



ICIM
2022

20 – 21 July 2022

2nd International Conference on Integrative Medicine 2022

Integrative Medicine : Trusted Care

Mae Fah Luang University, Chiang Rai, Thailand

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FULL PROCEEDING FOR E-POSTER PRESENTATION

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President's Welcome Message



On behalf of Mae Fah Luang University, I would like to welcome all participants to Mae Fah Luang University and to the 2nd International Conference in Integrative Medicine 2022: Integrative Medicine: Trusted Care.

The year, 2022, is very special to Mae Fah Luang University (MFU) marking the 24th anniversary of our establishment. Since 1998, MFU has committed itself to follow Her Royal Highness Princess Srinagarindra's aspirations in nurturing nature and developing people for national and regional development.

For 24 years, MFU has put its effort into being a leading university in the Greater Mekong Subregion (GMS) and expanding to ASEAN with international recognition. We have produced quality graduates and impactful research that responds to society's needs and creates impacts in many sectors of the country. Moreover, we have offered several high-quality academic programs in the field of integrative medicine including Applied Thai Traditional Medicine, Traditional Chinese Medicine, and Physical Therapy. Our programs are designed to meet the international standards to ensure that our knowledge and innovations will be able to share with the world.

From the number of participants gathered here today and the number of papers submitted for the conference, I am confident that this conference will contribute to the future collaboration in all fields of integrative medicine and to the network of healthcare professionals from different parts of the world.

In this regard, I also would like to thank you all of the conference participants for your contributions to this event.

Finally, I sincerely hope that all the participants will benefit from the academic and practical experience sharing at this conference and wish this conference a complete success.

Sincerely Yours,

Assoc. Prof. Dr. Chayaporn Wattanasiri

President of Mae Fah Luang University



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Conference Chair's Welcome Message



Integrative Medicine is not a new name in the field of medical work. It is a term that describes the use of other forms of medicinal practice in combination with modern medicine to treat diseases, prevent diseases and also improve or rehabilitate patients back to good health. Nowadays, both healthcare practitioners and patients are getting more interested in the efficacy and what integrative medicine can offer. Herbal medicine and Traditional medicine are practices that everyone is familiar with and are willing to try it out. Although they are well known in many parts of the world, many aspects of them still lack a better understanding from a scientific aspect.

For these reasons the School of Integrative Medicine, Mae Fah Luang University, Thailand, is committed to preserve and improve these fields of practice in both producing graduates with good competency and high-quality research. The International Conference on Integrative Medicine 2022 or ICIM is the 2nd ICIM that the school has held. We have seen a greater perception from the general public along with many success cases, our patients have called us “trusted care”. I believe that this conference will be a great platform for healthcare professionals and scientists in this field of work to come and connect with each other. Moreover, participants who participate in this conference would get a clearer view and get to update on the new techniques and knowledge in the field of integrative medicine. So, I hope all participants will receive new knowledge, make new friends, and hope this conference succeeds in all of its objectives.

Dr. Sulakkana Noiprasert, M.D.

Chairperson of the International Conference on Integrative Medicine 2022

Introduction

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MAE FAH LUANG UNIVERSITY



Mae Fah Luang University (MFU) was established as an autonomous public university, under the Royal Charter, in 1998, with generous support from the Royal Thai Government. The University was established to meet the needs of people in the north of Thailand, and to commemorate the gracious contributions of the King's Mother, Her Royal Highness Princess Srinagarindra, lovingly known to her subjects as "Mae Fah Luang." From its inaugural class of 64 students in 1998, MFU has become Thailand's fastest growing post-secondary institution with an enrollment of just under 15,000 students. After little over a decade of operation, MFU is already well known for its high-quality teaching, research, and service to the people of the north, as well as Thailand.

MFU's campus consists of a large complex of modern, state-of-the-art buildings, spanning more than 800 hectares. The campus is located in a spectacular setting of mountains and trees, an environment conducive to teaching and learning in a clean, inviting setting. As both a regional and national university, MFU provides high-quality education services and resources for the neighboring countries of the Greater Mekhong Sub-region (GMS), and reaches out to all of Southeast Asia.

MFU's philosophy is to "restore forests and develop people" and declared has goals of "New Different Better Together". Our vision is to a leading university in ASEAN with international recognition. We will produce quality human resources and develop excellence in academics, research, and innovations for the society under disruptions to achieve the Sustainable Development Goals in accordance with Thailand's development.





