

# Making the case for case reports

## Why case reports matter – and how they shape the future of homeopathy

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### A powerful opportunity

Case reports are the beating heart of homeopathy. Yet, despite the remarkable work being done every day, far too few homeopathic cases are documented or published. This is not because the cases lack value, but because writing feels intimidating, time-consuming, or inaccessible.

Meanwhile, the broader medical world continues to ask: “Where is the evidence?” The evidence already exists in our practices, our records, and patient encounters. What is missing is not clinical success. What is missing is structured documentation and dissemination.

This is an invitation to recognize the value of your cases, to understand how to document them properly, and to participate in building the future of homeopathy.

Please contact [research@hohmfoundation.org](mailto:research@hohmfoundation.org) with any well documented cases you may have, that could be considered for publication. Let us know if you have any comments on this article and its essential message.

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### A tradition rooted in observation

Long before modern research methods existed, medicine advanced through careful observation and detailed case documentation. The earliest medical writings – from ancient Egyptian papyri dating back to 1600 BCE – demonstrated structured accounts of symptoms, diagnoses, and treatments. Many historical figures in medicine, including of course Dr Hahnemann and his followers, painstakingly described and documented diseases as they evolved in patients. Case reports and case studies were historically the primary vehicle for teaching disease presentations and treatments. Cases were the backbone of Hahnemann’s work and legacy. His meticulous observation, documentation and case records birthed Homeopathy into being. His writings and his cases have stood the test of time and given us our profession. Case reports reveal clinical reasoning, therapeutic decisions, and outcome interpretation over time. Case reports are not inferior evidence; they are the original form of evidence, the foundation upon which every higher tier of the Evidence Hierarchy subsequently stands.

In evidence-based medicine, case reports are often positioned at the base of the evidence hierarchy pyramid, as though this implies weakness. But the metaphor itself tells a different story. The pyramids have endured millennia not because of what sits at the top, but because of the strength and breadth of their base. Every trial, systematic review, and guideline begins with questions arising from individual patient encounters. Without this foundational layer, the higher tiers of evidence would have no direction, no grounding, and no connection to the realities of clinical practice.

### Why case reports matter even more in homeopathy

Homeopathy depends on individualisation, nuanced symptom interpretation, careful remedy and rubric differentiation, and ongoing assessment of response over time.

These elements are difficult to standardize in conventional research models, yet essential to understanding homeopathic outcomes. This creates a paradox: the very thing that makes homeopathy powerful is what makes it difficult to test using modern, non-individualised methods.

Case reports resolve this paradox by preserving individuality while documenting reasoning and outcomes. In this sense, case reports are not merely supportive tools – they are the optimal teaching instrument for homeopathy.

### The problem: why so few cases are published

Despite their importance, most homeopathic cases never reach publication. The reasons are both practical and psychological.

Practitioners often feel their cases are not important enough or that they lack the skills or time to write for

publication. These thoughts become self-imposed barriers that prevent valuable work from being shared.

There have also been system-level barriers. Homeopathic case reports have varied widely in quality and consistency, and standardised frameworks were not always available or widely understood. Journal expectations were often unclear, and cases were rejected without clear explanations, making publication seem inaccessible.

As a result, valuable clinical knowledge remains largely invisible. Cases are discussed informally but rarely become searchable, accessible teaching tools. This contributes to the perception that homeopathy lacks evidence and deprives students and practitioners of rich, real-world learning examples.

### The turning point: modern case reporting standards

The landscape has changed significantly with the development of structured reporting frameworks. These frameworks do not make writing more difficult; they make it clearer, more organised, and more publishable.

They provide a pathway forward.

# The Evidence Hierarchy

*Pyramids endure because of the strength and breadth of their base.*



## CARE: the foundation of modern case reporting

The CARE guidelines, introduced in 2013, established a universal structure for case reports emphasising completeness and transparency. CARE answers the essential question: What happened? It provides the foundation for publishable medical case reporting while remaining therapeutically neutral.

[www.care-statement.org](http://www.care-statement.org)

## HOM-CASE: making homeopathic thinking visible

HOM-CASE extends CARE by making homeopathic thinking visible. It includes symptom totality, repertorization, remedy differentiation, and posology, transforming a case from a description of events into an explanation of clinical reasoning.

[www.equator-network.org](http://www.equator-network.org)

## MONARCH: was it likely the remedy?

The MONARCH ten-part assessment tool addresses perhaps the most important question of all: was the observed outcome likely due to the homeopathic intervention?

Its recent evolution toward narrative clinical reasoning aligns more naturally with real-world homeopathic practice than rigid scoring systems alone.

[pubmed.ncbi.nlm.nih.gov/39701163](https://pubmed.ncbi.nlm.nih.gov/39701163)

## The power of integration

When used together, these frameworks form a coherent and powerful methodology. CARE provides structure and ensures transparency. HOM-CASE reveals clinical reasoning and individualised decision-making. MONARCH adds a layer of causal interpretation and credibility.

Together, they transform a case from a simple story into a meaningful contribution to the field.

## Conclusion: reclaiming the power of case reports

Case reports are not relics of the past. They remain the foundation of our medicine, the language of homeopathy, and a bridge to future research.

The tools now exist. The need is clear. The only missing piece is participation.

## A call to the profession



**You are already doing the work. The next step is simple — but powerful.**

Write them down — not perfectly or academically, but clearly and with structure. We can help. Because your cases matter. Your experience matters. Your cases can become publishable, teachable, and impactful — contributing to the future of homeopathy in ways that extend far beyond a single clinical encounter.

The future of homeopathy will not be built by theory or anecdote alone. It is built case by case, carefully documented, thoughtfully shared, and preserved for future generations.

**Practitioners with strong, well-documented cases are encouraged to contact [research@hohmfoundation.org](mailto:research@hohmfoundation.org) with the subject line: Case Report.**

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