



REVIEWER'S REPORT

Manuscript No.: IJAR- 50407

Date: 24/02/2025

Title: "Combination of Sun Gazing and Acupuncture for Myopia - A Pilot Randomized Controlled Trial"

Recommendation:

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

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

Reviewer Name: Dr. S. K. Nath

Date: 25/02/2025

Reviewer's Comment for Publication:

Investigating the combined effects of sun gazing and acupuncture on myopia is an unconventional and creative approach that could open doors for further research into complementary therapies. The study presents data systematically with proper statistical analysis, including the use of non-parametric tests like the Wilcoxon signed-rank and Mann-Whitney U tests, which are appropriate given the non-normal distribution of the data. Compare the findings with other existing studies on myopia control, especially those involving light exposure or acupuncture.

Reviewer's Comment / Report

Strengths

- 1. Innovative Research Topic:** Investigating the combined effects of sun gazing and acupuncture on myopia is an unconventional and creative approach that could open doors for further research into complementary therapies.
- 2. Well-Structured Methodology:** The randomized controlled trial (RCT) design enhances the credibility of the findings. Proper randomization and clear inclusion/exclusion criteria ensure a robust study framework.
- 3. Clear Presentation of Results:** The study presents data systematically with proper statistical analysis, including the use of non-parametric tests like the Wilcoxon signed-rank and Mann-Whitney U tests, which are appropriate given the non-normal distribution of the data.
- 4. Ethical Standards and Registration:** Ethical considerations were clearly addressed, with approval from an institutional ethics committee and registration of the clinical trial (CTRI/2024/02/063276), lending legitimacy to the research process.
- 5. Balanced Discussion:** The discussion critically acknowledges that sun gazing did not provide any additional benefits over acupuncture alone. Limitations such as small sample size and short duration were honestly addressed.

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Areas for Improvement

1. Scientific Justification for Sun Gazing: While the paper acknowledges the lack of scientific evidence supporting sun gazing, its inclusion requires stronger justification. Existing concerns about retinal damage from direct sun exposure should be discussed in greater depth.

2. Lack of Long-Term Follow-Up: The study lasted only 30 days. Given that myopia progression typically occurs over months or years, a longer follow-up period would provide more meaningful results.

3. Sample Size Limitation: A sample size of 60 participants limits the generalizability of the findings. Larger studies would yield more statistically significant conclusions.

4. Formatting and Clarity: Some sections are overly verbose, especially in the introduction and methodology, which could be condensed without losing meaning. Figures and tables were referenced but not visually presented in the document, which diminishes the impact of the results.

5. Insufficient Control for Lifestyle Variables: The study does not account for factors like screen time, outdoor activity, or dietary habits that could independently affect myopia progression.

6. Limited Discussion of Mechanisms: The biological rationale for how sun gazing might impact myopia should be expanded upon, referencing more scientific literature rather than anecdotal evidence.

Suggestions for Improvement

1. Refine the Introduction: Shorten the background on sun gazing and focus more on scientifically validated theories related to outdoor light exposure and myopia control.

2. Expand the Discussion Section: Compare the findings with other existing studies on myopia control, especially those involving light exposure or acupuncture.

3. Improve Visual Presentation: Include clear graphs and tables for the visual acuity and diopter changes mentioned, making it easier for readers to interpret results.

4. Consider a Longer Study Duration: Future studies should extend the intervention period and track long-term outcomes of both therapies.

5. Deepen Ethical Discussion on Sun Gazing: Highlight potential health risks associated with sun gazing, supported by citations from ophthalmological research.