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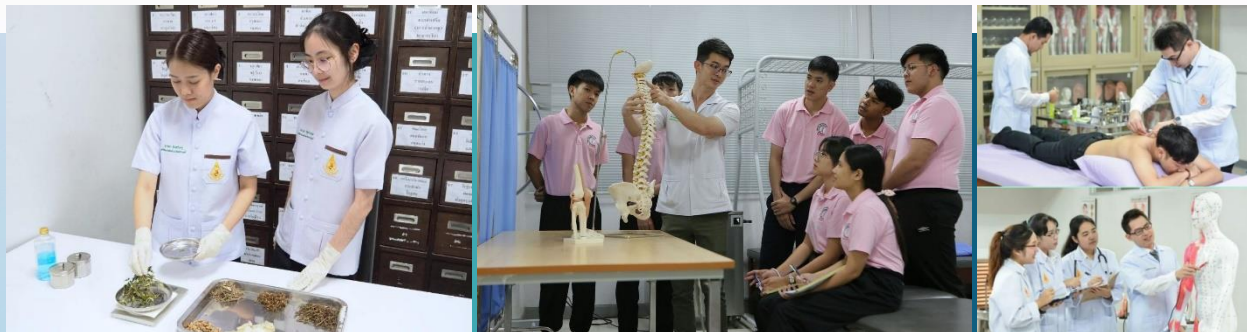
Mae Fah Luang University, Chiang Rai, Thailand

School of Integrative Medicine



The School of Integrative Medicine separated from the School of Health Science on the 1st of June 2019 and established the 15th School of Mae Fah Luang University under the name of “School of Integrative Medicine”. The school aims to provide academic and professional excellence in the field of integrated medicine with international standards and to promote health care through traditional medical care and a wide range of therapies.

At the present, the school of Integrative Medicine offers 3 Bachelor’s programs, Bachelor of Physical Therapy, Applied Thai Traditional Medicine, and Traditional Chinese Medicine. Moreover, the School is in the planning stage to offer the additional postgraduate program in Master of Integrative Medicine and Master of Physical Therapy.





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Organizing committee

- 1. Dr. Sulukkana Noiprasert (Chairperson)**
Ph.D. (Acupuncture and Massage)
Department of Traditional Chinese Medicine, School of Integrative Medicine, Mae Fah Luang University, Chiang Rai, Thailand
- 2. Assoc. Prof. Dr. Pattanasin Areeudowmong**
Ph.D. (Human Movement Sciences)
Department of Physical Therapy, School of Integrative Medicine, Mae Fah Luang University, Chiang Rai, Thailand
- 3. Dr. Natthawut Yodsuwan**
Ph.D. (Biotechnology)
Department of Biological Science, School of Science, Mae Fah Luang University, Chiang Rai, Thailand
- 4. Asst. Prof. Dr. Tawatchai Apidechkul**
Ph.D. (Public Health Sciences)
Center of Excellence for the Hill tribe Health Research, Mae Fah Luang University, Chiang Rai, Thailand and Department of Public Health, School of Health Science, Mae Fah Luang University, Chiang Rai, Thailand
- 5. Assoc. Prof. Dr. Vitsarut Buttagat**
Ph.D. (Human Movement Sciences)
Department of Physical Therapy, School of Integrative Medicine, Mae Fah Luang University, Chiang Rai, Thailand
- 6. Dr. Pravaree Phuneerub**
Ph.D. (Public Health Sciences)
Department of Applied Thai Traditional Medicine, School of Integrative Medicine, Mae Fah Luang University, Chiang Rai, Thailand
- 7. Dr. Chakree Wattanasiri**
Ph.D. (Organic Chemistry)
Department of Applied Thai Traditional Medicine, School of Integrative Medicine, Mae Fah Luang University, Chiang Rai, Thailand
- 8. Dr. Parichart Hongsing**
Ph.D. (Public Health Sciences)
Department of Applied Thai Traditional Medicine, School of Integrative Medicine, Mae Fah Luang University, Chiang Rai, Thailand
- 9. Dr. Aunyachulee Ganogpichayagrai**
Ph.D. (Public Health Sciences)
Department of Applied Thai Traditional Medicine, School of Integrative Medicine, Mae Fah Luang University, Chiang Rai, Thailand



