

## Evidence Base Homeopathy: Report of Severe Autoimmune Cases

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Abstract:

Reporting clinical cases is considered the lowest step in the pyramid of evidenced-based medicine; however research based on high-quality case reports is one of the most useful tools to understand and improve the outcomes of homeopathic prescriptions. A series of cured severe autoimmune cases is presented: adult still's disease; mixed connective tissue disease; rheumatoid arthritis; CREST syndrome, etc. Although all of the patients had previously been treated with conventional medicine and some of them had received homeopathic treatment, they were in a severe condition and shown no significant sign of improvement. All these cases have been incorporated to BRECHA (Banco de Reporte y Estudio de Casos Homeopáticos de Argentina), which requires a rigorous standard of presentation, documentation and assessment of outcomes. A brief description of the main homeopathic issues of each case (verbatim expressions; repertory translation; repertorization; case analysis and approach strategies; prescribed treatment; follow-up) and one detailed case history is reported. The strategies of prescription, the difficulties posed by these patients and the appropriate handling of this type of patients is highlighted to obtain better results in daily practice.

Keywords: high-quality case reports; case analysis; autoimmune cases; evidence-based medicine; homeopathy