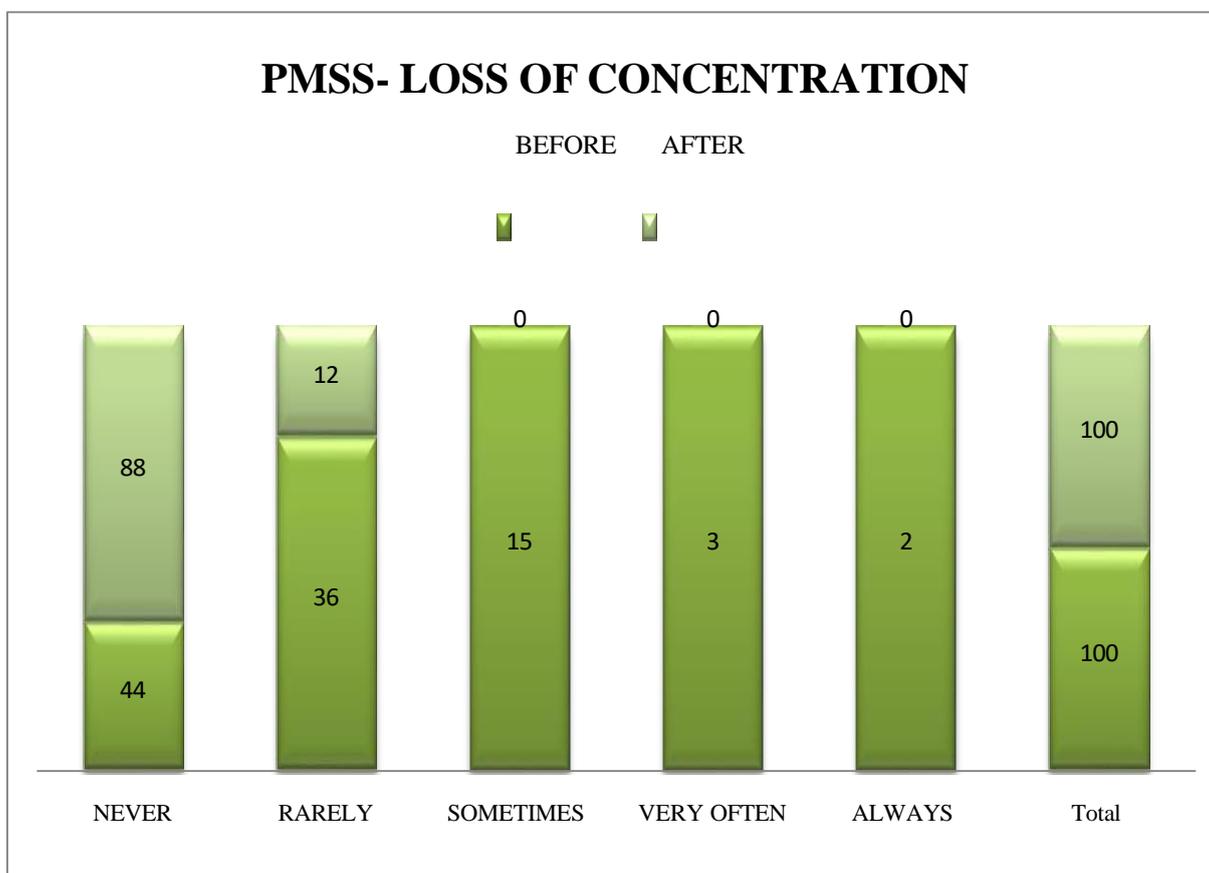
GRAPH NO. 5.32. PMSS- MOOD SWING

TABLE NO. 5.33. MOOD SWING SYMPTOM

LOSS OF CONCENTRATION SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	44	88
RARELY	36	12

SOMETIMES	15	00
VERY OFTEN	03	00
ALWAYS	02	00
Total	100	100

**OBSERVATION:** From table No. 5.33, it can be observed on the base of PMSS- LOSS OF CONCENTRATION SYMPTOM that the woman with never experienced is maximally having 44 cases before & 88 cases after Treatment. While the women with always experienced is minimally having 02 case before & 00 case after Treatment. The woman with very often experienced is having 03 cases before & 00 cases after Treatment. The woman sometimes with experienced is having 15 cases before & 00 case after Treatment. The woman with rarely experienced is having 36 cases before & 12 cases after Treatment.



GRAPH NO. 5.33. PMSS- LOSS OF CONCENTRATION

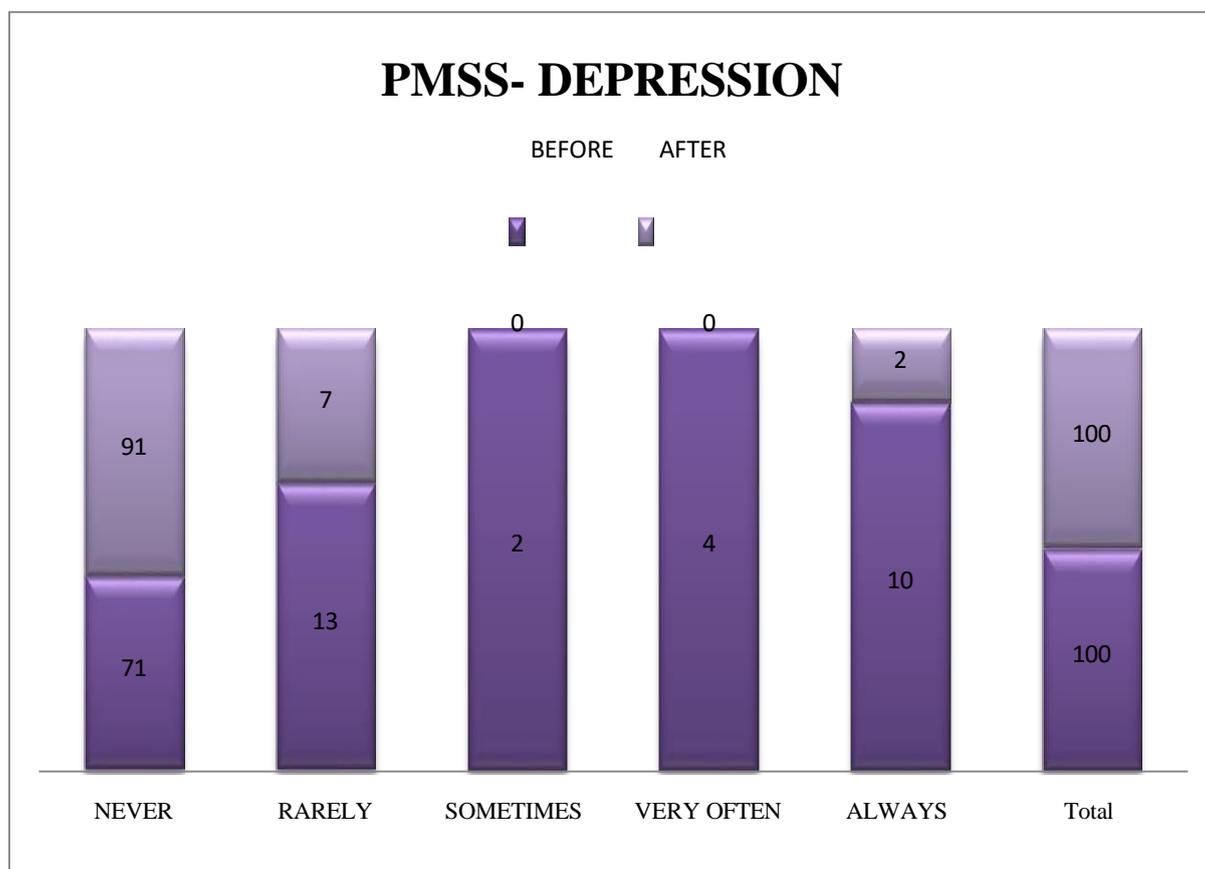
TABLE NO. 5.34. LOSS OF CONCENTRATION SYMPTOM

DEPRESSION SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	71	91
RARELY	13	07



SOMETIMES	02	00
VERY OFTEN	04	00
ALWAYS	10	02
Total	100	100

**OBSERVATION:** From table No. 5.34, it can be observed on the base of PMSS- DEPRESSION SYMPTOM that the woman with never experienced is maximally having 71 cases before & 91 cases after Treatment. While the women with sometimes experienced is minimally having 02 case before & 00 case after Treatment. The woman with very often experienced is having 04 cases before & 00 cases after Treatment. The woman with always experienced is having 10 cases before & 02 case after Treatment. The woman with rarely experienced is having 13 cases before & 07 cases after Treatment.



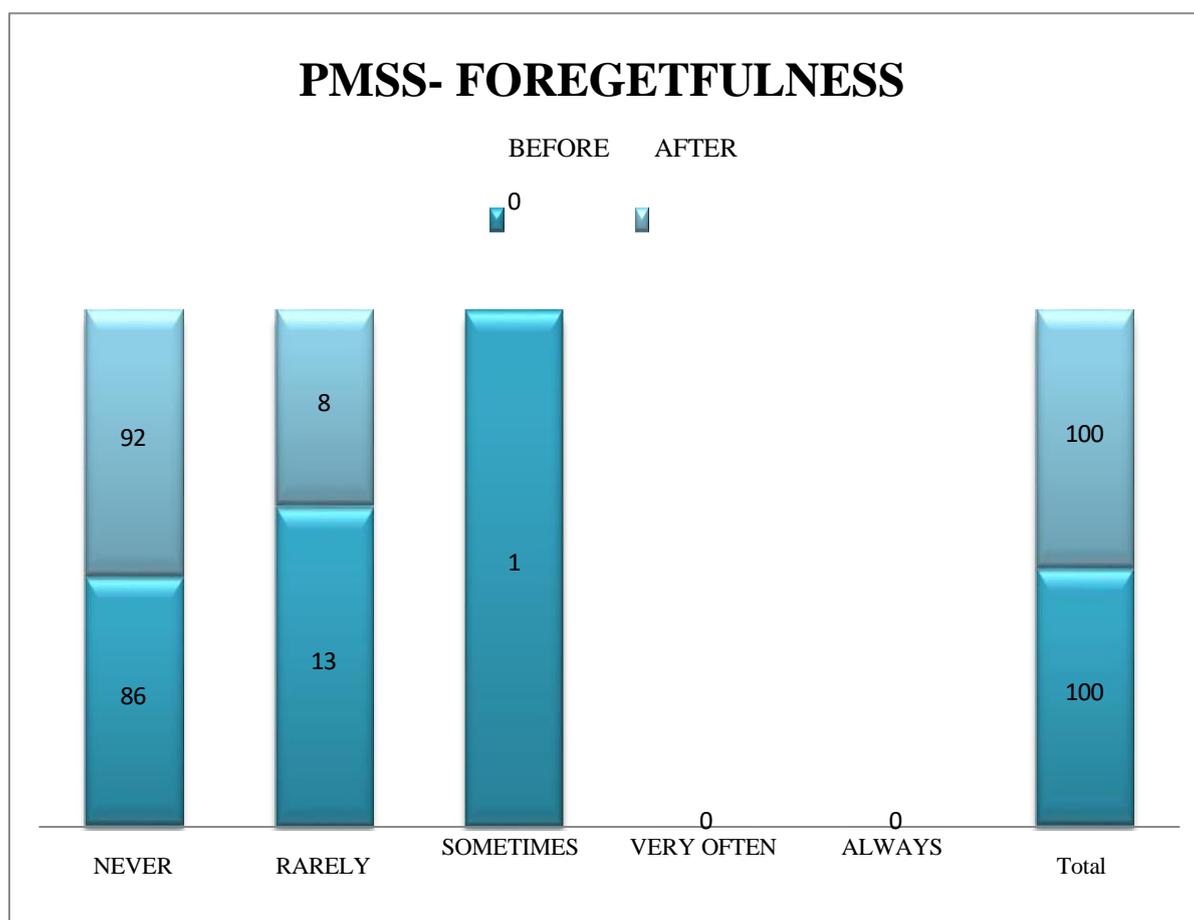
**GRAPH NO. 5.34. PMSS- DEPRESSION**

**TABLE NO. 5.35. DEPRESSION SYMPTOM**

FOREGETFULNESS SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	86	92
RARELY	13	08

SOMETIMES	01	00
VERY OFTEN	00	00
ALWAYS	00	00
Total	100	100

**OBSERVATION:** From table No. 5.35, it can be observed on the base of PMSS- FOREGETFULNESS SYMPTOM that the woman with never experienced is maximally having 86 cases before & 92 cases after Treatment. While the women with very often & always experienced is minimally having 00 cases before & 00 cases after Treatment. The woman with sometimes experienced is having 01 case before & 00 cases after Treatment. The woman with rarely experienced is having 13 cases before & 08 cases after Treatment.