Scientific committee

1. **Assoc. Prof. Dr. Vitsarut Buttagat**
Ph.D. (Human Movement Sciences)
Department of Physical Therapy, School of Integrative Medicine, Mae Fah Luang University, Chiang Rai, Thailand
2. **Assoc. Prof. Dr. Pattanasin Areeudowmong**
Ph.D. (Human Movement Sciences)
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3. **Asst. Prof. Dr. Rawiwan Charoensup**
Ph.D. (Public Health Sciences)
Medicinal plants innovation center of Mae Fah Luang university, Mae Fah Luang university, Chiangrai Thailand and Department of Applied Thai Traditional Medicine, School of Integrative Medicine, Mae Fah Luang University, Chiang Rai, Thailand
4. **Dr. Pravaree Phuneerub**
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5. **Dr. Chakree Wattanasiri**
Ph.D. (Organic Chemistry)
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6. **Dr. Parichart Hongsing**
Ph.D. (Public Health Sciences)
Department of Applied Thai Traditional Medicine, School of Integrative Medicine, Mae Fah Luang University, Chiang Rai, Thailand
7. **Dr. Aunyachulee Ganogpichayagrai**
Ph.D. (Public Health Sciences)
Department of Applied Thai Traditional Medicine, School of Integrative Medicine, Mae Fah Luang University, Chiang Rai, Thailand
8. **Dr. Sujittra Klauyhomthong**
Ph.D. (Human Movement Sciences)
Department of Physical Therapy, School of Integrative Medicine, Mae Fah Luang University, Chiang Rai, Thailand
9. **Dr. Chatchada Sutralangka**
Ph.D. (Neuroscience)
Department of Physical Therapy, School of Integrative Medicine, Mae Fah Luang University, Chiang Rai, Thailand



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10. Dr. Thidarat Duangyod

Ph.D. (Public Health Sciences)

Department of Applied Thai Traditional Medicine, School of Integrative Medicine, Mae Fah Luang University, Chiang Rai, Thailand

11. Dr. Kitiyawadee Srisim

Ph.D. (Human Movement Sciences)

Department of Physical Therapy, School of Integrative Medicine, Mae Fah Luang University, Chiang Rai, Thailand

12. Dr. Nakornsub Lawcharoen

Ph.D. (Acupuncture and Tuina)

Department of Traditional Chinese Medicine, School of Integrative Medicine, Mae Fah Luang University, Chiang Rai, Thailand

13. Dr. Patcharawan Suwannarat

Ph.D. (Human Movement Sciences)

Department of Physical Therapy, School of Integrative Medicine, Mae Fah Luang University, Chiang Rai, Thailand

14. Dr. Chin Jia Wei

M.Sc. (Endocrinology)

Department of Traditional Chinese Medicine, School of Integrative Medicine, Mae Fah Luang University, Chiang Rai, Thailand

15. Prof. Wu Yun Chuan

Ph.D (Acupuncture and Moxibustion)

Nanjing University of Chinese Medicine, China

16. Prof. Wei Li Xin

M.Sc. (Acupuncture)

China Academy of Chinese Medical Sciences, China

17. Prof. Lian Ai Hua

Ph.D. (Traditional Chinese Medicine Pharmacology and Toxicology)

Institute of Chinese Materia Medica, China Academy of Chinese Medical Sciences, Beijing, China

18. Prof. Dr. Dirk Moller

Ph.D. (Dipl. Sportwiss., Physiotherapy)

Faculty of Business Management and Social Sciences (Physical Therapy) Osnabrück University of Applied Sciences, Germany

19. Dr. Christopher Zaslowski

Ph.D. (Biological Sciences)

College of Traditional Chinese medicine, University of Technology, Sydney, Australia



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20. Dr. Rebekka Zirbel

Ph.D. (Biological Sciences)

The European Society for Applied Immunology, Germany

21. Dr. Wen Te Chung

Ph.D., Institute of Pharmaceutical Sciences

Department of Chinese Pharmaceutical Sciences and Chinese Medicine Resources, College of Chinese Medicine, China Medical University, Taiwan

22. Dr. Supannikar Yingyongsaksri

Ph.D. (Physical Therapy)

Department of Physical Therapy, School of Integrative Medicine, Mae Fah Luang University, Chiang Rai, Thailand

23. Dr. Donlaya Promkeaw

Ph.D. (Human Movement Sciences)

Department of Physical Therapy, School of Integrative Medicine, Mae Fah Luang University, Chiang Rai, Thailand



Virtual Conference at Mae Fah Luang University: [Schedule \(Thailand time, UTC +7\)](#)

20th July 2022

08.30 - 09.00

Registration

09.00 – 09.25

Opening Ceremony

Overview of ICIM 2022

by Dr. Sulukkana Noiprasert

Chairperson of ICIM 2022

Opening Speech

by Assoc. Prof. Dr. Chayaporn Wattanasiri

President of Mae Fah Luang University

09.25 – 09.30

Taking picture session

09.30 – 10.30

Plenary Lecture 1

Topic: Application of Liquid Biopsy, Life Cell Imaging and Plasma Proteins Electrophoresis in Natural Medicine: Identify Causes and Assess the Treatment Outcome of Siamois® polyphenols

