

7. Eye Diseases

Reference

Kim MB, Kim KK, Hong SH, et al. The clinical tests for treatment improvement comparison in Myopia between eye acupuncture massage machine (NURIEYE-1) and acupuncture. *Daehan-Hanbang-AnIbiinhupibugwa-Hakhoeji (Journal of Korean Oriental Medical Ophthalmology Otolaryngology Dermatology)* 2009; 22(3): 80–94 (in Korean with English abstract).

1. Objectives

To compare the efficacy of the eye acupuncture point massage with that of acupuncture in the treatment of myopic eyes.

2. Design

Randomized controlled trial (RCT).

3. Setting

One Oriental hospital (Oriental Medicine Hospital of Dongeui Universtiy), Republic of Korea.

4. Participants

Thirty-two patients (age, more than 7 years) with the low-level myopia under -3 diopters and pseudo-myopia.

5. Intervention

Acupuncture was applied at the following acupuncture points: Zanzhu (UB2, 攢竹), Yangbai (GB14, 陽白), Sizhukong (TE23, 絲竹空), Tongziliao (GB1, 瞳子髎), Chengqi (ST1, 承泣), Hegu (LI4, 合谷), and Guangming (GB37, 光明). Eye acupuncture point massage was applied to the areas surrounding the eye.

Arm 1: Self-massage group (n=16). Eye massage using an eye acupuncture point massage machine, twice a day for 15 minutes over an 8-week period.

Arm 2: Acupuncture treatment group (n=16). Twice a week for 8 weeks.

One subject dropped out.

6. Main outcome measures

Visual acuity score, score on the McGill Quality of Life (MQOL) Questionnaire for Myopia, and skin temperature around eye area measured by Digital Infrared Thermal Imaging (DITI).

7. Main results

There was no significant between-group difference in average visual acuity, MQOL, and DITI scores before and after treatment, but both treatments significantly improved visual acuity, MQOL, and DITI scores.

8. Conclusions

The effectiveness of self massage using the eye acupuncture point massage machine and that of acupuncture treatment are similar.

9. Safety assessment in the article

One child dropped out because of dizziness due to vibration during the massage.

10. Abstractor's comments

In traditional Korean medicine, myopia (eyes lose their luster) is thought to be caused by insufficient heart-yang (心陽) and by damage to Ki-blood (氣血) from too much reading.

It was understood prior to the start of this study that acupuncture is effective for myopia. This clinical trial evaluated whether the eye acupuncture point massage machine could replace acupuncture treatment for myopia. Though the efficacies of the acupuncture point massage machine and acupuncture were similar, it was concluded that use of this machine for myopia treatment was more efficient inasmuch as it was less time-consuming than acupuncture treatment.

11. Abstractor

Nam HJ, 10 June 2010.