

The Effect of 10 Most Frequently Used Acupoint in Treating Myopia

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ABSTRACT

Background: Myopia or shortsightedness is a type of refractive error characterize by falling of the image of the distant object in front of the retina (Saw S-M 2005) which causes difficulty in seeing distant objects clearly (WHO 2013) . Traditional Chinese Medicine uses acupuncture as one of the methods to treat myopia. Many combinations of acupoints had created by different physicians to treat myopia and there is no in-depth study on each frequently used acupoints. From the study, 10 common acupoints to treat myopia effectively were indicated and sorted out and the clinical effect of this acupoints prescription in treating myopia was observe. Before the treatment, the participant underwent refraction test in the optic shop to measure the amount of nearsightedness. Visual acuity test was carried out before and after each session of treatment to monitor the improvement of the participants. After 10 treatment sessions, second refraction test were carried out to compare the difference with the first measurement. Among 10 participants, Among 10 participants, 5 subjects show improvement in visual acuity, 4 subjects were not healed. The results measured using autorefractor machine and subjective refraction test indicate no improvement in terms of refraction of the eyes. Further work should be conducted to improve the significant of the study.