GRAPH NO. 5.35. PMSS- FOREGETFULNESS

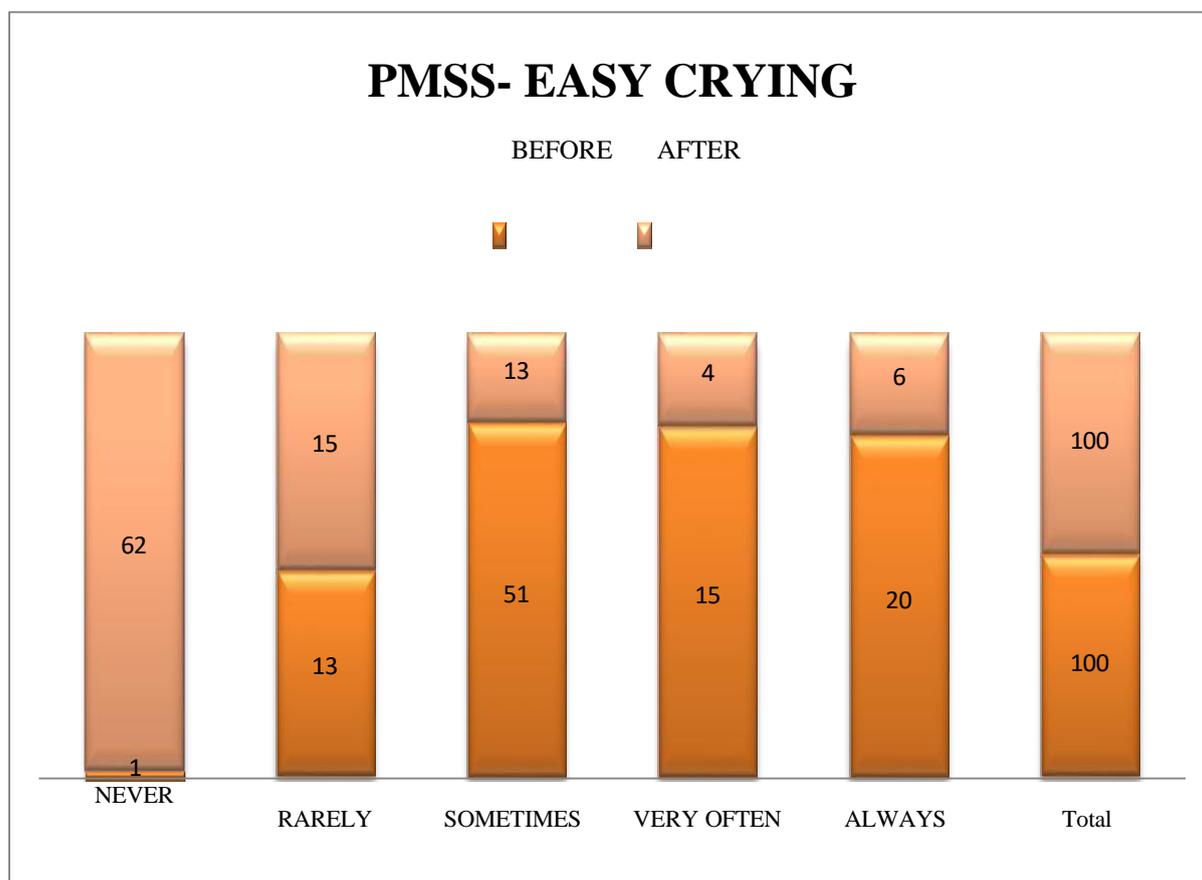
TABLE NO. 5.36. FOREGETFULNESS SYMPTOM

EASY CRYING SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	01	62
RARELY	13	15



SOMETIMES	51	13
VERY OFTEN	15	04
ALWAYS	20	06
Total	100	100

**OBSERVATION:** From table No. 5.36, it can be observed on the base of PMSS- EASY CRYING SYMPTOM that the woman with sometimes experienced is maximally having 51 cases before & 13 cases after Treatment. While the women with never experienced is minimally having 01 case before & 62 cases after Treatment. The woman with rarely experienced is having 13 case before & 15 cases after Treatment. The woman with very often experienced is having 15 cases before & 04 cases after Treatment. The woman with always experienced is having 20 cases before & 06 cases after Treatment.



GRAPH NO. 5.36. PMSS- EASY CRYING

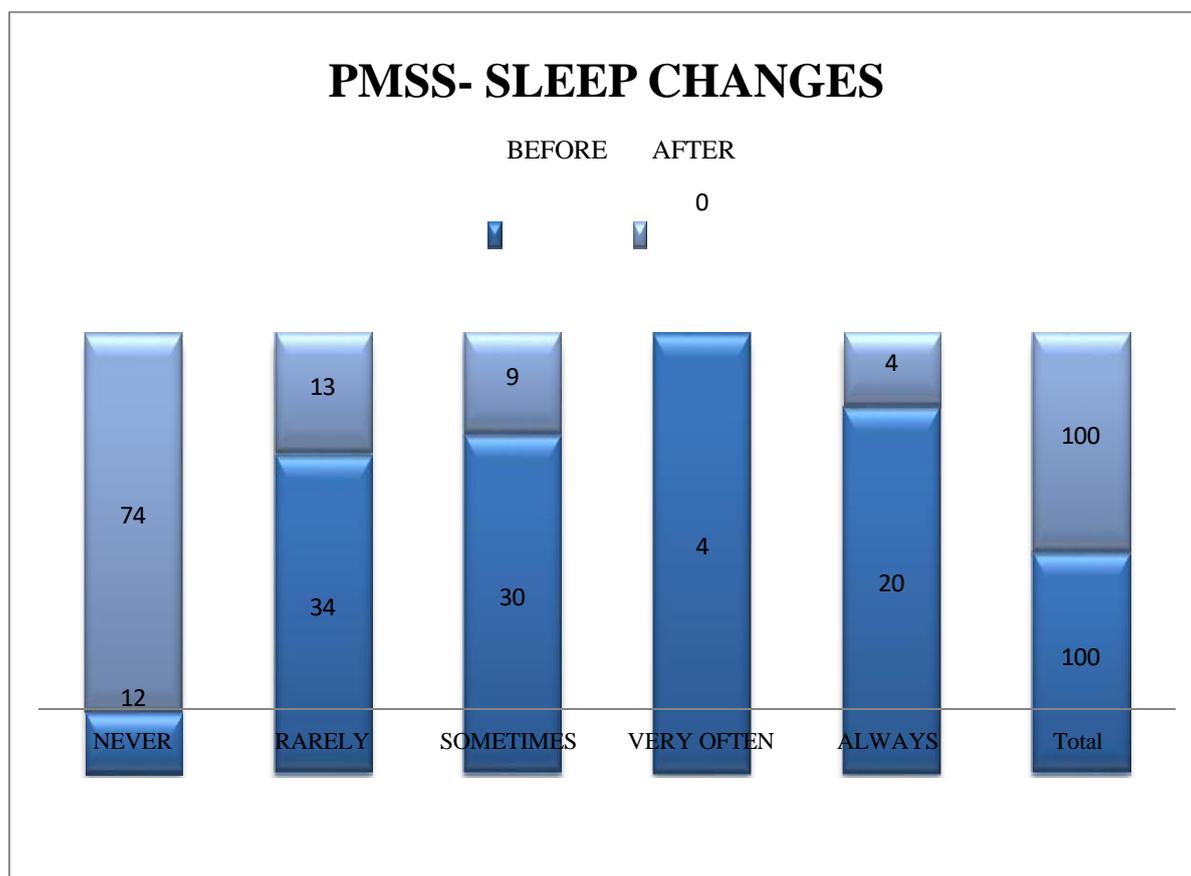
TABLE NO. 5.37. EASY CRYING SYMPTOM

SLEEP CHANGES SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	12	74
RARELY	34	13



SOMETIMES	30	09
VERY OFTEN	04	00
ALWAYS	20	04
Total	100	100

**OBSERVATION:** From table No. 5.37, it can be observed on the base of PMSS- SLEEP CHANGES SYMPTOM that the woman with rarely experienced is maximally having 34 cases before & 13 cases after Treatment. While the women with very often experienced is minimally having 04 cases before & 00 cases after Treatment. The woman with always experienced is having 20 case before & 04 cases after Treatment. The woman with sometimes experienced is having 30 cases before & 09 cases after Treatment. The woman with never experienced is having 12 cases before & 74 cases after Treatment.



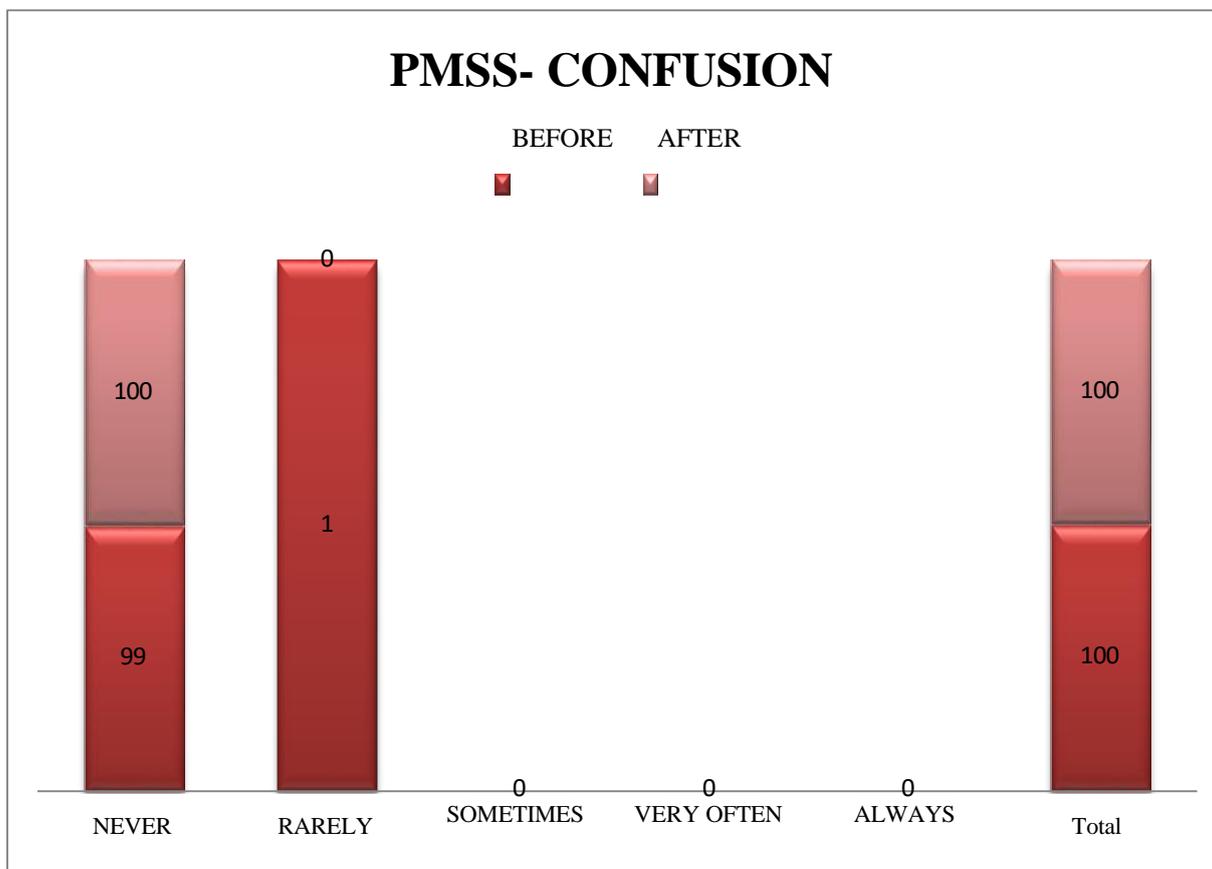
GRAPH NO. 5.37. PMSS- SLEEP CHANGES

TABLE NO. 5.38. SLEEP CHANGES SYMPTOM

CONFUSION SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	99	100
RARELY	01	00

SOMETIMES	00	00
VERY OFTEN	00	00
ALWAYS	00	00
Total	100	100

**OBSERVATION:** From table No. 5.38, it can be observed on the base of PMSS- CONFUSION SYMPTOM that the woman with never experienced is maximally having 99 cases before & 100 cases after Treatment. While the women with sometimes, very often & always experienced is minimally having 00 cases before & 00 cases after Treatment. The woman rarely with experienced is having 01 cases before & 00 cases after Treatment.



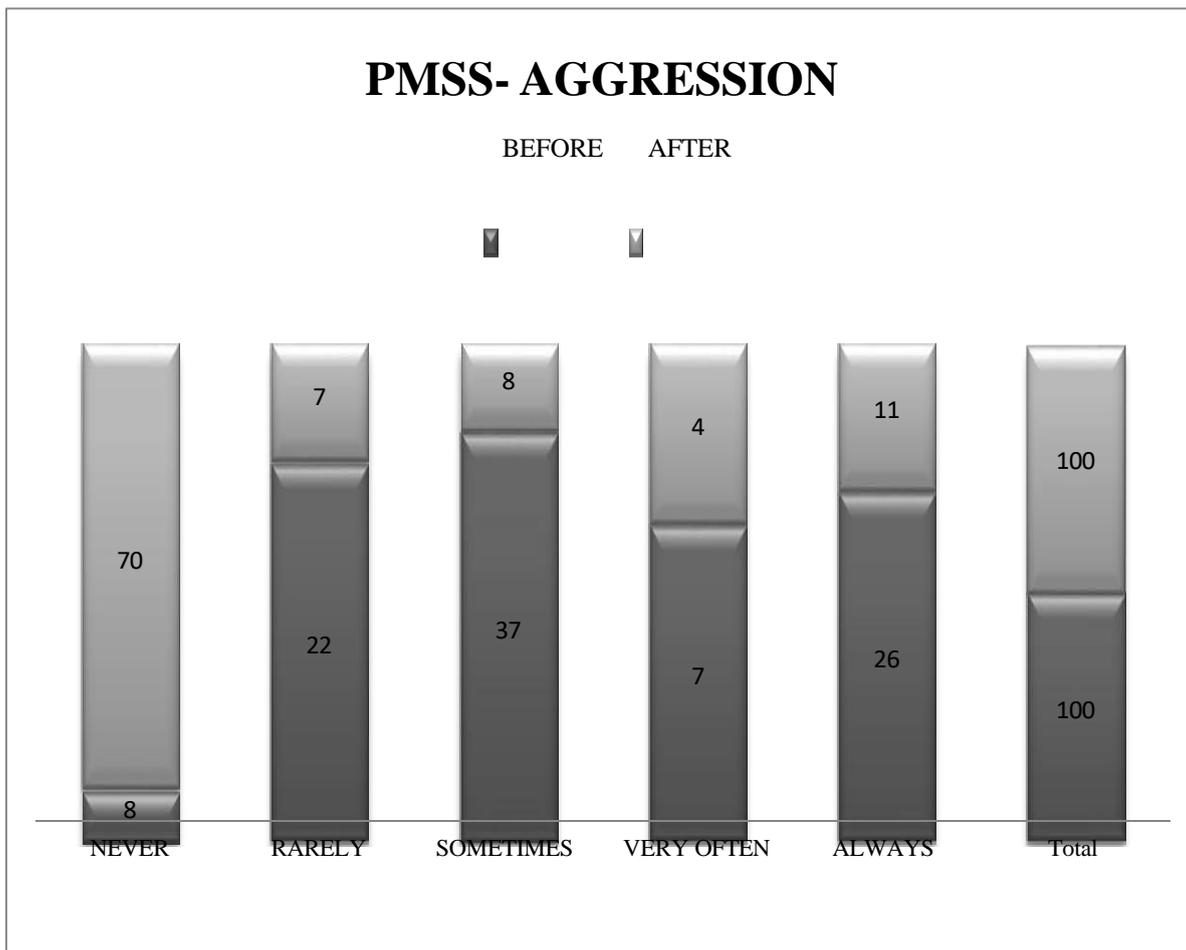
GRAPH NO. 5.38. PMSS- CONFUSION

TABLE NO. 5.39. CONFUSION SYMPTOM

AGGRESSION SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	08	70
RARELY	22	07
SOMETIMES	37	08

VERY OFTEN	07	04
ALWAYS	26	11
Total	100	100

**OBSERVATION:** From table No. 5.39, it can be observed on the base of PMSS- AGGRESSION SYMPTOM that the woman with sometimes experienced is maximally having 37 cases before & 08 cases after Treatment. While the women with very often experienced is minimally having 07 cases before & 04 cases after Treatment. The woman with never experienced is having 08 case before & 70 cases after Treatment. The woman with rarely experienced is having 22 cases before & 07 cases after Treatment. The woman with always experienced is having 26 cases before & 11 cases after Treatment.



