

Abstract: The German Acupuncture Trial

Gerac, the German Acupuncture Trial, which was carried out in the years 2001 – 2005, is until now the largest acupuncture trial in the world. Goal of Gerac was to examine the effectiveness of acupuncture on three diseases: Osteoarthritis of knee, osteoarthritis of hip and headache. More than 500 physicians took part.

Three groups of patients were formed, each group comprising 1062 patients per disease. The Patients were randomized and separated in three subgroups, each comprising 354 participants. Each subgroup was treated either by acupuncture, sham acupuncture or western medicine. All together 3186 patients were treated. The result of the study was:

1. Acupuncture is more effective in the treatment of knee and hip osteoarthritis than regular western medicine, and equally effective in the treatment of headache. The most surprising result was:

2. Sham acupuncture, used in the control cases, was equally effective as real acupuncture.

The author will show, where in his eyes the errors in the study laid and how the results are to be discussed correctly.

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