Keynote Speaker: Prof. Dr. Samlee Mankhetkorn

10.30 – 10.45

Coffee Break

10.45 – 11.15

Plenary Lecture 2

Topic: Somatic Pain and the Role for Acupuncture - an Australian Example of Strategic Research

Keynote Speaker: Assoc. Prof. Dr. Christopher Zaslowski

11.15 – 12.00

Oral Presentation

12.00 – 13.00

Lunch Break

13.00 – 13.30

Plenary Lecture 3

Topic: Acupuncture in Primary care

Keynote Speaker: Prof. Dr. Wei Li Xin



13.30 – 13.40

Plenary Lecture 4

Topic: Risk Assessment, Medication Safety and Scientific Supervision of Traditional Chinese Medicines Containing Aristolochic Acids—Different Types of Aristolochic Acids Have Different Toxicities, and the Detection and Control of Aristolochic Acids I and II Are Critical

Keynote Speaker: Prof. Dr. Liang Ai Hua

13.40 – 16.00

Oral Presentation

16.00 – 17.15

e-Poster Presentation

21st July 2022

08.00 - 08.30

Registration

08.30 – 10.30

Plenary Lecture 5

Topic: Nuad Thai (Thai massage) for Relieving Office Syndrome in the Digital Generation

Keynote Speaker: Assoc. Prof. Dr. Wichai Euangpinichpong

10.30 – 10.45

Coffee Break

10.45 – 12.00

Oral Presentation

12.00 – 13.00

Lunch Break

13.00 – 14.30

Plenary Lecture 6

Topic: Can Good Gut Health Prevent Diseases

Keynote Speaker: Dr. Johannes Wessolly

14.30 – 15.30

Plenary Lecture 7

Topic: The role of Thai-based Herbal Medicine in COVID-19 Management

Keynote Speaker: Asst. Prof. Dr. Rawiwan Charoensup

15.30 – 16.30

Oral Presentation

16.30 – 17.00

Award Announcement and Closing Ceremony



Schedule (Thailand time, UTC +7) for Oral presentation 20 th July 2022 Virtual Conference at Mae Fah Luang University					
Section	Room	Time	OCS no.	Presenter's name	Title
1	1-chinese language	11.15-11.30	6	Miss. Wachiraporn Padungkiettiwong	Analysis of the clinical therapeutic effect of Professor Wang Yue on 42 cases of Sjogren's syndrome overlaps with Hashimoto's thyroiditis
		11.30-11.45	84	Mr. Jia Wei Chin	Traditional Chinese Medicine in treating depression
		11.45-12.00	28	Dr. Nakornsub Lawcharoen	The history and development of TCM ointment therapy
	2-chinese language	11.15-11.30	61	Miss. Raksuda Taniguchi	Clinical research on the treatment of hyperthyroidism with Chaihu Guizhi Longu Muli Decoction
		11.30-11.45	56	Mr. Pitchayut Chambumrung	Research advance of lumbar disc herniation treated by special type of acupuncture
	3-Eng language	11.15-11.30	78	Dr. Ampha Pumpho	Impact of scoliosis on gait characteristics: a case study of a child with spastic diplegic cerebral palsy
		11.30-11.45	92	Miss. Supapon Kaewsanmung	Immediate effect of Thai massage on calf muscle flexibility and postural sway in overweight children: pilot study
		11.45-12.00	49	Dr. Kitiyawadee Srisim	Relationship between balance ability and ankle function in diabetes mellitus patients with peripheral neuropathy (DMPN)
2	1-Eng language	13.55-14.10	10	Miss. Panitha Boonma	The Effectiveness of Thai Traditional Massage in Improving Constipation at Institute of Thai-Chinese Traditional Medicine Hospital, Mae Fah Luang University.
		14.10-14.25	97	Miss. Vassana charoonsrisawad	The Effect of Court-Type Thai Traditional Massage on Delayed-Onset Muscle Soreness in The Biceps Brachii Muscle After Resistance Exercise



