



WRITING CASE STUDIES

Case study writing is a popular tool to document different experiences in daily practice and also useful for future references. It is a research method based on a single case rather than a population or sample. When researchers focus on a single case, they can make detailed observations for long period, which cannot be done with large samples and can take descriptive or explanatory approaches, which is found useful to analyze his decisions, policies, institutions or other aspects in the case. Some examples of the case study in medical sciences include the diagnosis and treatment of rare diseases and can be used as a tool for problem-based learning.

Case studies or case reports are also proved for providing quite good knowledge. They often introduce new theories which other practitioners may follow, or present new information which may lead to advanced research.

A case series, i.e. a group of case studies in which people have been exposed to the same *Aushadhi* or *Hetu*, also provides valuable clinical knowledge. Case series are considered level four evidence in the National Health and Medical Research Council's (NHMRC) research hierarchy. Clinical research in Ayurveda is an emerging field and all types of research including case studies are contributing to an evolving evidence base which is also a policy of Dept. of AYUSH for promoting evidence based research in Ayurvedic sciences. Again thinking about W traditional knowledge of this science; case reports allows formalization of empirical evidence in an academic forum. They are a good documents for practitioners to begin

to be involved in scholarly writing and can be a valuable learning experience.

What are case studies?

In *Ayurveda*, a **case report** is a detailed report of *the lakshana, Chinha, Nidana, and Chikitsa* and follow-up of an individual *Rugna*. Case reports usually describe an unusual or novel occurrence. Some case reports also contain a literature review of other reported cases. Case reports are professional documents which provide feedback on clinical practice guidelines and offer a framework for early signals of effectiveness, adverse events, and cost.

Different types of case study -

The first case studies in *Ayurveda* were likely conducted by *Ashvinikumaras* in the era of *Rigveda* and who practiced medicine as well as surgery. The method of illustration has been used in *Rigveda* in 1200 yrs Bc.

Writing or reporting a case study also considered as a micro research which cannot be generalized, this is not a limitation of the method, but an advantage of the method. Through which observations can be highlighted which are hard to see and understand relations, structures, and processes of the disease which lead to stimulate further research.

Types of case studies in Medical research

1. **Explanatory case study:** used to share observations and findings with physicians, For example – Effects of *Panchatikta Kshir Basti* in the management of AVN discussed with the help of sample case.
2. **Exploratory:** a case study used as a pilot study for further in-depth

research; it allows researchers to gather information before developing research questions and hypotheses. For example A reporting of a patient of *Pandu* receiving *Ksharagada*. This study may give cheap solution in management of *Pandu* which found in major school going female population of India

3. **Descriptive case study** involves starting with a descriptive theory; subjects are then observed and the information gathered is compared to the pre-existing theory, For example- Reporting of a patient of AVN receiving *Panchatikta kshir Basti*.
4. **Intrinsic case study** is where researcher has a personal interest in the case, For example- Reporting of a patient of AVN receiving *Panchatikta kshir Basti*.
5. **Collective case study** is one where a group of individuals is studied For example- cumulative study of all cases of AVN reported in different medical journals to decide medicine and its dose which is to be given by *Basti* to a particular patient having same group of signs and symptoms.
6. **Instrumental case study** is when an individual or group allows researchers to understand more than what is obvious to observers For example – Reporting of a patient having *Gridhrasi* receiving *Gunjadi lepa*

Case study methods

- *Prospective*: a type of case study in which an individual or group of people is observed in order to determine

outcomes. For example a report of a patient having cervical spondylitis receiving a complete regimen according to *Ritucharya* and *Dinacharya* principles.

- *Retrospective*: a type of case study that involves looking at historical information; for example, for example –A report of patient having receiving *Dahana karma chikitsa* at a point situated at 4 *Angulis* above the *Indrabasti marma*.

Case selection

. A case selection for case study should have representativeness and must be able to produce insights. While selecting a case for a case study, researchers should select information-oriented sample which are unique or atypical and can reveal more information than ordinary representative case, as seen in the cases selected for more qualitative scientific study. A case may be chosen because of the inherent interest of the case or the circumstances surrounding it. Alternatively it may be chosen because of a researchers' in-depth local knowledge;

Three types of cases may be selected for the case study:

1. Key cases- for example, a case of *Grivastambha* receiving *Marmachikitsa*.
2. Outlier cases- for example, a case of *Pashana Gardabha* with *klaibya* treated successfully.
3. Local knowledge cases- for example a case of collies fracture treated successfully by *Puttur Kattu* treatment by traditional healers.



Friends we receive many case studies for
publication, hope this information is found

useful for all future authors.

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