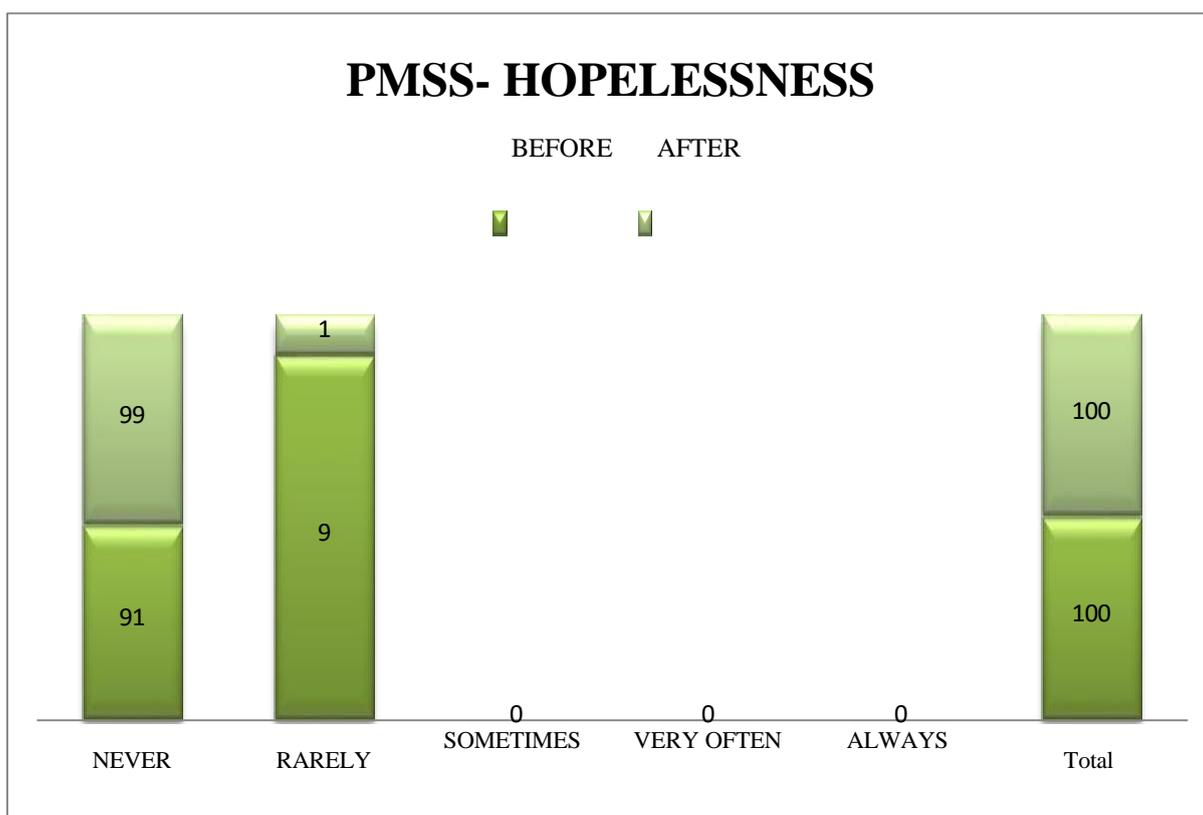
**TABLE NO. 5.40. PMSS- HOPELESSNESS**

TABLE NO. 5.40. AGGRESSION SYMPTOM

HOPELESSNESS SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	91	99
RARELY	09	01

SOMETIMES	00	00
VERY OFTEN	00	00
ALWAYS	00	00
Total	100	100

**OBSERVATION:** From table No. 5.40, it can be observed on the base of PMSS- HOPELESSNESS SYMPTOM that the woman with never experienced is maximally having 91 cases before & 99 cases after Treatment. While the women with sometimes, very often & always experienced is minimally having 00 cases before & 00 cases after Treatment. The woman with experienced is having 08 case before & 70 cases after Treatment. The woman with rarely experienced is having 09 cases before & 01 cases after Treatment.



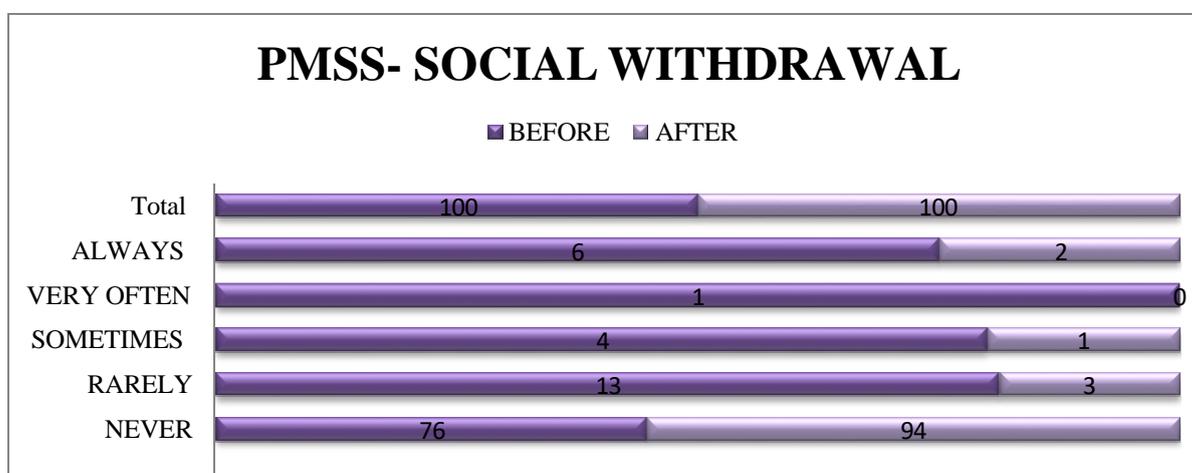
GRAPH NO. 5.40. PMSS- HOPELESSNESS

TABLE NO. 5.41. HOPELESSNESS SYMPTOM

SOCIAL WITHDRAWAL SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	76	94
RARELY	13	03
SOMETIMES	04	01

VERY OFTEN	01	00
ALWAYS	06	02
Total	100	100

**OBSERVATION:** From table No. 5.41, it can be observed on the base of PMSS- SOCIAL WITHDRAWAL SYMPTOM that the woman with never experienced is maximally having 76 cases before & 94 cases after Treatment. While the women with very often experienced is minimally having 01 cases before & 00 cases after Treatment. The woman with sometimes experienced is having 04 case before & 01 cases after Treatment. The woman with always experienced is having 06 cases before & 02 cases after Treatment. The woman with rarely experienced is having 13 cases before & 03 cases after Treatment.



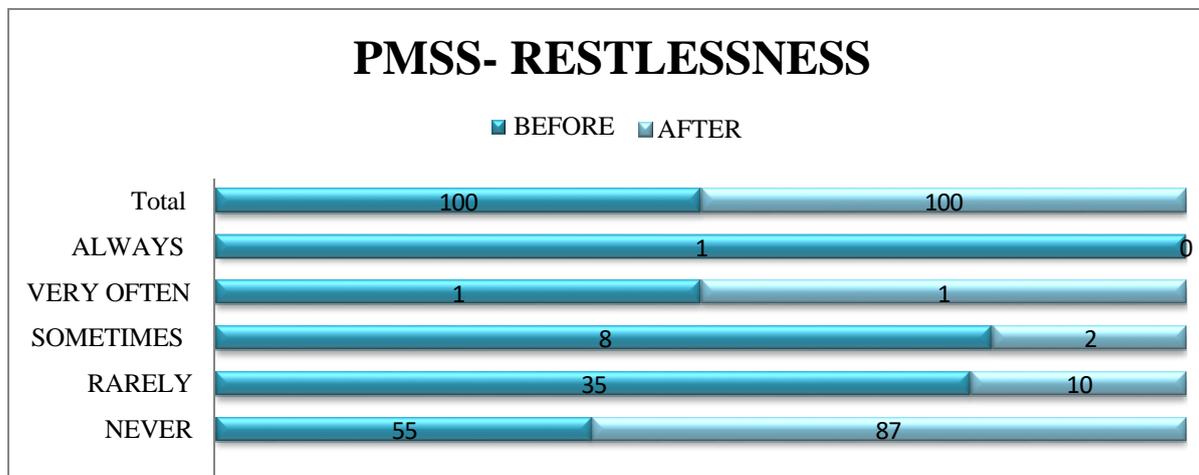
**GRAPH NO. 5.41. PMSS- SOCIAL WITHDRAWAL**

**TABLE NO. 5.42. PMSS- RESTLESSNESS**

RESTLESSNESS SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	55	87
RARELY	35	10
SOMETIMES	08	02
VERY OFTEN	01	01
ALWAYS	01	00
Total	100	100

**OBSERVATION:** From table No. 5.42, it can be observed on the base of PMSS- RESTLESSNESS SYMPTOM

that the woman with never experienced is maximally having 55 cases before & 87 cases after Treatment. While the women with very often experienced is minimally having 01 cases before & 01 cases after Treatment. The woman with always experienced is having 01 case before & 01 cases after Treatment. The woman sometimes with rarely experienced is having 08 cases before & 02 cases after Treatment. The woman rarely with rarely experienced is having 35 cases before & 10 cases after Treatment.

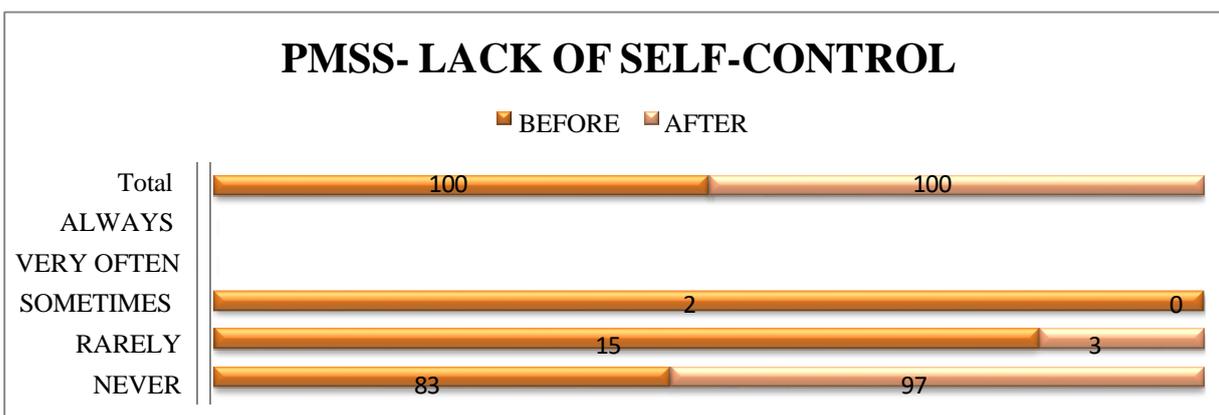


GRAPH NO. 5.42. PMSS- RESTLESSNESS

TABLE NO. 5.43. PMSS- LACK OF SELF-CONTROL

LACK OF SELF-CONTROL SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	83	97
RARELY	15	03
SOMETIMES	02	00
VERY OFTEN	00	00
ALWAYS	00	00
Total	100	100

**OBSERVATION:** From table No. 5.43, it can be observed on the base of PMSS- LACK OF SELF-CONTROL SYMPTOM that the woman with never experienced is maximally having 83 cases before & 97 cases after Treatment. While the women with very often & always experienced is minimally having 00 cases before & 00 cases after Treatment. The woman sometimes with rarely experienced is having 02 cases before & 00 cases after Treatment. The woman rarely with rarely experienced is having 15 cases before & 03 cases after Treatment.



