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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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.
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# Table of Contents

DECLARATION ii  
ABSTRACT iii  
ACKNOWLEDGEMENTS iv  
TABLE OF CONTENTS v  
APPENDICES ix  
LIST OF FIGURES x  
LIST OF TABLES xiii  

## 1. INTRODUCTION

1.1. Statement of the Problem 1  
1.2. Aim of the Research 2  

## 2. LITERATURE REVIEW

2.1. The Normal Toenail 2  
2.2. Onychocryptosis 3  
   2.2.1. Aetiology of Onychocryptosis 4  
   2.2.2. Predisposing Factors of Onychocryptosis 4  
   2.2.3. Types of Onychocryptosis 5  
   2.2.4. Stages of Onychocryptosis 6  
   2.2.5. Diagnosis of Onychocryptosis 6  
   2.2.6. Treatment of Onychocryptosis 6  
      2.2.6.1. Non-surgical Approach 7  
         2.2.6.1.1. Medication 7  
         2.2.6.1.2. Warm water soaks 7  
         2.2.6.1.3. Cotton-wick insertion in the lateral nail groove corner 8  
         2.2.6.1.4. Plastic nail guard 8  
         2.2.6.1.5. Debridement and Silver nitrate cautery 8  
   2.2.6.2. Surgical Approach 8  
      2.2.6.2.1. Partial nail avulsion 8
2.2.6.2.2. Complete nail avulsion  
2.2.6.2.3. Matricectomy  
2.2.6.2.4. Modified Sleeve Method  
2.2.6.2.5. Silicone Gel Sheeting  
2.2.6.3. Cost of Surgical Intervention  

2.3. Homoeopathy  
2.3.1. The History of Homoeopathy  
2.3.2. The Principles of Homoeopathy  
  2.3.2.1. The Law of Similars  
  2.3.2.2. The Proving of Remedies  
  2.3.2.3. The Single Remedy  
  2.3.2.4. The Minimum Dose  
  2.3.2.5. Potentization  
  2.3.2.6. Individualization of the patient  
2.3.3. Magnetis Polus Australis  
  2.3.3.1. The history of magnet therapy  
  2.3.3.2. Modern day magnet therapy  
  2.3.3.3. The history of Magnetis Polus Australis  
  2.3.3.4. Magnetis Polus Australis as a Homoeopathic Remedy  
  2.3.3.5. Cost of Magnetis Polus Australis  
  2.3.3.6. Preparation of Magnetis Polus Australis  

3. METHODOLOGY  
3.1. Purchasing of Medication  
3.2. Preparation of Medication  
3.3. Recruitment of Participants  
  3.3.1. Inclusion Criteria  
  3.3.2. Exclusion Criteria  
3.4. The Control and Experimental Groups  
3.5. Initial Consultations  
3.6. Follow-up Consultations
3.7. Data Collection and Analysis

