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EFFECTS OF ACUPUNCTURE ON ASTHENOPIA DUE TO WORK WITH VIDEO DISPLAY TERMINAL.

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We evaluated the effects of acupuncture on the reduced accommodation due to sustained work with video display terminal (VDT). Seven healthy volunteers, 6 males and 1 female, served as test subjects. Their ages ranged from 31 to 38 years, average 34.7 ± 2.3 years.

The subjects were asked to search specified Chinese characters on a VDT screen of a personal computer for one hour. We measured the tension time, relaxation time and the near point of accommodation using an accommodo-polyrecorder. These three parameters were determined before work with VDT, immediately after work, 30 minutes of rest after work, and 60 minutes of rest after work. In the acupuncture group, the subjects were treated with 15 minutes of low-frequency electrical acupuncture immediately after work. This treatment involved stimulation of bilateral Taiyang (Extra-2) and Zanzhu (UB-2) meridian points.

We observed that work with VDT induced reduced accommodation: delayed tension time, delayed relaxation time and prolonged near point of accommodation. These findings showed improvements and earlier recovery after the acupuncture treatment.

The results of this study allow us to expect clinical effectiveness of acupuncture in patients with reduced accommodation due to VDT work.

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