CLAIMS:

1. An ophthalmic lens for at least one of slowing, retarding or preventing myopia progression, the ophthalmic lens comprising:

an optic zone configured with a positive asymmetric aberration for creating a physiological effect on the eye, the positive asymmetric aberration including asymmetric radial power profiles with increasing dioptric power from a center to a margin of the optic zone and wherein the asymmetric radial power profiles are variable along different radial meridians; and wherein the asymmetric radial power profiles are variable along different radial meridians and are adjustable based upon pupil size to achieve a balance between foveal vision correction and effective add power; and

a peripheral zone surrounding the optic zone.

2. The ophthalmic lens according to Claim 1, wherein the ophthalmic lenses comprises a contact lens.

3. The ophthalmic lens according to Claim 1, wherein the ophthalmic lenses comprises a spectacle lens.

4. The ophthalmic lens according to Claim 1, wherein the peripheral zone comprises one or more stabilization mechanisms.

5. The ophthalmic lens according to Claim 1, wherein the stabilization mechanisms are such that the asymmetric radial power profiles may be rotated by an angle corresponding to a desired directional dominance of a visual scene.

6. The ophthalmic lens according to Claim 1, wherein the optic zone comprises a diameter in the range from about 2 mm to about 11 mm.

7. A method for at least one of slowing, retarding or preventing myopia progression by altering the focus of the eye by a direction and degree to alter

the growth of the eye, the method comprising introducing asymmetric radial power profiles with increasing dioptric power from a center to a margin of an optical zone of an ophthalmic lens and varying the asymmetric radial power profiles along different radial meridians wherein the assymetric radial power profiles are adjustable based upon pupil size to achieve a balance between foveal vision correction and effective add power.

8. The method for at least one of slowing, retarding or preventing myopia progression by altering the focus of the eye by a direction and degree to alter the growth of the eye according to Claim 7, wherein the asymmetric radial power profiles are rotatable by an angle corresponding to a desired directional dominance of a visual scene.

9. The method for at least one of slowing, retarding or preventing myopia progression by altering the focus of the eye by a direction and degree to alter the growth of the eye according to Claim 7, further comprising adding one or more stabilization zones into a peripheral zone of the ophthalmic lens.

10. An ophthalmic lens for at least one of slowing, retarding or preventing myopia progression, the ophthalmic lens comprising:

an optic zone configured with a positive asymmetric aberration for creating a physiological effect on the eye, the positive asymmetric aberration including asymmetric radial power profiles with increasing dioptric power from a center to a margin of the optic zone and wherein the asymmetric radial power profiles are variable along different radial meridians; and a peripheral zone surrounding the optic zone; wherein the dioptric power from a center to a margin of the optic zone is in the range from about 0.5 D to about 25 D.

What is claimed is:

1. An ophthalmic lens for at least one of slowing, retarding or preventing myopia progression, the ophthalmic lens comprising:

an optic zone configured with a positive asymmetric aberration for creating a physiological effect on the eye, the positive asymmetric aberration including asymmetric radial power profiles with increasing dioptric power from a center to a margin of the optic zone and wherein the asymmetric radial power profiles are variable along different radial meridians and are adjustable based upon pupil size to achieve significant increase in effective add power while maintaining reasonably good foveal correction due to the fact that visual acuity is less sensitive to asymmetric aberration; and

a peripheral zone surrounding the optic zone.

2. The ophthalmic lens for at least one of slowing, retarding or preventing myopia progression according to claim 1, wherein the ophthalmic lenses comprises a contact lens.

3. The ophthalmic lens for at least one of slowing, retarding or preventing myopia progression according to claim 1, wherein the ophthalmic lenses comprises a spectacle lens.

4. The ophthalmic lens for at least one of slowing, retarding or preventing myopia progression according to claim 1, wherein the peripheral zone comprises one or more stabilization mechanisms.

5. The ophthalmic lens for at least one of slowing, retarding or preventing myopia progression according to claim 1, wherein the asymmetric radial power profiles may be rotated by an angle corresponding to a desired directional dominance of a visual scene.

6. The ophthalmic lens for at least one of slowing, retarding or preventing myopia progression according to claim 1, wherein the optic zone comprises a diameter in the range from about 2 mm to about 11 mm.