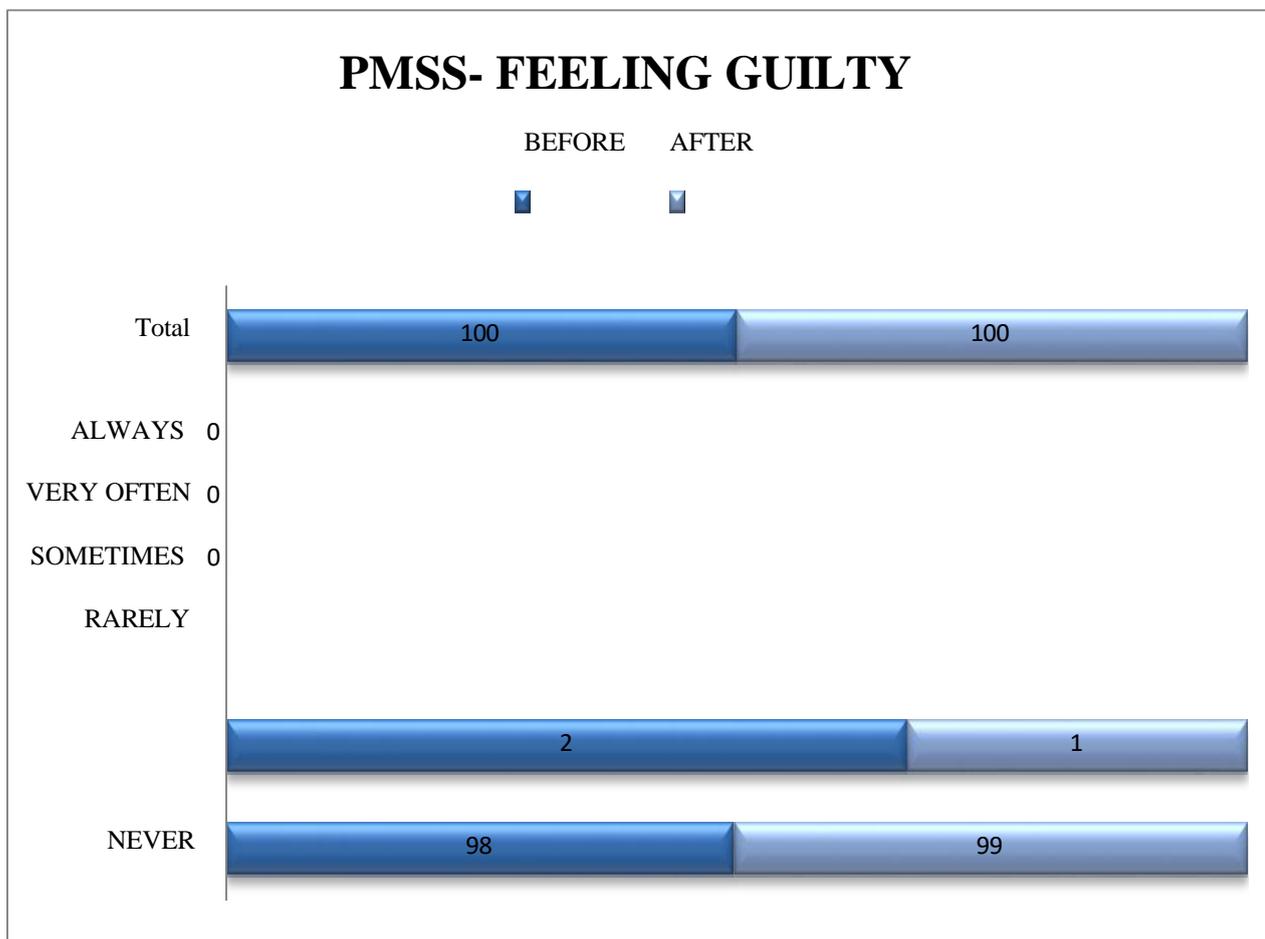
GRAPH NO. 5.43. PMSS- LACK OF SELF-CONTROL



TABLE NO. 5.44. PMSS- FEELING GUILTY

FEELING GUILTY SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	98	99
RARELY	02	01
SOMETIMES	00	00
VERY OFTEN	00	00
ALWAYS	00	00
Total	100	100

**OBSERVATION:** From table No. 5.44, it can be observed on the base of PMSS- FEELING GUILTY SYMPTOM that the woman with never experienced is maximally having 98 cases before & 99 cases after Treatment. While the women with sometimes, very often & always experienced is minimally having 00 cases before & 00 cases after Treatment. The woman rarely with rarely experienced is having 02 cases before & 01 cases after Treatment.

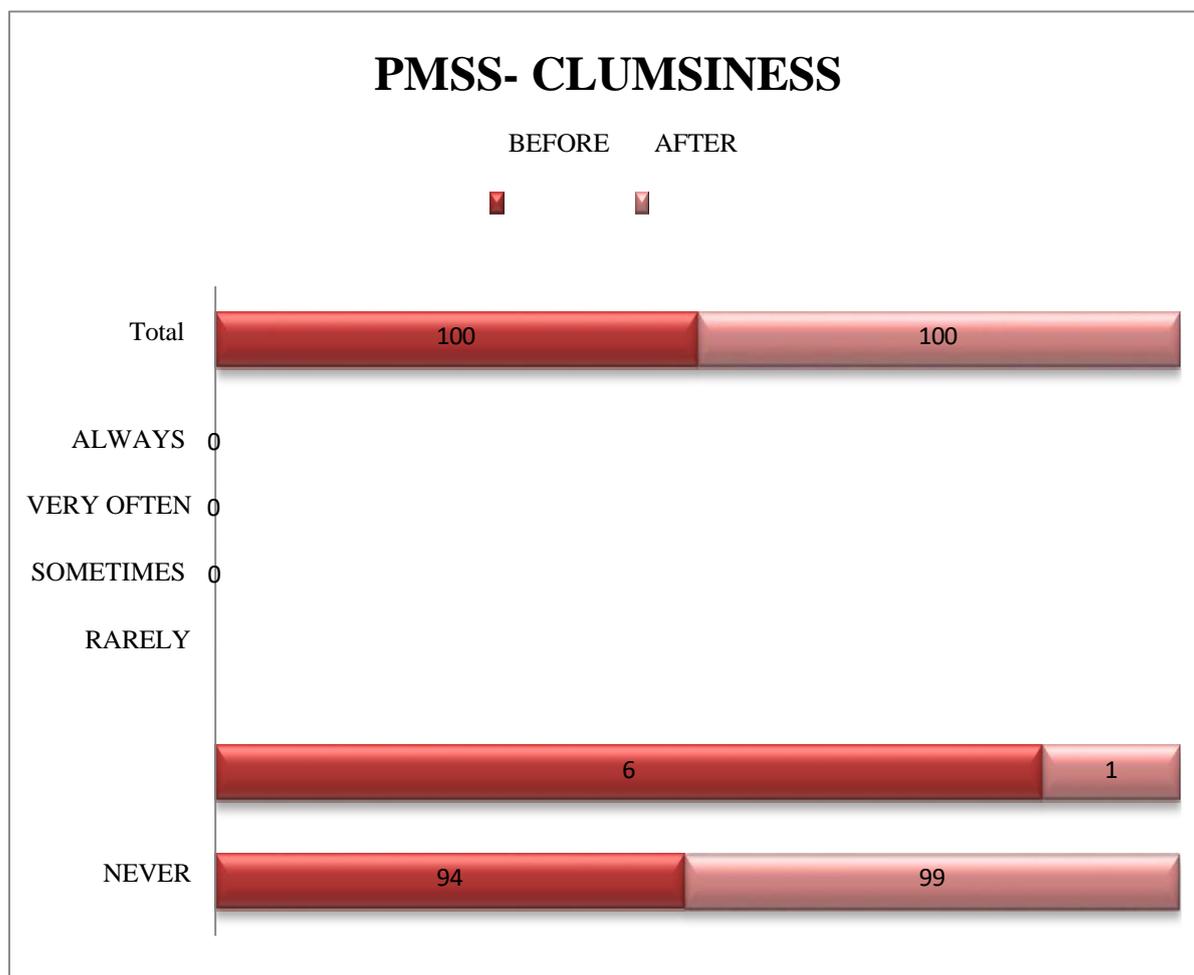


GRAPH NO. 5.44. PMSS- FEELING GUILTY

TABLE NO. 5.45. PMSS- CLUMSINESS

CLUMSINESS SYMPTOME	BEFORE TREATMENT	AFTER TREATMENT
NEVER	94	99
RARELY	06	01
SOMETIMES	00	00
VERY OFTEN	00	00
ALWAYS	00	00
Total	100	100

**OBSERVATION:** From table No. 5.45, it can be observed on the base of PMSS- CLUMSINESS SYMPTOME that the woman with never experienced is maximally having 94 cases before & 99 cases after Treatment. While the women with sometimes, very often & always experienced is minimally having 00 cases before & 00 cases after Treatment. The woman rarely with rarely experienced is having 06 cases before & 01 cases after Treatment.



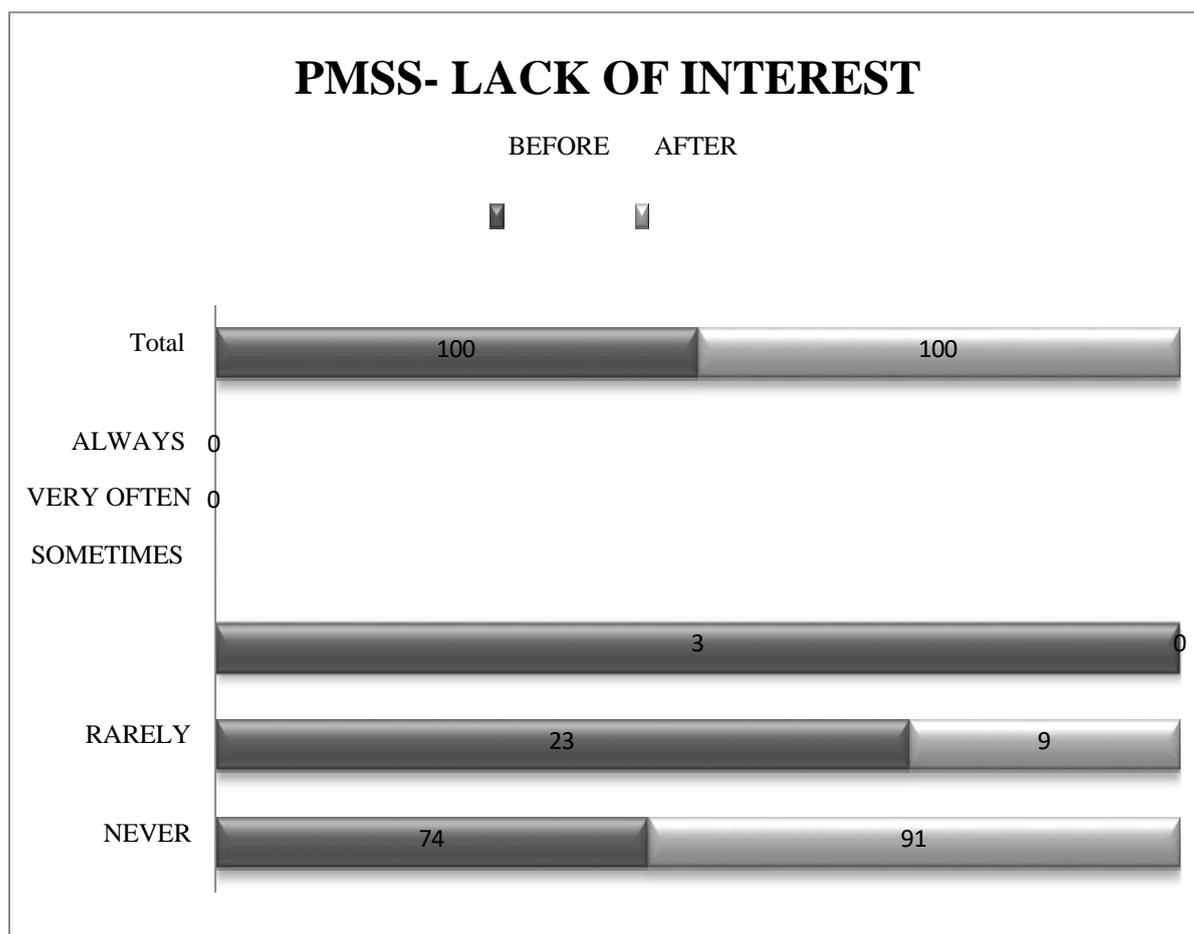
GRAPH NO. 5.45. PMSS- CLUMSINESS



TABLE NO. 5.46. PMSS- LACK OF INTEREST

LACK OF INTEREST SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	74	91
RARELY	23	09
SOMETIMES	03	00
VERY OFTEN	00	00
ALWAYS	00	00
Total	100	100

**OBSERVATION:** From table No. 5.46, it can be observed on the base of PMSS- LACK OF INTEREST SYMPTOME that the woman with never experienced is maximally having 74 cases before & 91 cases after Treatment. While the women with very often & always experienced is minimally having 00 cases before & 00 cases after Treatment. The woman with sometimes experienced is having 03 cases before & 00 cases after Treatment. The woman with rarely experienced is having 23 cases before & 09 cases after Treatment.



