

## **Is it possible to apply Placebo Auricular Acupuncture to Korean ? - the Effect of Placebo Auricular Acupuncture through Single-blind Method and Randomized Controlled Trial**

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**Objective:** This study was designed to find out whether placebo auricular acupuncture is able to be constituted as an appropriate control for needle insertion to Korean.

**Methods:** We performed a randomized controlled single –blind study (n=48) comparing subjective evaluations of needles insertion and avoidance of needle insertion. Both ears were needled concurrently, one real acupuncture (needle insertion) and the other placebo acupuncture (avoidance of needle insertion with blunt tip). Subjects then completed a questionnaire rating the intensity of five sensations in each ear, and also attempted to identify which ear received placebo and which ear received real acupuncture.

**Results:** As for the effects of real and placebo acupuncture on each item (warmth, fullness, pain, acidity and radiating), real acupuncture was significantly warmer, fuller, more painful than placebo acupuncture. In particular, the real acupuncture only in experienced acupuncture recipients was significantly warmer, fuller, more painful than placebo acupuncture. About the ability to differentiate real and placebo acupuncture, 54.2 percent correctly identified which ear received real acupuncture and which ear received placebo acupuncture. However, the ability to differentiate real and placebo acupuncture for naive and experienced acupuncture recipients was not significantly different.

**Conclusion :** Most of the subjects(Korean) identified which ear received placebo and which ear received real acupuncture. We found that this placebo auricular acupuncture can not be applied to Korean, in particular for experienced acupuncture recipients. Further study is needed for new placebo auricular acupuncture or racial difference between Korean and American.