



REVIEWER'S REPORT

Manuscript No.: IJAR-50407

Date: 26-02-2025

Title: Combination of sun gazing and acupuncture for myopia - A pilot randomized controlled trial

Recommendation:

- Accept as it is.....**YES**.....
- Accept after minor revision.....
- Accept after major revision
- Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality	√			
Techn. Quality		√		
Clarity		√		
Significance			√	

Reviewer's Name: Dr Aamina

Reviewer's Decision about Paper: **Recommended for Publication.**

Comments (*Use additional pages, if required*)

Reviewer's Comment / Report

The study, "Combination of Sun Gazing and Acupuncture for Myopia – A Pilot Randomized Controlled Trial," presents a well-structured and methodologically sound investigation into the potential benefits of combining sun gazing with acupuncture for myopia management. The research is relevant to the fields of ophthalmology, naturopathy, and complementary medicine, contributing to the ongoing exploration of alternative therapies for refractive errors.

Strengths of the Paper

1. Clear Research Objective and Justification:

The study addresses a significant global health concern—myopia—by exploring non-invasive complementary therapies. The background effectively highlights the increasing prevalence of myopia and the need for alternative treatment approaches beyond

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conventional corrective measures. The research objective is well-defined, with a focus on assessing the impact of sun gazing and acupuncture on diopter measurements and visual acuity.

2. **Well-Defined Methodology:**

The randomized controlled trial design strengthens the reliability of the study. The inclusion of 60 participants within a clearly defined age range (18–25) ensures a homogenous sample. The use of an autorefractor and Snellen chart for objective measurement of diopter values and visual acuity enhances the study's validity. Additionally, the control and experimental group design allows for a direct comparison of acupuncture alone versus its combination with sun gazing.

3. **Statistical Rigor and Presentation of Results:**

The study employs appropriate statistical methods to analyze changes in spherical equivalent (SPH) values and visual acuity. The results demonstrate significant improvements in both groups ($P < 0.01$), reinforcing the potential effectiveness of acupuncture in myopia management. The lack of statistically significant differences between the two groups ($P > 0.26$) is presented objectively, indicating that sun gazing did not contribute additional benefits beyond acupuncture alone.

4. **Balanced and Comprehensive Discussion:**

The discussion provides a nuanced interpretation of the findings, situating them within the broader context of complementary medicine. The potential mechanisms of acupuncture in modulating ocular blood flow, autonomic nervous function, and extraocular muscle relaxation are well-articulated. The study also acknowledges the limited clinical evidence surrounding sun gazing and suggests further investigation into its long-term effects.

5. **Scientific and Practical Relevance:**

The paper contributes valuable insights into the field of complementary ophthalmic care. While the findings do not support sun gazing as an effective adjunct to acupuncture, the study reinforces acupuncture's potential role in myopia management. The research also paves the way for future investigations into alternative therapies, particularly their physiological mechanisms and long-term efficacy.

6. **Logical Flow and Clarity:**

The paper is well-structured, with a clear progression from background information to

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methodology, results, and discussion. The use of precise terminology and clear explanations ensures readability and comprehension for both clinical and research audiences.

Conclusion

The study presents a rigorous and objective assessment of the effects of sun gazing and acupuncture on myopia. The findings contribute to the scientific understanding of complementary therapies in eye health, reinforcing acupuncture's role while questioning the added value of sun gazing. This research serves as a foundation for further studies exploring integrative approaches to myopia management.