4. RESEARCH RESULTS

4.1. Validity of Sample Groups

4.1.1. Gender Distribution

4.1.2. Age Distribution and Number of Years Participants Suffered from Onychocryptosis

4.1.3. Grading of Symptoms in Pre-test

4.2. Results obtained

4.2.1. Interpretation of Chi-square tests

4.2.2. Pre-test analysis versus Post-test 1 and Post-test 2 analysis

4.2.2.1. Pain in the hallux

4.2.2.2. Tenderness to pressure on the hallux

4.2.2.3. Oedema of the lateral nail fold

4.2.2.4. Erythema of the lateral nail fold

4.3. Comparisons between Treatments

4.3.1. Pain in the Hallux

4.3.1.1. Pre-test versus Post-test 1 analysis

4.3.1.2. Pre-test versus Post-test 2 analysis

4.3.1.3. Post-test 1 versus Post-test 2 analysis

4.3.2. Tenderness to Pressure on the Hallux

4.3.2.1. Pre-test versus Post-test 1 analysis

4.3.2.2. Pre-test versus Post-test 2 analysis

4.3.2.3. Post-test 1 versus Post-test 2 analysis

4.3.3. Oedema of the Lateral Nail Fold

4.3.3.1. Pre-test versus Post-test 1 analysis

4.3.3.2. Pre-test versus Post-test 2 analysis

4.3.3.3. Post-test 1 versus Post-test 2 analysis

4.3.4. Erythema of the Lateral Nail Fold

4.3.4.1. Pre-test versus Post-test 1 analysis

4.3.4.2. Pre-test versus Post-test 2 analysis

4.3.4.3. Post-test 1 versus Post-test 2 analysis
5. DISCUSSION

5.1. The 7CH Potency
   5.1.1. Post-test 1
   5.1.2. Post-test 2

5.2. The 30CH Potency
   5.2.1. Post-test 1
   5.2.2. Post-test 2

5.3. Comparison between treatments

5.4. Overall results

5.5. Additional findings

5.6. The relationship between conventional magnet therapy and Magnetis Polus Australis

5.7. Magnetis Polus Australis as the specific remedy

6. CONCLUSION AND RECOMMENDATIONS

6.1. Conclusion

6.2. Recommendations

REFERENCES
**APPENDICES**

<table>
<thead>
<tr>
<th>Appendix A – Correspondence</th>
<th>61</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appendix B – Potentization calculations</td>
<td>63</td>
</tr>
<tr>
<td>Appendix C – Control Numbers and Corresponding Potencies</td>
<td>64</td>
</tr>
<tr>
<td>Appendix D – Consent Form</td>
<td>65</td>
</tr>
<tr>
<td>Appendix E – Personal Data</td>
<td>67</td>
</tr>
<tr>
<td>Appendix F – Progress Form</td>
<td>68</td>
</tr>
<tr>
<td>Appendix G – Results obtained</td>
<td>69</td>
</tr>
<tr>
<td>Appendix H – Participants’ Grading of Symptoms</td>
<td>76</td>
</tr>
</tbody>
</table>
LIST OF FIGURES

Figure
2.1. The Normal Nail Plate 2
2.2. Onychocryptosis axial view 3
2.3. Properly and improperly trimmed toenails 6
2.4. Lateral nail avulsion 9
4.1. Average distribution of the ages of the participants in placebo group 23
4.2. Average distribution of the ages of the participants in 7CH group 23
4.3. Average distribution of the ages of the participants in 30CH group 24
4.4. Average distribution of the ages of the participants 24
4.5. Number of years participants in placebo group suffered from onychocryptosis of the hallux 24
4.6. Number of years participants in 7CH group suffered from onychocryptosis of the hallux 25
4.7. Number of years participants in 30CH group suffered from onychocryptosis of the hallux 25
4.8. Number of years the participants have suffered from onychocryptosis of the hallux 25
4.9. Overall results for placebo group in pre-test 27
4.10. Overall results for 7CH group in pre-test 27
4.11. Overall results for 30CH group in pre-test 27
4.12. Overview of the Grading of Symptoms by Participants for Pre-test 29
4.13. Overview of the Grading of Symptoms by Participants for Post-test 1 29
4.14. Overview of the Grading of Symptoms by Participants for Post-test 2 29
4.15. Comparison of pain in the hallux between pre-test, post-test 1 and post-test 2 30
4.16. Comparison of tenderness to pressure on the hallux between pre-test, post-test 1 and post-test 2 30
4.17. Comparison of oedema of lateral nail fold between pre-test, post-test 1 and post-test 2 30
4.18. Comparison of erythema of lateral nail fold between pre-test, post-test 1 and post-test 2
4.19. Grading for pain in the hallux in the pre-test by sample groups
4.20. Grading for pain in the hallux in the post-test 1 by sample groups
4.21. Grading for pain in the hallux in the post-test 2 by sample groups
4.22. Grading for tenderness to pressure in the pre-test by sample groups
4.23. Grading for tenderness to pressure in the post-test 1 by sample groups
4.24. Grading for tenderness to pressure in the post-test 2 by sample groups
4.25. Grading for oedema of the lateral nail fold in the pre-test by sample groups
4.26. Grading for oedema of the lateral nail fold in the post-test 1 by sample groups
4.27. Grading for oedema of the lateral nail fold in the post-test 2 by sample groups
4.28. Grading for erythema of the lateral nail fold in the pre-test by sample groups
4.29. Grading for erythema of the lateral nail fold in the post-test 1 by sample groups
4.30. Grading for erythema of the lateral nail fold in the post-test 2 by sample groups
4.31. Improvement versus no improvement for pain in the hallux in pre-test versus post-test 1 for sample groups
4.32. Improvement versus no improvement for pain in the hallux in pre-test versus post-test 2 for sample groups
4.33. Improvement versus no improvement for pain in the hallux in post-test 1 versus post-test 2 for sample groups
4.34. Improvement versus no improvement for tenderness to pressure on the hallux in pre-test versus post-test 1 for sample groups
4.35. Improvement versus no improvement for tenderness to pressure on the hallux in pre-test versus post-test 2 for sample groups
4.36. Improvement versus no improvement for tenderness to pressure on the hallux in post-test 1 versus post-test 2 for sample groups
4.37. Improvement versus no improvement for oedema of the lateral nail fold in pre-test versus post-test 1 for sample groups