Schedule (Thailand time, UTC +7) for Oral presentation 20 th July 2022 Virtual Conference at Mae Fah Luang University					
Section	Room	Time	OCS no.	Presenter's name	Title
		14.25-14.40	36	Mr. Pornnarez Thaweekhotr	Surface Anatomical Positioning of the 2nd and 3rd Shoulder Signal Points of Court-type Thai Massage in Male Humans
		14.40-14.55	79	Miss. Tanyarath Tapcompill	Effect of aromatic medicine (YA HOM TEP PRA CHIT) on patient with hypertension
		14.55-15.10	88	Mr. Sirikool klumkool	The Effectiveness of Thai Massage on the range of motion and muscular strength of the arm in collegiate basketball players, Mae Fah Luang University
		15.10-15.25	89	Mrs. Panada Ramphaiboon	Effect of Court-Type Thai Traditional Massage Versus <i>Cassia alata</i> Linn. Treatment on Chronic Constipation: A Randomized Controlled Trial
		15.25-15.40	94	Miss. Parichart Hongsing	A systematic review of randomized controlled trial on efficacy of <i>Centella Asiatica</i> for wound healing
		15.40-15.55	99	Mr. Thanach Kanokthet	Effect of a pain management Combined with Mahajak oil medicine program in elderly with osteoarthritis: A Case study of Thay Nam Health Promoting Hospital, Pho Thale District, Phichit Province
	2-chinese language	13.55-14.10	5	Dr. Song Yufan	Application of tonifying kidney, invigorating Qi and promoting blood circulation in common gynecological diseases
		14.10-14.25	66	Miss. Wang Yuanwang	Research on Operation Method of Tuina Treatment of Constipation in Children Based on Data Mining Technology
		14.25-14.40	103	Miss. YU jia	Clinical Observation of Magui Wenbi Granules in the Treatment of Rheumatoid Arthritis and Its Effect on IL-23 / IL-17 Axis
		14.40-14.55	100	Mr. Sin Khee Ho	Discussion on the Application of Pharmacological Theory of Traditional Chinese Medicine in the Treatment of the Covid 19 Cases
		14.55-15.10	107	Mr. Zhu Xinyu	Study of Acupuncture Improving Oocytes Quality of Poor Ovarian Responders in IVF



Schedule (Thailand time, UTC +7) for Oral presentation 20 th July 2022 Virtual Conference at Mae Fah Luang University					
Section	Room	Time	OCS no.	Presenter's name	Title
	3-Eng language	13.55-14.10	3	Prof. Dr. Dirk Möller	The effect of muscle fatigue on activation patterns of the biceps femoris and semitendinosus muscles in soccer
		14.10-14.25	83	Miss. Chanyawat Rueangsri	Content validity of Thai version screening tool for cervical spine instability
		14.25-14.40	25	Miss. Benjamaporn Hancharoenkul	Relationship between predisposing factors and risk of work-related musculoskeletal strain among poultry slaughterhouse workers – A cross sectional study
		14.40-14.55	27	Miss. Wilawan Chaiut	Relationship between the 2- and 6- Minute Walk Test in Healthy Children
		14.55-15.10	24	Miss. Yadanuch Boonyaratana	Measuring movements 24 hours per day in older persons living in a nursing home - a pilot study
		15.10-15.25	21	Prof. Dr. Nikolaus Ballenberger	Occurrence of musculoskeletal health complaints and corresponding risk factors among music students and non-music students – results from a prospective cohort study
		15.25-15.40	65	Miss. Nichapa Khumpaneid	Effects of modified-OTAGO on body composition in older adults during COVID-19 outbreak: A preliminary study
		15.40-15.55	101	Dr. Petcharat Keawdaungdee	Prevalence and Associated Factors of Forward Head Posture among Physical Therapy Students



Schedule (Thailand time, UTC +7) for Oral presentation
21st July 2022 Virtual Conference at Mae Fah Luang University

Section	Room	Time	OCS no.	Presenter's name	Title
1	1-Eng language	10.45-11.00	64	Dr. Nawatpong Chairat	A pilot study of chemical composition and major compounds of conservation plant: a case study of Ma-kwan from Doi Phu Kha, Nan Province
		11.00-11.15	16	Miss. Ajchamon Thammachai	Knowledge, Awareness, and Practice Regarding Pesticide Exposure and Health Symptoms among Farmers
		11.15-11.30	110	Dr. Sujitra Klauyhomthong	The effect of combined the pursed lips and lower costal breathing exercise and chest mobilization program on lung volume and dyspnea in patients with chronic obstructive pulmonary disease after acute exacerbations (AECOPD) and hospitalization
		11.30-11.45	51	Mr. Ritichai Pimpa	Development of Alcohol Behavioral Assessment Tool for Hill Tribe Adolescents
		11.45-12.00	105	Dr. Supannikar Yingyongsaksri	Correlation between perceived severity of COVID-19 and self-protective behavior during COVID-19 pandemic in Chiang Rai smokers
	2-Eng language	10.45-11.00	8	Mr. Jirapak Ruttanapattanakul	Proliferation and Survival Enhancing Effect of Pinocembrin on Immortal Human Epidermal Cells
		11.00-11.15	26	Mr. Phatarawat Thaklaewphan	The anti-cancer effects of oxyresveratrol on ovarian cancer cell lines via negative regulation of AKT activation status
		11.15-11.30	98	Miss. Kanyaphat Apiwongsrichai	Effects of extraction solvent on red pigment, phenolic compounds, and antioxidant capacity of red mold rice extracts
		11.30-11.45	87	Miss. Khin Thapyay Phyu	The Effectiveness of 5% White Tea (<i>Camellia sinensis</i>) Cream for Periorbital Wrinkle Reduction
		11.45-12.00	96	Miss. Nichaphat Wisetchonlathan	Metadata and the fatty acids content in Thai shrimp paste
	3-Eng language	10.45-11.00	72	Dr. Patcharawan Suwannarat	Discriminative Ability of the 7th Cervical Vertebral Wall Distance for hyperkyphosis measurement



