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amblyopia

Amblyopie : évaluation de l'acupuncture

Articles connexes: - conduites thérapeutiques - pathologie - acupuncture expérimentale - qigong -

1. Systematic Reviews and Meta-Analysis

1.1. Tan 2025

Tan K, Yu Y, Liu P, Jiang P, Liu Y, Lou B, Peng Q. Meta-analysis of acupuncture combined therapies for amblyopia: efficacy and safety insights. Front Med (Lausanne). 2025 Jun 10;12:1584296. https://doi.org/10.3389/fmed.2025.1584296

Background	Acupuncture, a traditional Chinese medicine therapy, is widely used for the management of amblyopia. This study aimed to perform a meta-analysis of the efficacy and safety of acupuncture combined with conventional treatments for amblyopia.
Methods	We searched eight databases for relevant studies published before December 31, 2024. Subsequently, the retrieved literature underwent a rigorous screening process based on pre-established inclusion and exclusion criteria. Thereafter, the basic information, outcome data, and risk of bias of the included studies were statistically analyzed. RevMan5.3 was employed to perform meta-analysis, sensitivity analysis, and assessment of publication bias. Additionally, GRADEpro3.6 was utilized to assess the quality of evidence for the outcomes.
Results	**Ten trials involving 918 eyes** were included. The meta-analysis demonstrated that, compared with conventional treatment, acupuncture combined with conventional treatment significantly improved the clinical efficacy rate (RR 1.31, 95% CI 1.21–1.43, P < 0.00001, GRADE: low), best-corrected visual acuity (BCVA) (MD 0.08, 95% CI 0.01–0.15, P = 0.03, GRADE: very low), and the amplitude of pattern visual evoked potential (P-VEP) P100 wave (MD 3.24, 95% CI 1.42–5.05, P = 0.0005, GRADE: low), while reducing stereoacuity (MD −3.59, 95% CI −5.97 to −1.20, P = 0.003, GRADE: very low) and the latency of P-VEP P100 wave (MD −7.44, 95% CI −11.71 to −3.18, P = 0.0006, GRADE: very low). However, acupuncture may increase the adverse reaction rate (RR 5.57, 95% CI 1.01–30.84, P = 0.05, GRADE: low). Funnel plots indicated no publication bias for clinical efficacy rate, P-VEP latency, P-VEP amplitude, or adverse events, while potential publication bias was detected for BCVA and stereoacuity.
Conclusion	Compared with conventional treatment, acupuncture combined with conventional treatment effectively improved visual acuity in amblyopia patients, although it may increase the risk of adverse events. Given that these adverse events were mild, acupuncture may serve as a complementary treatment for amblyopia. Further large-scale, high-quality studies are required to confirm these findings.

1.2. Yan X 2013

Yan X, Zhu T, Ma C, Liu A, Dong L, Wang J. A meta-analysis of randomized controlled trials on acupuncture for amblyopia. Evid Based Complement Alternat Med. 2013;:648054,. (eng). [166815]

Objective	To assess the evidence of efficacy and safety of acupuncture for amblyopia and analyze the current situation of its clinical setting.
Methods	We systemically searched Wanfang, Chongqing Weipu Database for Chinese Technical Periodicals (VIP), China National Knowledge Infrastructure (CNKI), and PubMed. Published randomized controlled trials (RCT) and controlled clinical trials (CCT) that evaluated the effect of acupuncture for amblyopia compared with conventional treatment were identified. The methodological quality of the included trials was assessed based on the Jadad scale. Data synthesis was facilitated using RevMan 5.1.
Results	Fourteen trials involving 2662 participants satisfied the minimum criteria for meta-analysis. The evidence showed that the total effective rate of treatment within the group receiving acupuncture was higher than that in conventional group; there were statistically significant differences between groups (polled random effects model (RR) = 1.17, 95% confidence interval (1.11, 1.24), Z = 5.56, P < 0.00001).
Conclusion	The total effective rate of acupuncture for amblyopia was significantly superior to conventional treatment, indicating that acupuncture was a promising treatment for amblyopia. However, due to the limited number of CCTs and RCTs, especially those of large sample size and multicenter randomized controlled studies that were quantitatively insufficient, we could not reach a completely affirmative conclusion until further studies of high quality are available.

2. Clinical Practice Guidelines

2.1. American Academy of Ophthalmology (AAO, USA) 2012

American Academy of Ophthalmology Pediatric Ophthalmology/Strabismus Panel. Amblyopia. San Francisco (CA): American Academy of Ophthalmology.. 2012. 39P. [168137].

The following therapies have been used in the tretament of amblyopia: optical correction, patching, pharmacological penalization, bangerter filters, surgery to treat the cause of amblyopia, acupuncture, vision therapy.

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