

**The Efficacy of *Magnetis Polus Australis* 7CH and 30CH in the
treatment of Onychocryptosis of the Hallux**

A Dissertation submitted to the Faculty of Health Sciences, Technikon
Witwatersrand, in partial fulfillment of the requirement for the degree of Master
of Technology
in the programme Homoeopathy

by

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Johannesburg, 2003

Declaration

I declare that this dissertation is my own, unaided work. It is being submitted for the Degree of Master of Technology at the Technikon Witwatersrand, Johannesburg. It has not been submitted before for any degree or examination in any other Technikon or University.

(Signature of Candidate)

_____ day of _____ 2003

Abstract

Onychocryptosis (ingrown nails) is the most common of pedal foot maladies seen by podiatrists (Armstrong *et al.*, 2000) and makes up 3-5% of all foot problems. This condition is characterized by the nail plate growing into and cutting the lateral nail fold. Symptoms include erythema (redness) of the lateral nail fold, oedema (swelling) of the lateral nail fold and tenderness to pressure (Zuber, 2002).

Within the Materia Medica, the homoeopathic remedy *Magnetis Polus Australis* is indicated for the treatment of the symptom of “ingrowing toenail” (Vermeulen, 1997). Although used for nearly 200 years, no research has been conducted to verify this claim.

The study aimed at determining whether *Magnetis Polus Australis* in the 7th and 30th centesimal potencies is effective in treating the symptoms of onychocryptosis of the hallux such as pain, tenderness to pressure, oedema and erythema.

The study, a double-blind placebo study, involved thirty participants. The placebo group included ten participants and the experimental group included twenty participants, ten of which received the 7CH and the other ten received the 30CH. Each group took the homoeopathic or placebo medication orally twice daily for a period of three weeks. The participants were followed-up with an assessment questionnaire every two weeks for a one month period. At the end of the research period these questionnaires with the data were collected and statistically analyzed using chi-squared tests.

The study indicated that *Magnetis Polus Australis* has a positive effect in the treatment of onychocryptosis of the hallux and has demonstrated effectiveness in reducing inflammation associated with it. Overall the 30th centesimal potency shows the highest percentage of improvement in the symptoms of onychocryptosis, though the percentages between the two experimental groups were very close. Further research using a larger research sample group is required to confirm these initial findings.

Acknowledgements

I would like to convey my sincere gratitude to the following people for their assistance in the preparation of this dissertation:

- Dr E.M. Solomon (Department of Homoeopathy, TWR) for her role as my Supervisor
- Mr. B. Zipfel (Department of Podiatry, TWR) for his role as my Co-Supervisor
- Dr R. Razlog (Department of Homoeopathy, TWR) for her advice and encouragement
- Fourth Year TWR Podiatry students of 2002 and Miss Leigh-Ann Horn for their help in diagnosing the onychocryptosis
- Mrs. Riëtte Eiselen and her co-workers from the RAU Statistical Consultation Service
- Friends and my parents for their continuous support.

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