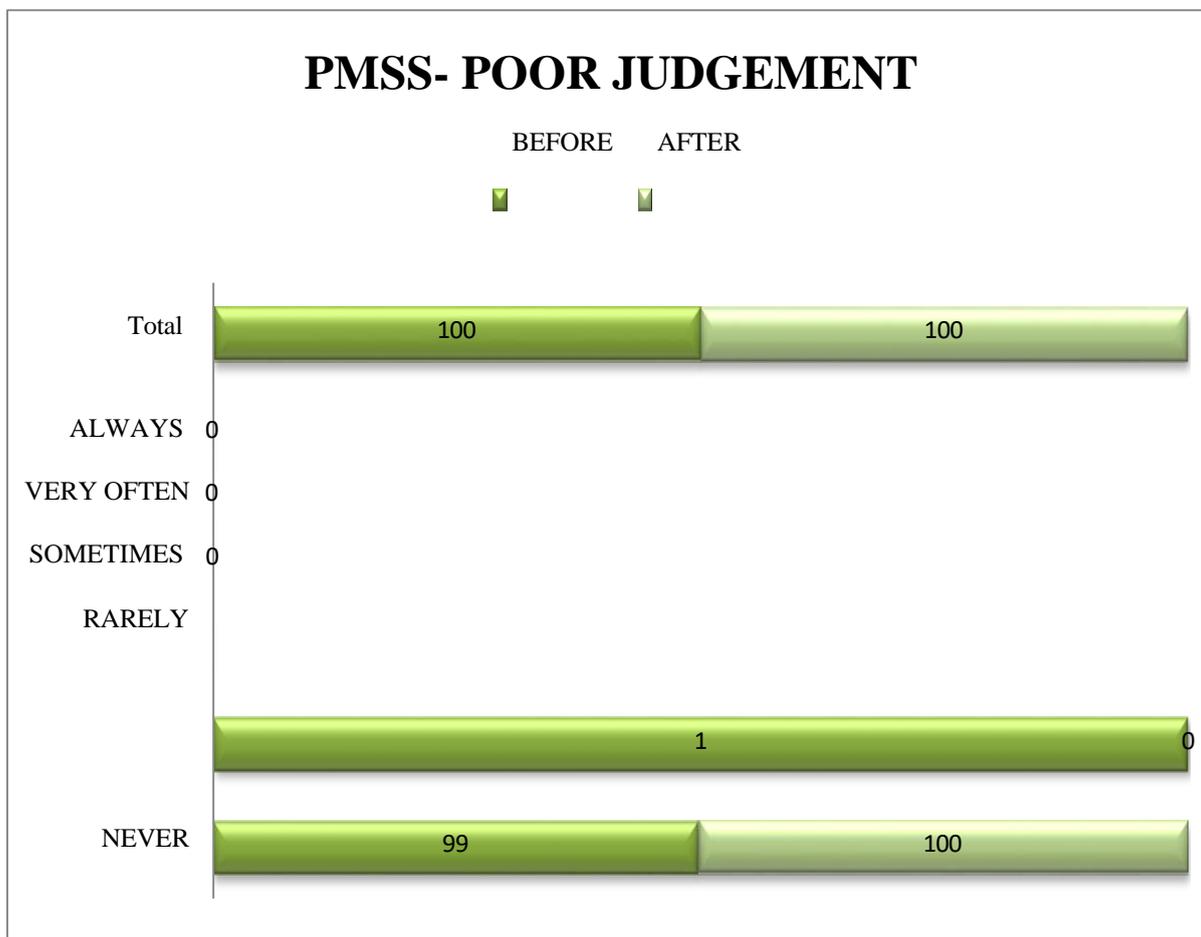
GRAPH NO. 5.46. PMSS- LACK OF INTEREST



TABLE NO. 5.47. PMSS- POOR JUDGEMENT

POOR JUDGEMENT SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	99	100
RARELY	01	00
SOMETIMES	00	00
VERY OFTEN	00	00
ALWAYS	00	00
Total	100	100

**OBSERVATION:** From table No. 5.47, it can be observed on the base of PMSS- POOR JUDGEMENT SYMPTOM that the woman with never experienced is maximally having 99 cases before & 100 cases after Treatment. While the women with sometimes, very often & always experienced is minimally having 00 cases before & 00 cases after Treatment. The woman with rarely experienced is having 01 case before & 00 cases after Treatment.

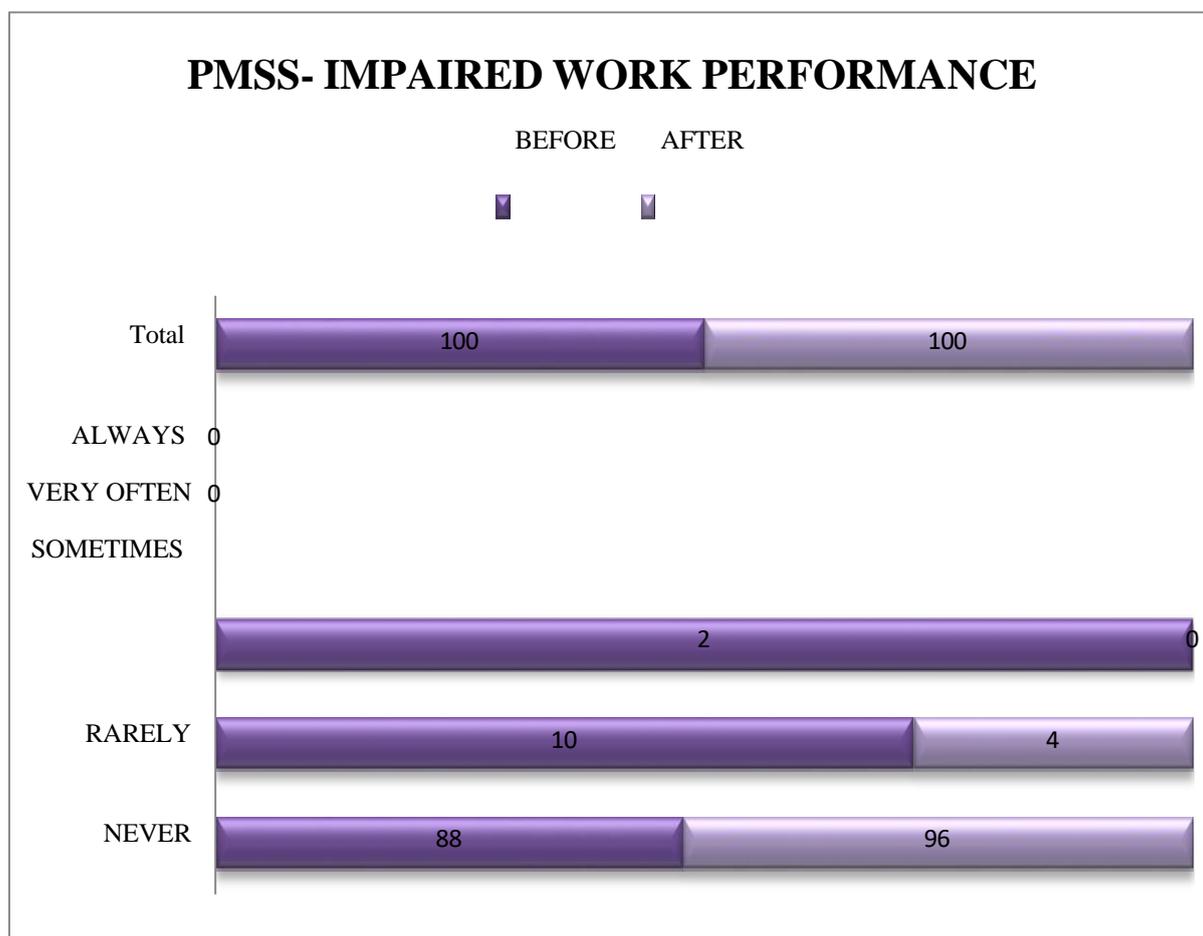


GRAPH NO. 5.47. PMSS- POOR JUDGEMENT

TABLE NO. 5.48. PMSS- IMPAIRED WORK PERFORMANCE

IMPAIRED WORK PERFORMANCE SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	88	96
RARELY	10	04
SOMETIMES	02	00
VERY OFTEN	00	00
ALWAYS	00	00
Total	100	100

**OBSERVATION:** From table No. 5.48, it can be observed on the base of PMSS- IMPAIRED WORK PERFORMANCE SYMPTOM that the woman with never experienced is maximally having 88 cases before & 96 cases after Treatment. While the women with very often & always experienced is minimally having 00 cases before & 00 cases after Treatment. The woman with sometimes experienced is having 02 cases before & 00 cases after Treatment. The woman with rarely experienced is having 10 cases before & 04 cases after Treatment.

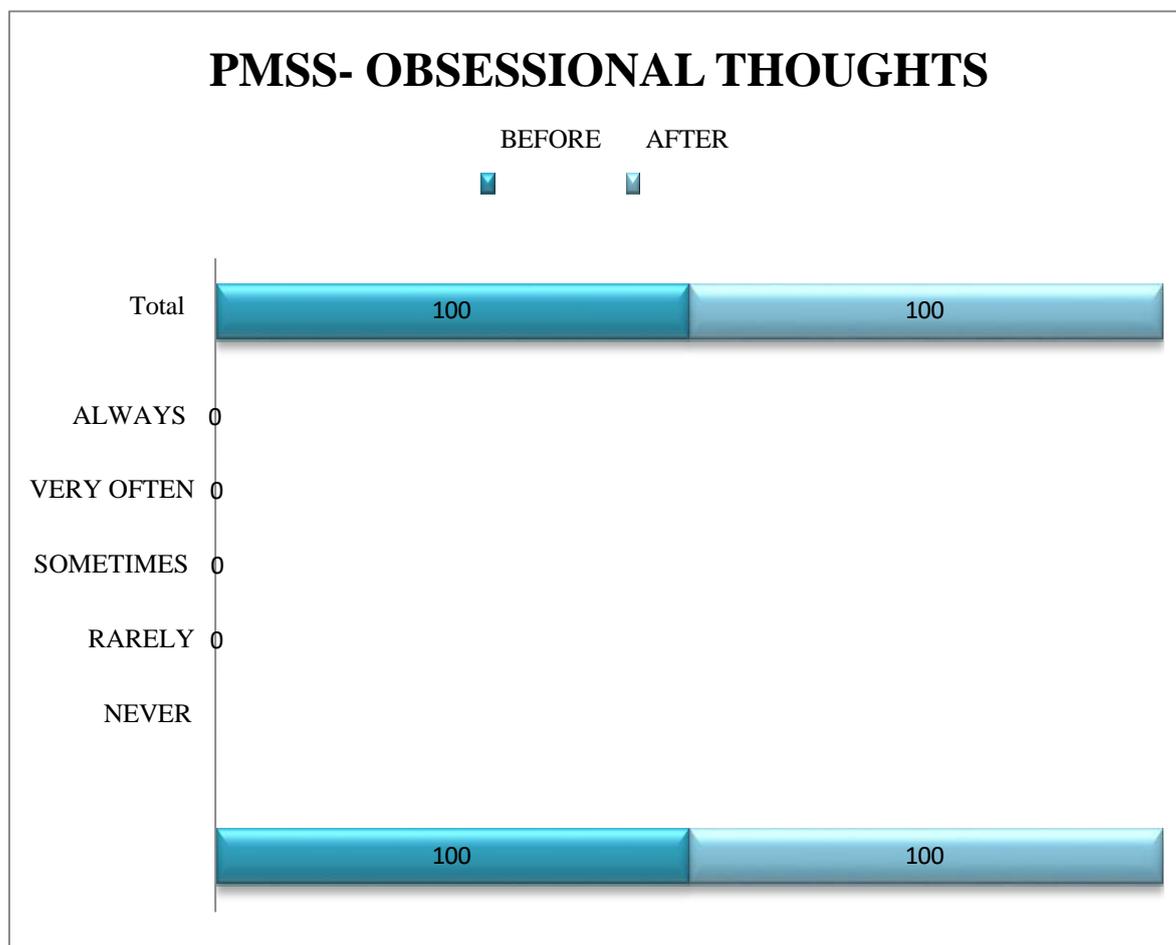


GRAPH NO. 5.48. PMSS- IMPAIRED WORK PERFORMANCE

TABLE NO. 5.49. PMSS- OBSESSONAL THOUGHTS

OBSESSONAL THOUGHTS SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	100	100
RARELY	00	00
SOMETIMES	00	00
VERY OFTEN	00	00
ALWAYS	00	00
Total	100	100

**OBSERVATION:** From table No. 5.49, it can be observed on the base of PMSS- OBSESSONAL THOUGHTS SYMPTOM that the woman with never experienced is maximally having 100 cases before & 100 cases after Treatment. While the women with rarely, sometimes, very often & always experienced is minimally having 00 cases before & 00 cases after Treatment.



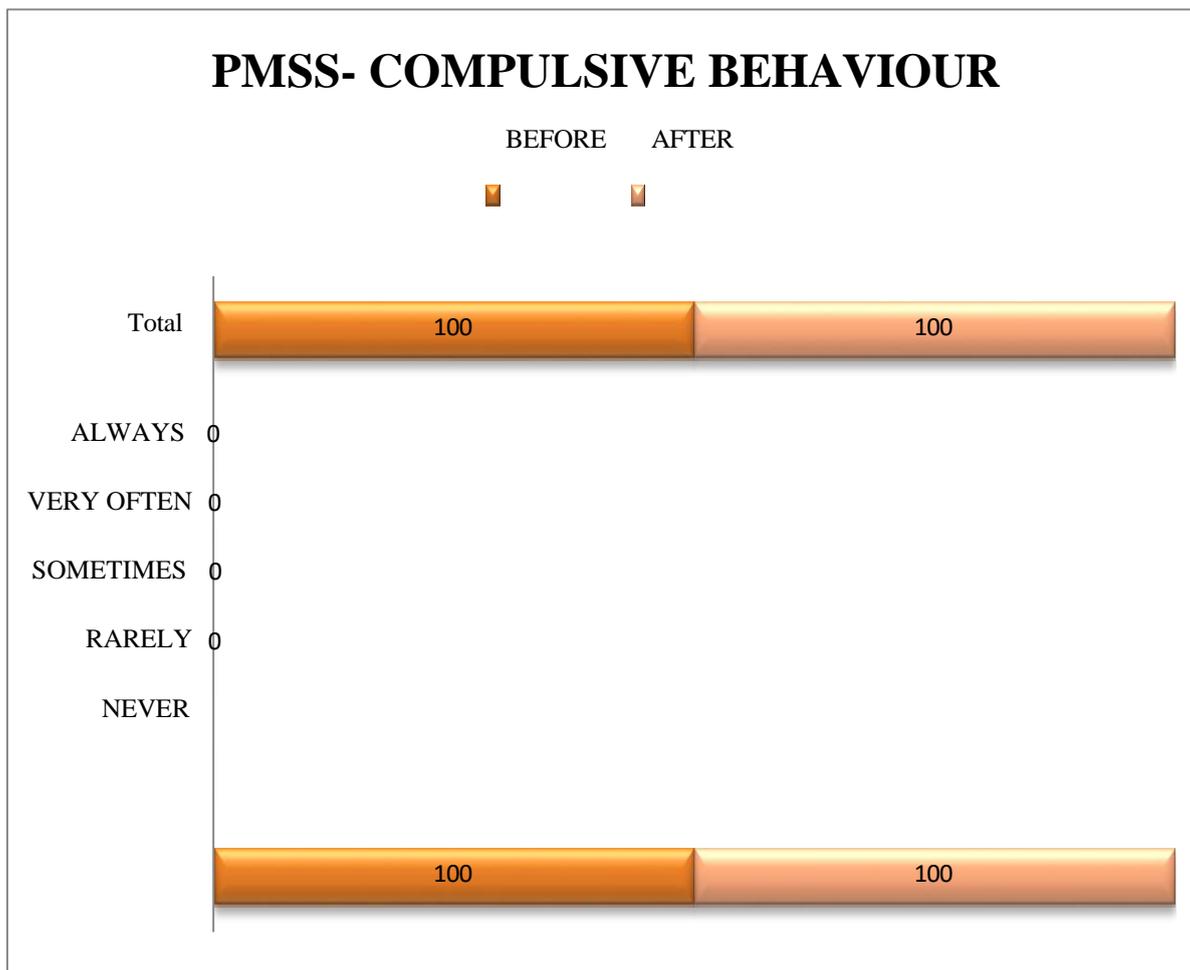
GRAPH NO. 5.49. PMSS- OBSESSONAL THOUGHTS



TABLE NO. 5.50. PMSS- COMPULSIVE BEHAVIOUR

COMPULSIVE BEHAVIOUR SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	100	100
RARELY	00	00
SOMETIMES	00	00
VERY OFTEN	00	00
ALWAYS	00	00
Total	100	100

**OBSERVATION:** From table No. 5.50, it can be observed on the base of PMSS- COMPULSIVE BEHAVIOUR SYMPTOM that the woman with never experienced is maximally having 100 cases before & 100 cases after Treatment. While the women with rarely, sometimes, very often & always experienced is minimally having 00 cases before & 00 cases after Treatment.