4.38. Improvement versus no improvement for oedema of the lateral nail fold in pre-test versus post-test 2 for sample groups

4.39. Improvement versus no improvement for oedema of the lateral nail fold in post-test 1 versus post-test 2 for sample groups

4.40. Improvement versus no improvement for erythema of lateral nail fold in pre-test versus post-test 1 for sample groups

4.41. Improvement versus no improvement for erythema of lateral nail fold in pre-test versus post-test 2 for sample groups

4.42. Improvement versus no improvement for erythema of lateral nail fold in post-test 1 versus post-test 2 for sample groups
LIST OF TABLES

Table
4.1. Gender distribution within placebo group 22
4.2. Gender distribution within 7CH group 22
4.3. Gender distribution within 30CH group 22
4.4. Overall gender distribution 23
4.5. Measures of Central Tendency and Variability of the placebo group 26
4.6. Measures of Central Tendency and Variability of the 7CH group 26
4.7. Measures of Central Tendency and Variability of the 30CH group 26
4.8. Overall results of all the sample groups 28
4.9. Chi-square test in pre-test for pain in the hallux 69
4.10. Chi-square test in post-test 1 for pain in the hallux 69
4.11. Chi-square test in post-test 2 for pain in the hallux 69
4.12. Chi-square test in pre-test for tenderness to pressure on the hallux 69
4.13. Chi-square test in post-test 1 for tenderness to pressure on the hallux 70
4.14. Chi-square test in post-test 2 for tenderness to pressure on the hallux 70
4.15. Chi-square test in pre-test for oedema of the lateral nail fold 70
4.16. Chi-square test in post-test 1 for oedema of the lateral nail fold 70
4.17. Chi-square test in post-test 2 for oedema of the lateral nail fold 71
4.18. Chi-square test in pre-test for erythema of the lateral nail fold 71
4.19. Chi-square test in post-test 1 for erythema of the lateral nail fold 71
4.20. Chi-square test in post-test 2 for erythema of the lateral nail fold 71
4.21. Chi-square test in the pre-test versus post-test 1 analysis for pain in the hallux 72
4.22. Chi-square test in the pre-test versus post-test 2 analysis for pain in the hallux 72
4.23. Chi-square test in the post-test 1 versus post-test 2 analysis for pain in the hallux 72
4.24. Chi-square test in the pre-test versus post-test 1 analysis for tenderness to pressure on the hallux 72
4.25. Chi-square test in the pre-test versus post-test 2 analysis for tenderness to pressure on the hallux

4.26. Chi-square test in the post-test 1 versus post-test 2 analysis for tenderness to pressure on the hallux

4.27. Chi-square test in the pre-test versus post-test 1 analysis for oedema of the lateral nail fold

4.28. Chi-square test in the pre-test versus post-test 2 analysis for oedema of the lateral nail fold

4.29. Chi-square test in the post-test 1 versus post-test 2 analysis for oedema of the lateral nail fold

4.30. Chi-square test in the pre-test versus post-test 1 analysis for erythema of the lateral nail fold

4.31. Chi-square test in the pre-test versus post-test 2 analysis for erythema of the lateral nail fold

4.32. Chi-square test in the post-test 1 versus post-test 2 analysis for erythema of the lateral nail fold