Schedule (Thailand time, UTC +7) for Oral presentation 21 st July 2022 Virtual Conference at Mae Fah Luang University					
Section	Room	Time	OCS no.	Presenter's name	Title
		11.00-11.15	55	Dr. Chatchada Sotalangka	Comparison of executive function in male puberty and andropause
		11.15-11.30	54	Miss. Janya Chuadthong	The immediate effects of star excursion balance training on balance and walking ability in healthy elderly people: A randomized controlled trial
		11.30-11.45	69	Dr. Ekalak Sitthipornvorakul	The effect of Kinesio taping on back muscle endurance, lower back flexibility and balance in sedentary young adult
		11.45-12.00	104	Miss. Watjanarat Panwong	Comparison Physiological Effect and Comfortable Sensation between Wearing Surgical Face Mask and Muslin Face Mask during Exercise in Healthy Subject: A Pilot Study
2	1-Eng language	15.30-15.45	39	Mr. Napongpakorn Chumsri	Prevalence and unit cost of abnormalities detected in abdominal sonography among soldiers
		15.45-16.00	47	Dr. Amornsak Poom	Factors Affecting to Breast Cancer Screening for Breast Self-examination among Women in Phitsanuloke Province
		16.00-16.15	41	Miss. Supaporn Intatham	Effect of Thai herbal recipes on the immune system in streptozotocin-induced diabetic retired breeder mice
	2-Eng language	15.30-15.45	68	Miss. Amisa Laprom	Molecular characterization of the full-length bipartite begomovirus causing pepper yellow leaf curl disease, a common cause of crop damage in northeast and central Thailand
		15.45-16.00	34	Dr. Aunyachulee Ganogpichayagrai	Antimicrobial activities of <i>Streblus asper</i> leaves extract in Thailand
	3-chinese language	15.30-15.45	23	Shihui Zheng	Therapy of strengthening spleen and Nourishing Kidney Massage in the Treatment of Global Developmental Delay
		15.45-16.00	22	Aihua Liang	Risk assessment, safe medication and scientific supervision of traditional Chinese medicines containing aristolochic acids



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Schedule (Thailand time, UTC +7) for Oral presentation
21st July 2022 Virtual Conference at Mae Fah Luang University

Section	Room	Time	OCS no.	Presenter's name	Title
		16.00-16.15	48	Zhangsimei	Study on the mechanism of exercise therapy in promoting neural stem cell mobilization after stroke
		16.15-16.30	95	Zhang Shouyao	Comprehensive therapy based on pediatric tuina in the treatment of Idiopathic Thrombocytopenic Purpura: A case report
		16.30-16.45	106	Zhou Li	Effects of electroacupuncture on FUNdC1-LC3 signaling pathway in rats cerebral ischemia-reperfusion injury
		16.45-17.00	50	Miss. Sinee Tantasatityanon	Case Report: Treating Atopic Dermatitis with Si-Wu-Xiao-Feng Decoction in combination with Topical Huang Qin Cream
		17.00-17.15	108	Yin Mengxin	Research progress on osteogenic differentiation of bone marrow mesenchymal stem cells induced by Traditional Chinese medicine monomer



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Schedule (Thailand time, UTC +7) for E-poster