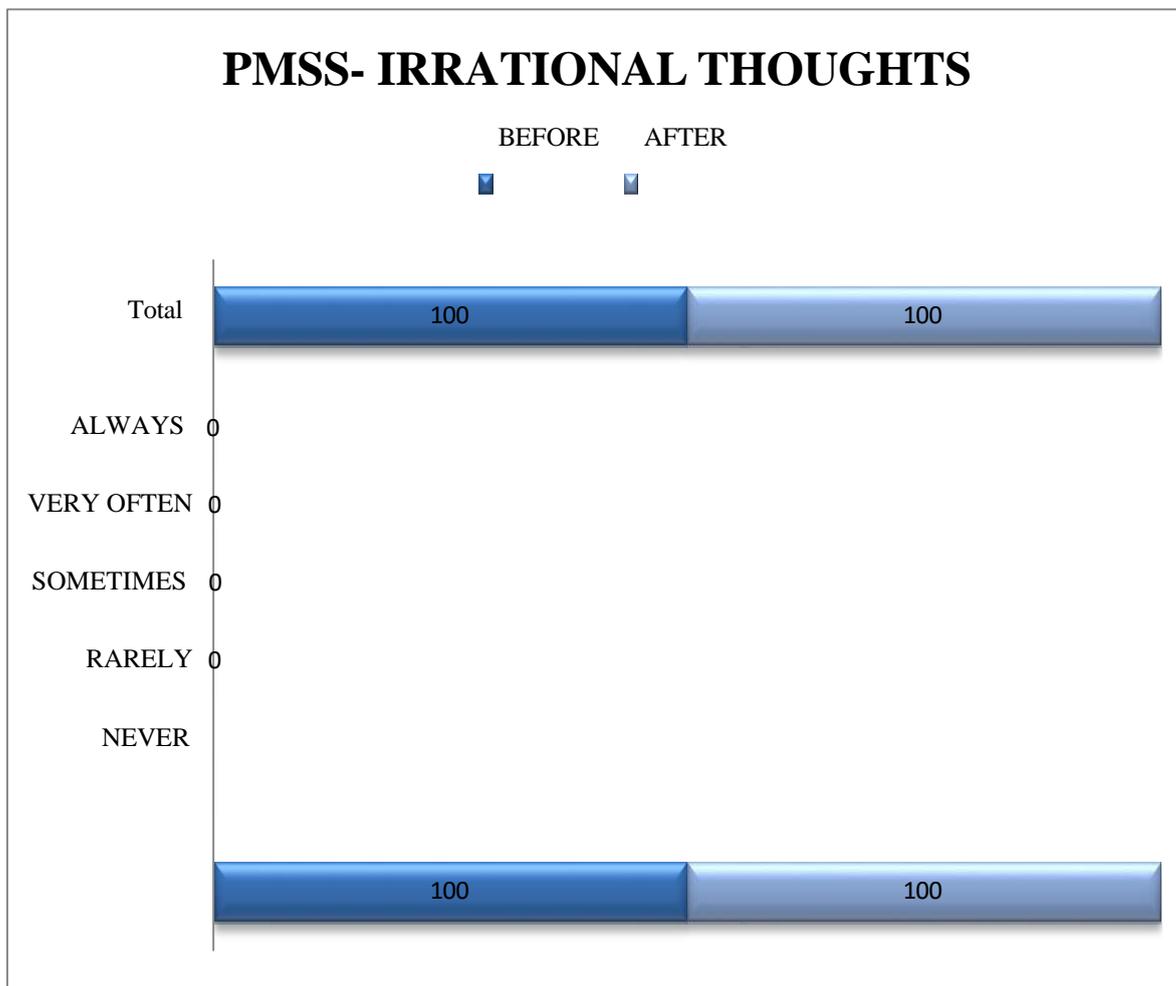
GRAPH NO. 5.50. PMSS- COMPULSIVE BEHAVIOUR



TABLE NO. 5.51. PMSS- IRRATIONAL THOUGHTS

IRRATIONAL THOUGHTS SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	100	100
RARELY	00	00
SOMETIMES	00	00
VERY OFTEN	00	00
ALWAYS	00	00
Total	100	100

**OBSERVATION:** From table No. 5.51, it can be observed on the base of PMSS- IRRATIONAL THOUGHTS SYMPTOM that the woman with never experienced is maximally having 100 cases before & 100 cases after Treatment. While the women with rarely, sometimes, very often & always experienced is minimally having 00 cases before & 00 cases after Treatment.

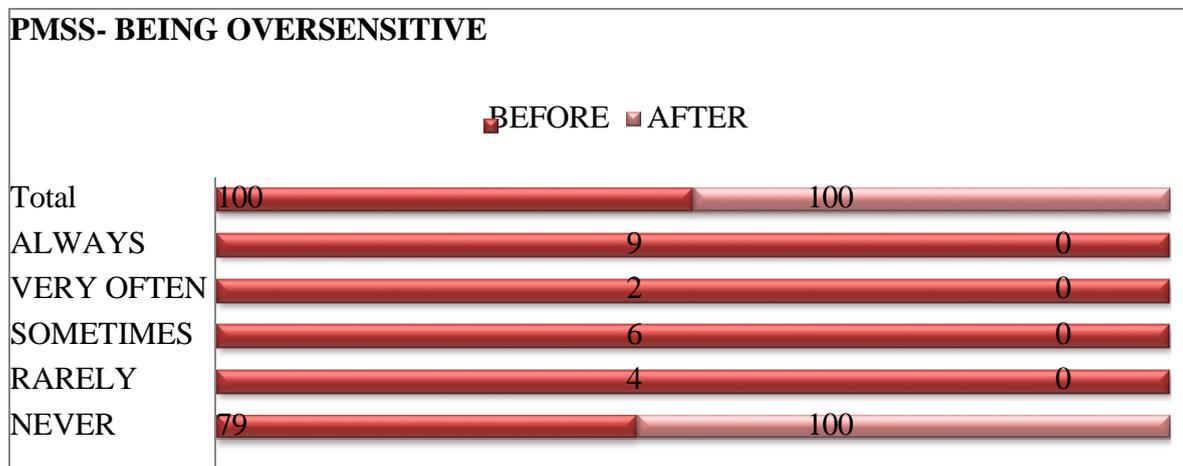


GRAPH NO. 5.51. PMSS- IRRATIONAL THOUGHTS

TABLE NO. 5.52. PMSS- BEING OVERSENSITIVE

BEING OVERSENSITIVE SYMPTOM	BEFORE TREATMENT	AFTER TREATMENT
NEVER	79	100
RARELY	04	00
SOMETIMES	06	00
VERY OFTEN	02	00
ALWAYS	09	00
Total	100	100

**OBSERVATION:** From table No. 5.52, it can be observed on the base of PMSS- BEING OVERSENSITIVE SYMPTOM that the woman with never experienced is maximally having 79 cases before & 100 cases after Treatment. While the women with very often experienced is minimally having 02 cases before & 00 cases after Treatment. The woman with rarely experienced is having 04 cases before & 00 cases after Treatment. The woman with sometimes experienced is having 06 cases before & 00 cases after Treatment. The woman with always experienced is having 09 cases before & 00 cases after Treatment.



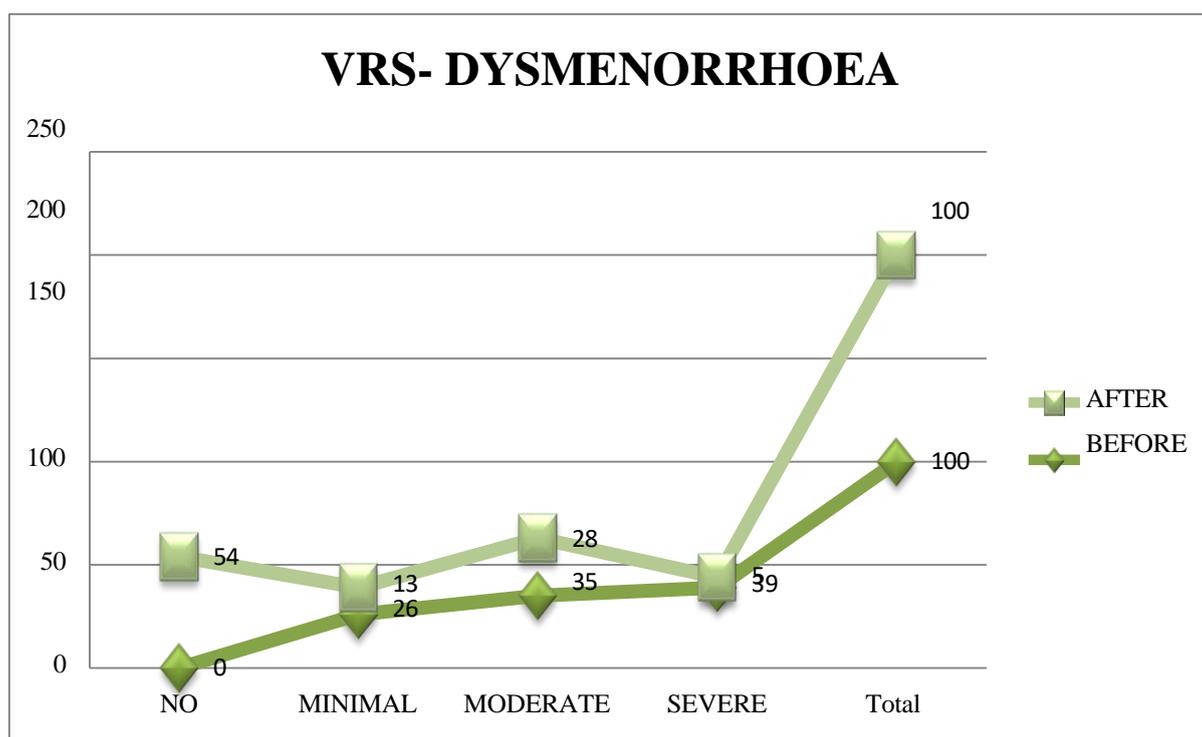
GRAPH NO. 5.52. PMSS- BEING OVERSENSITIVE

TABLE NO. 5.53. VRS- DYSMENORRHOEA

DYSMENORRHOEA SYMPTOM/PAIN	BEFORE TREATMENT	AFTER TREATMENT
NO	00	54
MINIMAL	26	13

MODERATE	35	28
SEVERE	39	05
Total	100	100

**OBSERVATION:** From table No. 5.53, it can be observed on the base of VRS- DYSMENORRHOEA SYMPTOM/PAIN that the woman with severe pain experienced is maximally having 39 cases before & 05 cases after Treatment. While the women with no pain experienced is minimally having 00 cases before & 54 cases after Treatment. The woman with moderate pain experienced is having 35 cases before & 28 cases after Treatment. The woman with minimal pain experienced is having 26 cases before & 13 cases after Treatment.

