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## **EFFICIENCY OF ACUPUNCTURE IN DELAYING THE PROGRESSION OF MYOPIA – A SCOPING REVIEW**

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# **ABSTRACT**

## **PURPOSE:**

To review the recent evidence on Efficiency of acupuncture in delaying the progression of myopia in children and safety of acupuncture in children with myopia.

## **METHODS:**

The articles published after the year 2016 were identified from different databases such as PubMed/ MEDLINE, Cochrane, Google Scholar using specific key words. The review undertakes three stages of screening i) title screening ii) abstract screening and iii) full text screening.

## **RESULTS:**

A total of 30 studies were identified in the literature search. Out of those 6 studies were suited for analysing the data. All 6 studies signify the efficiency of acupuncture in delaying the progression of myopia. Various studies found that

## **CONCLUSION:**

Acupuncture therapy has been used as a treatment option for myopia by Ancient Chinese medicine practitioners. Many studies have proved improvement in myopia. but there are not many studies investigated on different parameters of myopia.

## **KEYWORDS:**

Acupuncture, acupressure, eye exercise, myopia, near sightedness.