Number	OCS No.	Track	Time	Presenter's name	Title
1	20	APM	16.15-16.18	Dr. Warangkhan Klajing	Therapeutic Efficacy of Knee Acupuncture added Sanyinjiao (SP6) point for Pain Reduction in Knee Osteoarthritis Patients
2	58	APM	16.18-16.21	Miss. Pornfah Ananpaisarn	Data analysis of acupoints selection in acupuncture treatment for post-stroke depression based on Traditional Chinese Medicine Inheritance Support System (TCMISS)
3	13	CMD	16.21-16.24	Assoc Prof. Somrudee Saiyudthong	Linalool exerted a neuroprotective activity against corticosterone-induced apoptosis of PC12 cells
4	18	EPH	16.24-16.27	Miss. Kanyarat Peng-ngummuang	Anti-inflammatory effect of folk remedies for hemorrhoids treatment
5	37	EPH	16.27-16.30	Dr. Yothin Teethaisong	Anti-biofilm potential of Boesenbergia rotunda L. extract and synergy with cloxacillin on biofilms of β -lactam-resistant Staphylococcus aureus
6	93	EPH	16.30-16.33	Miss. Namphung Thongta	The protective effect of Ayurved Siriraj Wattana on chronic cerebral hypoperfusion induced by bilateral common carotid artery ligation
7	53	HMN	16.33-16.36	Miss. Nongnapat Leelasithorn	The Effects of Orange, Sweet Basil, and Dok Mok Essential Oils Inhalation on Emotional State and Autonomic Nervous System
8	74	IM	16.36-16.39	Asst.Prof.Dr. Narunan Wuttisin	Psychological effects of nail color
9	30	IM	16.39-16.42	Miss. Natchanun Phunthanateerakul	Role of intravenous glutathione and high-dose vitamin C in adult acute lymphoblastic leukemia adjunctive therapy
10	85	IM	16.42-16.45	Mr. Pattarapol Techasuwan	A comparative study for clinical efficacy and safety between a combination of fractional radiofrequency and microneedling with fractional radiofrequency alone in the treatment of striae distensae
11	73	IM	16.45-16.48	Miss. Thanchanok Muangman	The protective effects of marine microalgae extract on skin cells-induced sun ray



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Number	OCS No.	Track	Time	Presenter's name	Title
12	80	IM	16.48-16.51	Dr. Haruthai Petviset	Development of Problem Solving by Project-Based Learning in Physical Therapy Student, Mae Fah Lung University
13	62	PHP	16.51-16.54	Mr. Chiramet Auranwiwat	Ultrasonic assisted extraction enhanced total phenolic and antioxidant activities from <i>Aegle marmelos</i> (L.) Corr. extract
14	52	RMT	16.54-16.57	Miss. Ploypailin Namkorn	The effect of external-focused attention using the prototype model of SCF innovation (Speedy Colors Fitting) on postural control in healthy young adults
15	7	TMD	16.57-17.00	Mr. Sitthichock vadphimai	A cross-sectional survey of Traditional Chinese Medicine constitution in Thailand's Type 2 diabetic population
16	102	TMD	17.00-17.03	Dr. Witayapan Nantitanon	Antiglycation, α -glucosidase, and α -amylase inhibitory activity of guava leaf hydrosol
17	86	TMD	17.03-17.06	Mr. Jia Wei Chin	Effectiveness of Huangqi Guizhi Wuwu decoction on adult diabetic neuropathic: a systematic review and meta-analysis
18	49	IM	17.06-17.09	Miss. Peeranan Pattanamongkol	Research progress in the prevention and treatment of osteoporosis with exercise therapy
19	111	TMD	17.09-17-12	Miss. Chuleekorn Kwanchainon	The herbal medicine of Vernonia cinerea. tea Comparing the Effectiveness of Herbal Medicine with Placebo to anti - cigarette smoking. U-Thong Hospital, Suphanburi, THAILAND

Keynote speaker abstract

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Application of Cell-based Liquid Biopsy, Life Cell Imaging and Plasma Proteins Electrophoresis in Natural Medicine: Identify Causes and Assess the Treatment Outcome of Siamois® Polyphenols



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ABSTRACT

This is the first demonstration of bridging the gap of natural medicine and the interlocking of cells as body's basic building blocks and microenvironments. It is the reason why the natural medicine deals with the concepts that build on the extraordinary ability of body to heal itself. Today's such kind of the interlocking of cells and microenvironments can clearly show by using cell-based liquid biopsy for *ex-vivo* monitoring the behavior of cells, while the proposed mechanisms were studied by gel electrophoresis of plasma protein. Moreover, the correlation of cell behavior in *ex-vivo* and in human body conditions can clearly demonstrated by using life cell and infrared thermal imaging, respectively. The concepts of cell-based liquid biopsy, secret-omics in plasma and infrared thermal imaging was applied in order to identify and assess treatment outcome of Siamois® polyphenols was realized in the SCL medical clinic in cooperation with the cancer research and treatment center as evidence based in natural medicine for almost 10 years. Where 100,000 investigations were performed for 9,000 participants. In this talk, some testimonial studies of both symptomatic and asymptomatic on health status will be discussed. We thus propose here for the first time that the application of these methodologies can answer to (a) how to visualize and determine the perfect conditions and (b) how to adjust or break down the limiting steps that influence on the repair and regeneration processes of tissues.