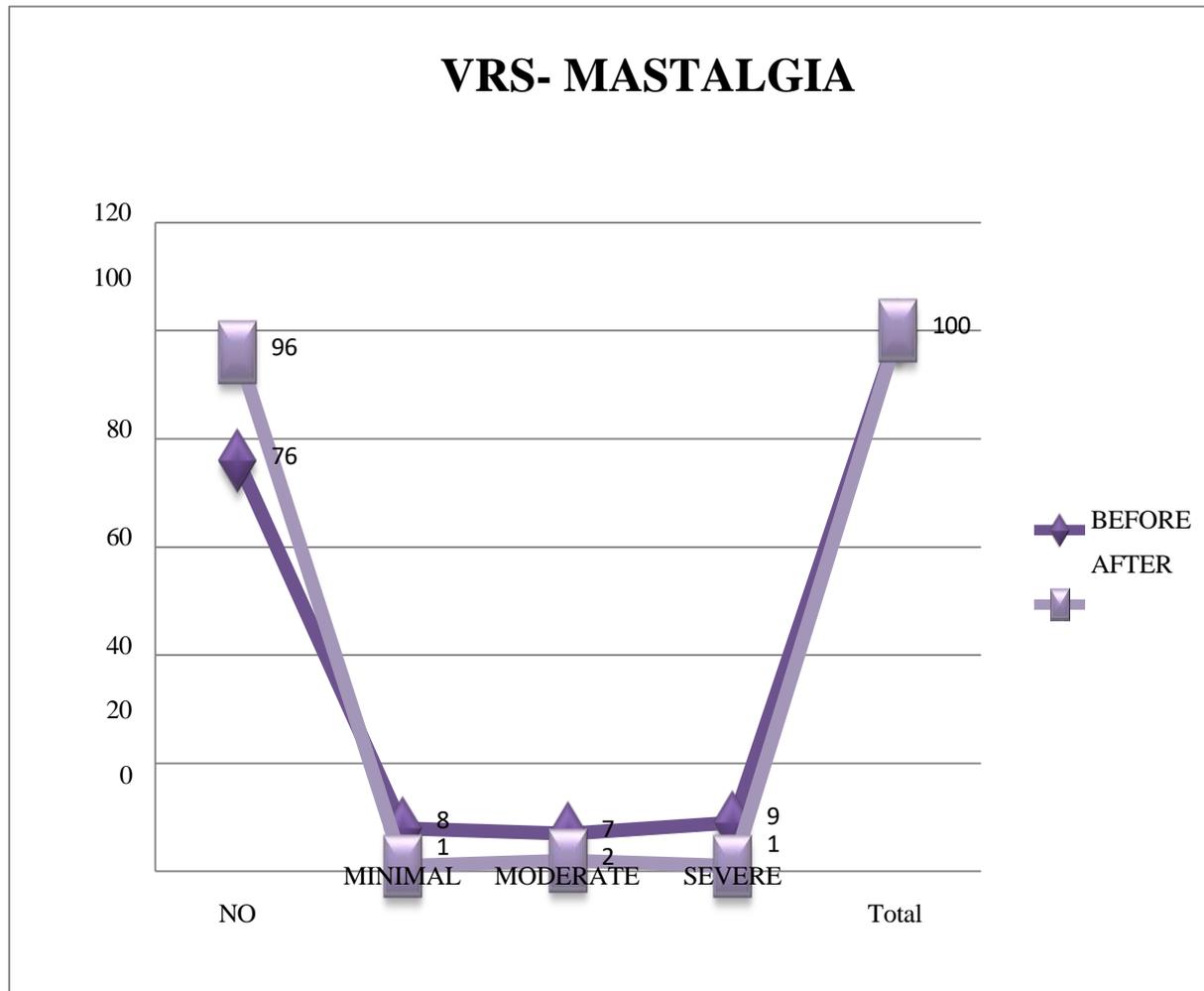


GRAPH NO. 5.53. VRS- DYSMENORRHOEA

TABLE NO. 5.54. VRS- MASTALGIA

MASTALGIA SYMPTOM/PAIN	BEFORE TREATMENT	AFTER TREATMENT
NO	76	96
MINIMAL	08	01
MODERATE	07	02
SEVERE	09	01
Total	100	100

**OBSERVATION:** From table No. 5.54, it can be observed on the base of VRS- MASTALGIA SYMPTOM/PAIN that the woman with no pain experienced is maximally having 76 cases before & 96 cases after Treatment. While the women with moderate pain experienced is minimally having 07 cases before & 02 cases after Treatment. The woman with experienced minimal pain is having 08 cases before & 01 cases after Treatment. The woman with severe pain experienced is having 09 cases before & 01 cases after Treatment.

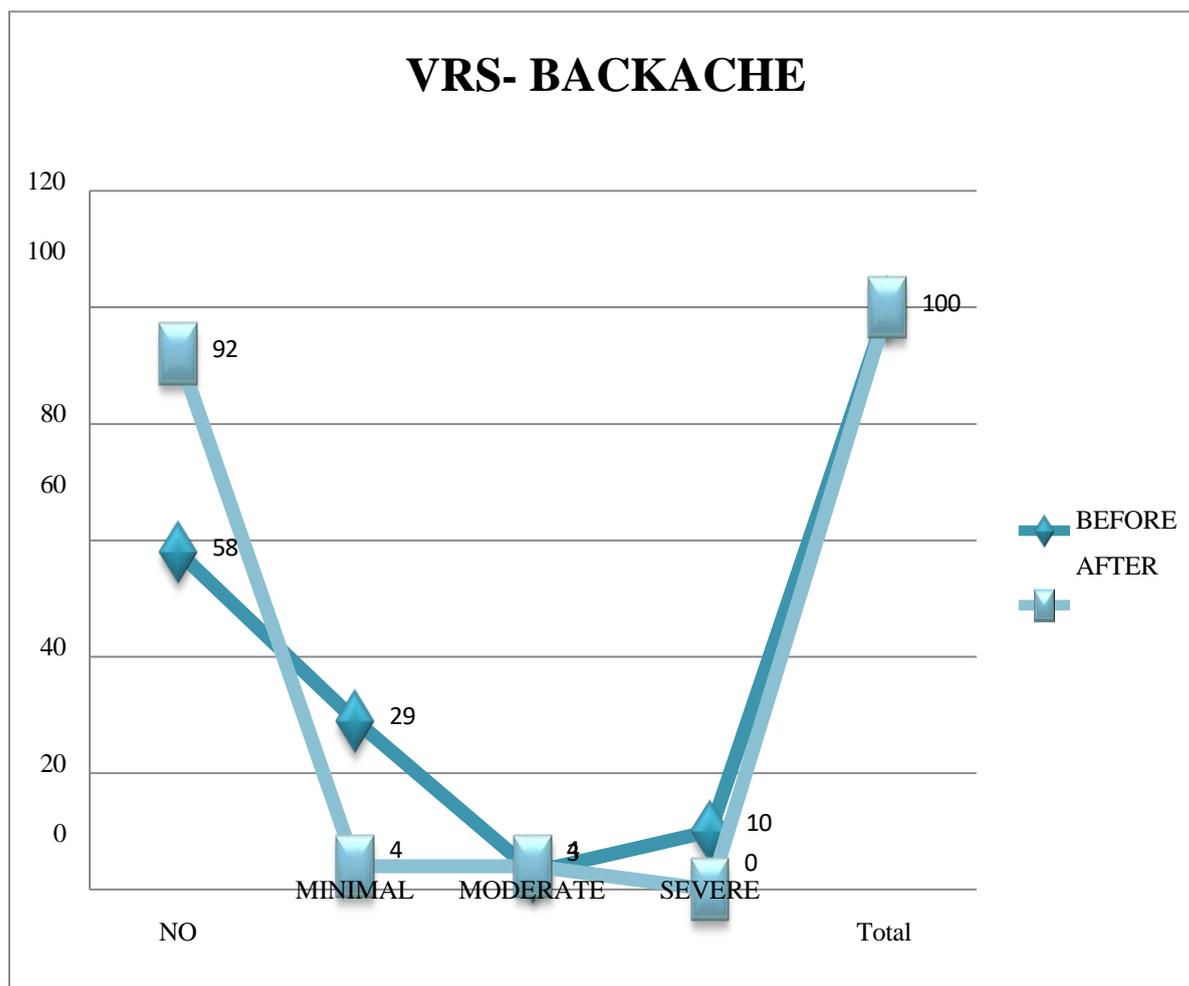


**GRAPH NO. 5.54. VRS- MASTALGIA**

**TABLE NO. 5.55. VRS- BACKACHE**

BACKACHE SYMPTOM/PAIN	BEFORE TREATMENT	AFTER TREATMENT
NO	58	92
MINIMAL	29	04
MODERATE	03	04
SEVERE	10	00
Total	100	100

**OBSERVATION:** From table No. 5.55, it can be observed on the base of VRS- BACKACHE SYMPTOM/PAIN that the woman with no pain experienced is maximally having 58 cases before & 92 cases after Treatment. While the women with moderate pain experienced is minimally having 03 cases before & 04 cases after Treatment. The woman with experienced severe pain is having 10 cases before & 00 cases after Treatment. The woman with experienced minimal pain is having 29 cases before & 04 cases after Treatment.

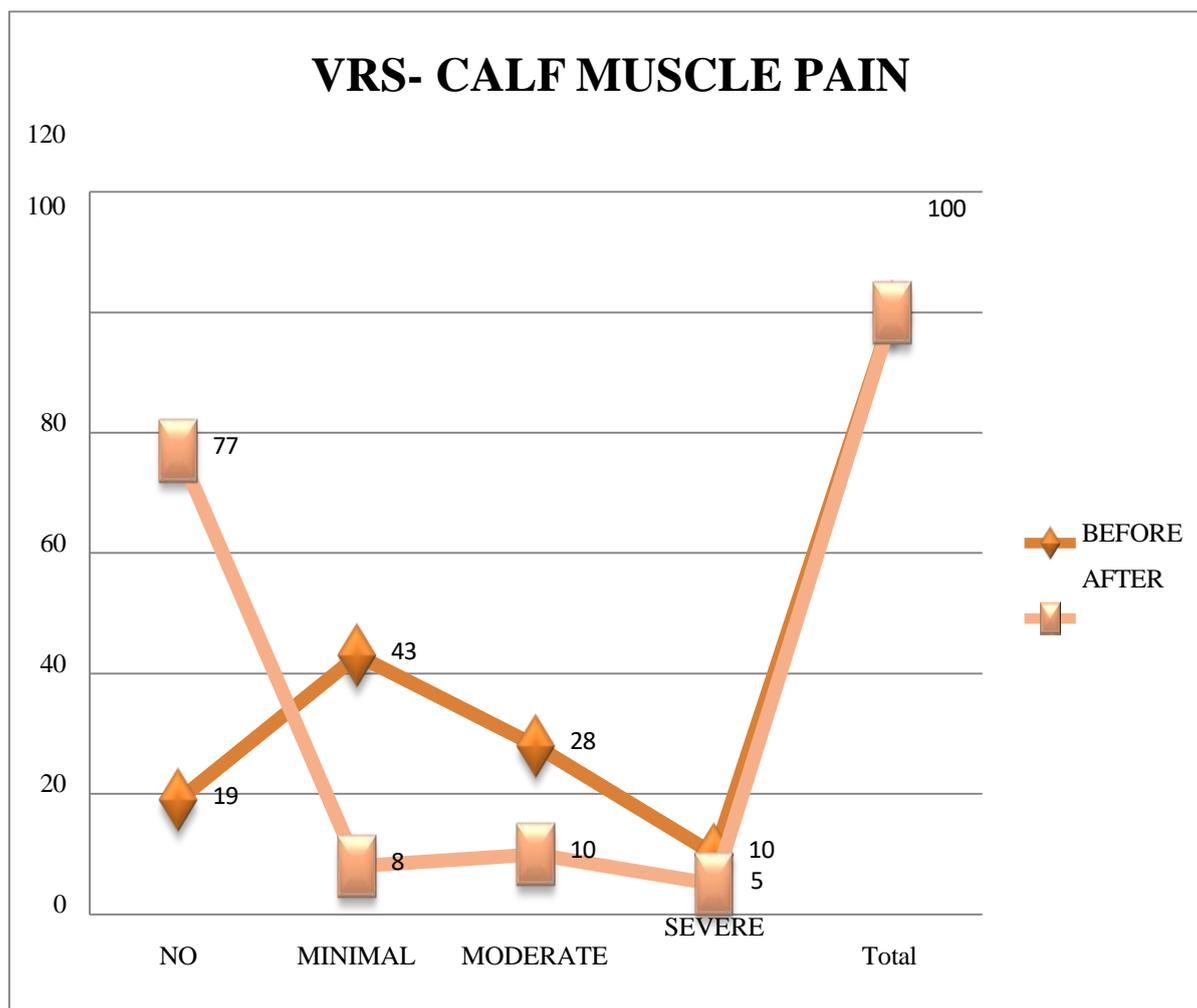


GRAPH NO. 5.55. VRS- BACKACHE

TABLE NO. 5.56. VRS- CALF MUSCLE PAIN

CALF MUSCLE PAIN SYMPTOM/PAIN	BEFORE TREATMENT	AFTER TREATMENT
NO	19	77
MINIMAL	43	08
MODERATE	28	10
SEVERE	10	05
Total	100	100

**OBSERVATION:** From table No. 5.56, it can be observed on the base of VRS- CALF MUSCLE PAIN SYMPTOM/PAIN that the woman with minimal pain experienced is maximally having 43 cases before & 08 cases after Treatment. While the women with severe pain experienced is minimally having 10 cases before & 05 cases after Treatment. The woman with no pain experienced is having 19 cases before & 77 cases after Treatment. The woman with moderate pain experienced is having 28 cases before & 10 cases after Treatment.

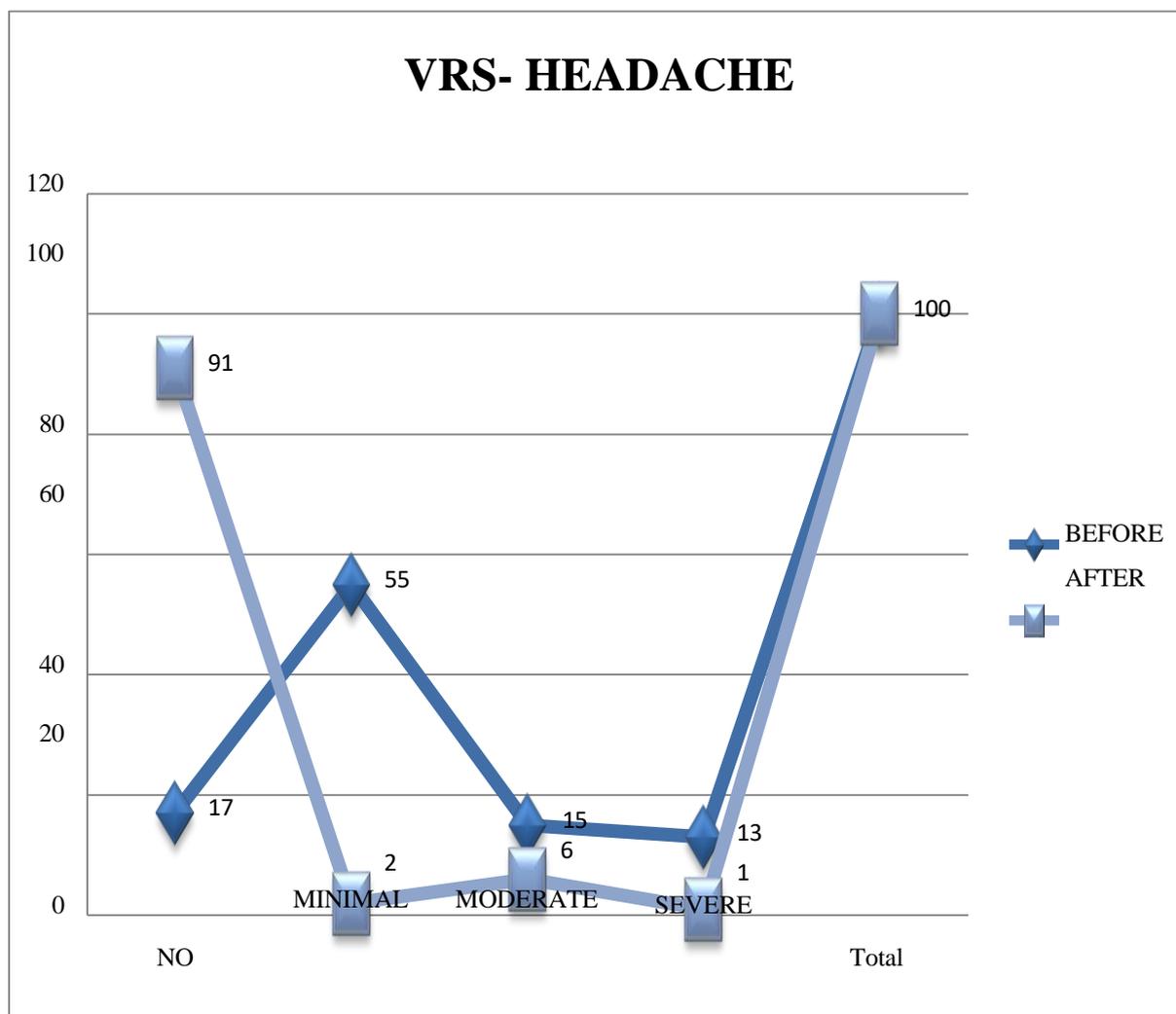


**GRAPH NO. 5.56. VRS- CALF MUSCLE PAIN**

**TABLE NO. 5.57. VRS- HEADACHE**

HEADACHE SYMPTOM/PAIN	BEFORE TREATMENT	AFTER TREATMENT
NO	17	91
MINIMAL	55	02
MODERATE	15	06
SEVERE	13	01
Total	100	100

**OBSERVATION:** From table No. 5.57, it can be observed on the base of VRS- HEADACHE SYMPTOM/PAIN that the woman with minimal pain experienced is maximally having 55 cases before & 02 cases after Treatment. While the women with severe pain experienced is minimally having 13 cases before & 01 case after Treatment. The woman with no pain experienced is having 17 cases before & 91 cases after Treatment. The woman with moderate pain experienced is having 15 cases before & 06 cases after Treatment.

