

EFFICACY OF ELECTROACUPUNCTURE (PACHI-PACHI)  
VERSUS ACUPUNCTURE ALONE IN THE TREATMENT  
OF INTERVERTEBRAL DISC HERNIATION

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A Capstone Project  
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## ABSTRACT

Background: Low back pain and Sciatica, due to intervertebral disc herniation, affects nearly 80% of humanity at some point in their lives. Western Medicine is not always effective, and surgical procedures sometimes leave patients worse off. This has led many people to alternate forms of treatment. Pachi-Pachi (a form of electro-acupuncture) is one of those forms of an alternate treatment, but few scientific studies have been done. The purpose of this study was to test the efficacy of Pachi-Pachi versus acupuncture alone in the area of Sciatica due to intervertebral disc herniation.

Objective: To evaluate and scientifically measure the efficacy of Pachi-Pachi versus acupuncture alone in the treatment of Sciatica due to intervertebral disc herniation.

Methods: Prepost single blinded clinical controlled trial. Random selection with two groups, Group A and Group B. Group A was the acupuncture alone group, and Group B was the Pachi Pachi group.

Setting: Grossmont Medical Center Acupuncture Clinic, La Mesa, California. (a private clinic).

Findings: In a series of six treatments, Pachi Pachi had measurable effects on the symptomology of Intervertebral Disc Herniation. This limited information has shown Pachi Pachi to have positive benefits on Sciatica due to HNP.

Key Words: Acupuncture, Intervertebral disc herniation, Electro-acupuncture,  
Pachi-Pachi, Sciatica.