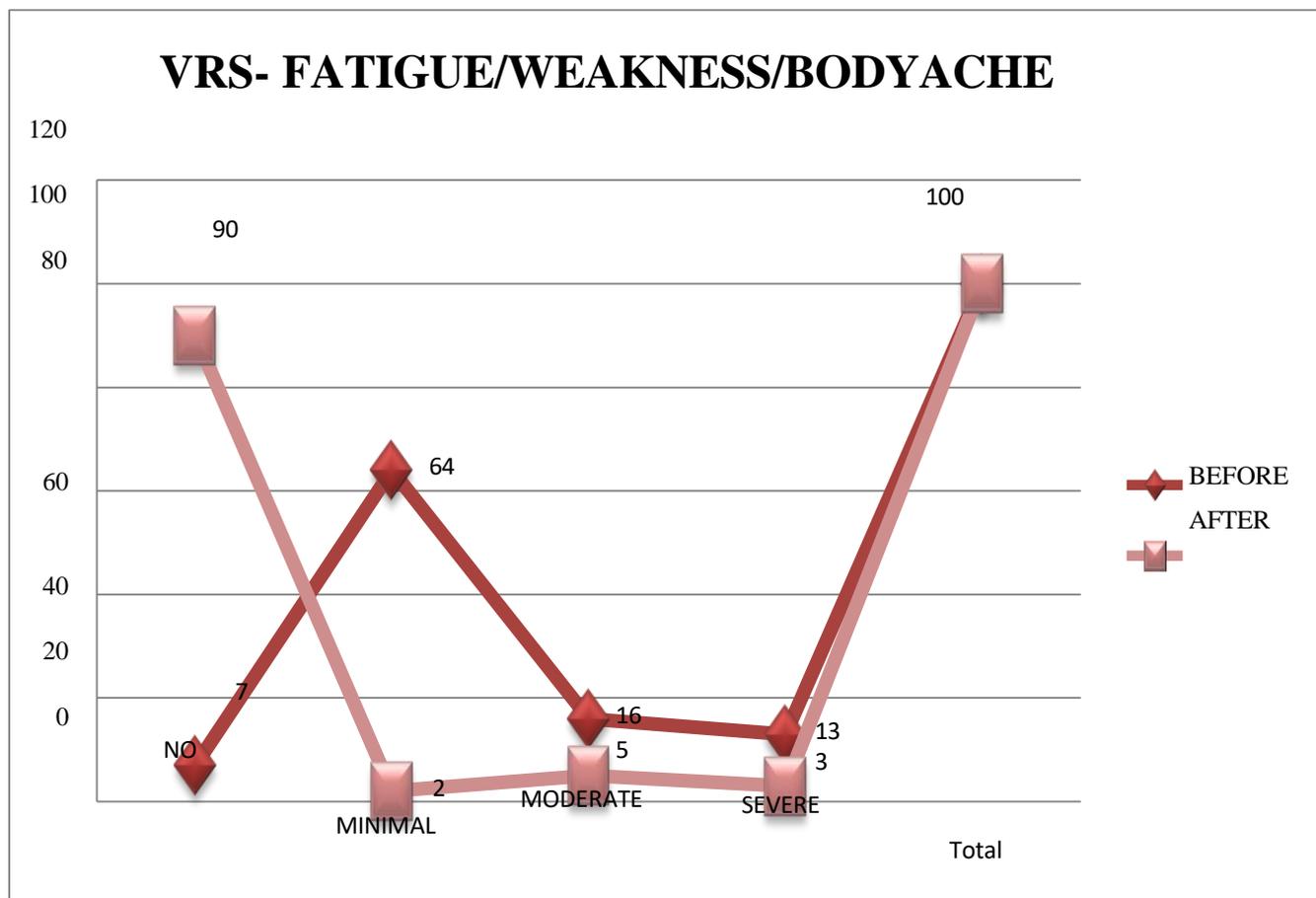


GRAPH NO. 5.57. VRS- HEADACHE

TABLE NO. 5.58. VRS- FATIGUE/WEAKNESS/BODYACHE

FATIGUE/WEAKNESS/BODYACHE SYMPTOM/PAIN	BEFORE TREATMENT	AFTER TREATMENT
NO	07	90
MINIMAL	64	02
MODERATE	16	05
SEVERE	13	03
Total	100	100

**OBSERVATION:** From table No. 5.58, it can be observed on the base of VRS-FATIGUE/WEAKNESS/BODYACHE SYMPTOM/PAIN that the woman with minimal pain experienced is maximally having 64 cases before & 02 cases after Treatment. While the women with no pain experienced is minimally having 07 cases before & 90 cases after Treatment. The woman with severe pain experienced is having 13 cases before & 03 cases after Treatment. The woman with moderate pain experienced is having 16 cases before & 05 cases after Treatment.



GRAPH NO. 5.58. VRS- FATIGUE/WEAKNESS/BODYACHE

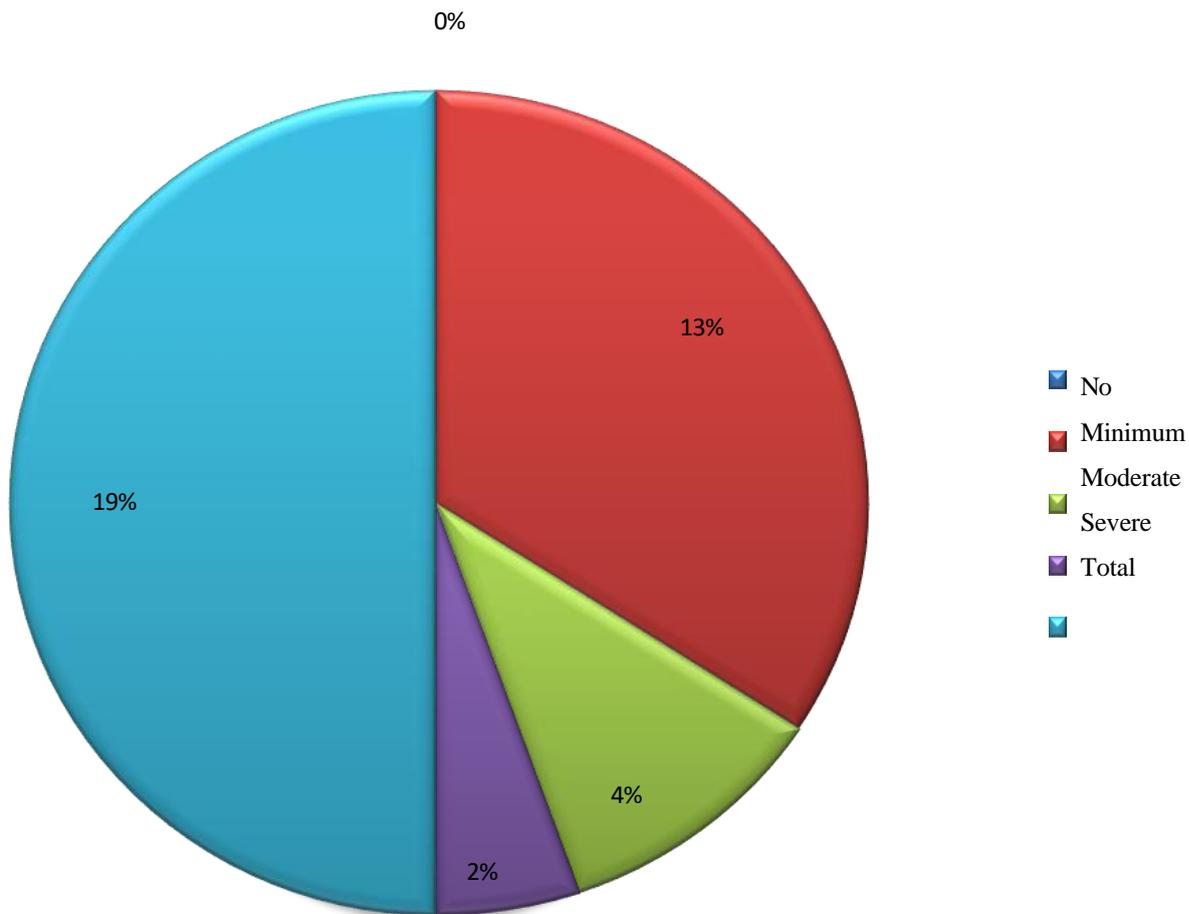
TABLE NO. 5.59. MOON PHASE AGGRAVATION

MOON PHASE AGGRAVATION	NO. OF CASES	PERCENTAGE
No	00	00%
Minimum	13	13%
Moderate	04	04%
Severe	02	02%
Total	19	19 %

**OBSERVATION:** From table No. 5.59, it can be observed that the women with minimum Moon Phase Aggravation is maximally having 13 cases (13%) and while the women with moderate & severe Moon Phase Aggravation is minimally having 4 & 2 cases (4% & 2%).



### MOON PHASE AGGRAVATION



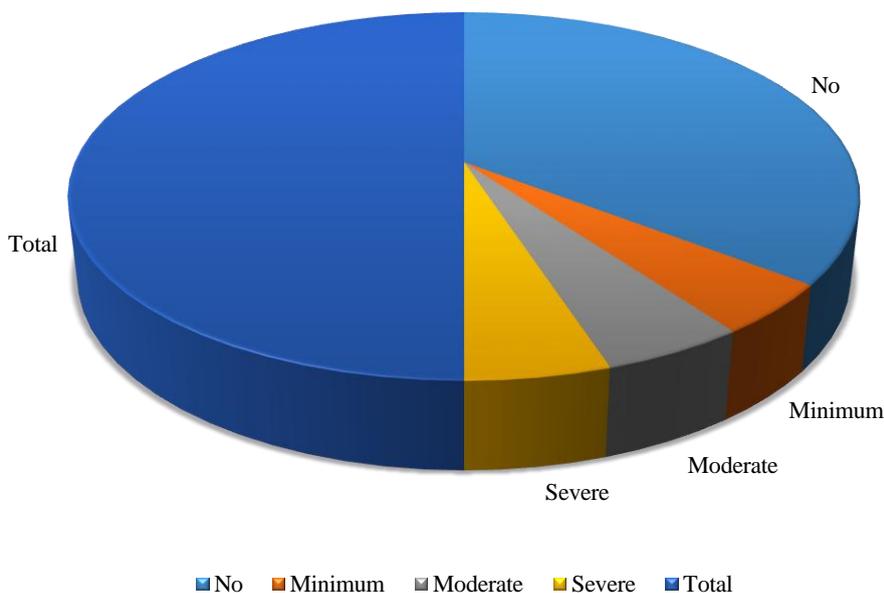
GRAPH NO. 5.59. MOON PHASE AGGRAVATION

TABLE NO. 5.60. LEUCORRHOEA

LEUCORRHOEA	NO. OF CASES	PERCENTAGE
No	71	71%
Minimum	09	09%
Moderate	10	10%
Severe	10	10%
Total	100	100%

**OBSERVATION:** From table No. 5.60, it can be observed that the women with moderate & severe leucorrhoea maximally having 10 cases (10%) and while the women with minimally having 9 case (9%). Women with 71 cases (71%) of no symptoms of leucorrhoea during & after menses.

## LEUCORRHOEA



GRAPH NO. 5.60. LEUCORRHOEA

## DISCUSSION

PMS is a multi-dimensional condition involving hormonal imbalance, emotional sensitivity, and constitutional predisposition. The high prevalence of psoric miasm suggests functional derangement rather than structural pathology.

Folliculinum, as a sarcode, appears to **stimulate hormonal equilibrium** and remove therapeutic blocks when constitutional remedies fail to act optimally. Its role as an Intercurrent remedy aligns with classical homoeopathic principles of restoring susceptibility and overcoming suppression.

Marked improvement in both physical and psychological symptoms supports its clinical utility in PMS.

## CONCLUSION

The study demonstrates that **Folliculinum 1M** is an effective intercurrent remedy in the homoeopathic management of Premenstrual Syndrome. It enhances treatment response, reduces symptom severity, and improves overall well-being without adverse effects.

Homoeopathy, through individualized treatment and judicious use of intercurrent remedies, offers a holistic and safe alternative to hormonal suppression in PMS.

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