Somatic Pain and the Role for Acupuncture - an Australian Example of Strategic Research



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ABSTRACT

Support for acupuncture - NICE report

- The NICE (National Institute for Health and Care Excellence) recommendations for chronic pain were published in April 2021) confirming the role acupuncture has as one of three evidence supported therapies for the treatment of chronic pain.
- The report, titled “Chronic pain (primary and secondary) in over 16s: assessment of all chronic pain and management of chronic primary pain” reported that many studies (27 in total) showed that acupuncture reduced pain and improved quality of life in the short term (up to 3 months) compared with usual care or sham acupuncture.
- The committee agreed that “there was a large evidence base showing acupuncture to be clinically effective in the short term (3 months).”

Series of studies for acute (experimental) and chronic pain studies (RCTs)

- Several studies have been conducted at the University of Technology (UTS) Acupuncture research group over the last 20 years looking at the modulation of pain using pressure pain threshold as a pain challenger.
- LI 4 (Hegu) (study 1, 2003)
- LI 4 (Hegu) with LI 11 (Quchi) (study 2, 2008)
- LI 4 with electroacupuncture (study 3, unpublished)
- LI 11 (Quchi) and LI 10 (Shousanli) for tennis elbow (study 4, 2020) - two pilot studies (Australia and China), systematic review, published protocol.



PPT studies (studies 1-3) - acute experimental pain

- Used a pain challenger (Pressure Pain Threshold) called an algometer which measured pressure
- Measured PPT at sites across the body in healthy humans
- Timeline of measurement and intervention procedures

Study 1 - Four needling interventions ^[1]

1. Deep needling of LI4 with manipulation LI4m+ D (TCM needling)
2. Deep needling of a non-acupoint with manipulation NAPm+ D (sham control)
3. Deep needling of a non-acupoint (NAP) without manipulation NAPm- D (sham control)
4. Inactive Laser (placebo)

Summary

Within treatment (significant increase from baseline)

- LI4m+ D: significant increase at 10 sites
- NAPm+ D: significant increase at 5 sites
- NAPm- D: significant increase at 1 site
- Inactive Laser: no significant increases observed
- Needling LI4 with manipulation produced mean increases that were statistically significantly greater than those for the other interventions with one exception: needling the nonacupoint with manipulation was as effective as needling LI4 with manipulation at one measurement site only.

Study 2- LI 4 (hegu) and LI 11 (Qu chi) ^[2]

The same manual acupuncture techniques were applied to four interventions of:

- 1) LI4(hegu) unilaterally;
- 2) LI4 bilaterally (hegu x 2);
- 3) LI 11 (quchi) unilaterally;
- 4) LI4 in conjunction with LI11, both unilaterally (LI4 + LI 11).

Following all four interventions, statistically significant increases in mean PPT were observed.

These occurred at

- nine measurement sites following the LI4 intervention either unilaterally or bilaterally;
- six measurement sites for LI11 intervention;
- five measurement sites following the combined LI11 and LI4 intervention.

These increases were significantly greater for the bilateral LI4 intervention than the unilateral LI4 intervention at only two measurement sites.

Study 3 (unpublished)

Aim - to compare the effects of manual acupuncture, electroacupuncture and TENS to acupoint LI4 on regional pressure pain thresholds.

It was a randomized and dual-blinded (subject and assessor) study involving 24 healthy volunteers.

The three interventions were

- 1) TENS to LI4, TENS
- 2) Electroacupuncture to LI4 and
- 3) Manual Acupuncture to LI4.

Outcome measures - Pressure pain threshold (PPT) was measured before and after each intervention at ten sites (seven acupoints and three nonacupoint) across the body. In addition, subjects rated on a visual analogue scale (VAS) their subjective levels of pain, intervention sensation and tension



experienced during, and anxiety prior to, the intervention.

- All three interventions elicited significant statistical increases in regional PPT.
- The effects were generalized across the body. The TENS intervention was the least effective and electroacupuncture was the most effective.
- The effects on regional PPT following manual acupuncture were consistent with previous studies.

Tennis Elbow Acupuncture-International Study-China, Hong Kong, Australia, and Italy (TEA-IS-CHAI) ^[3]

An example of an international collaborative RCT project with five partners Chinese Medicine Team, UTS

- Changchun University of TCM, China -School of Chinese Medicine, Hong Kong Baptist University, Hong Kong
- Istituto Paracelso, Italy
- World Federation of Acupuncture and Moxibustion Societies (WFAS), China
- Utilised several acupoints we had evaluated previously especially LI 11 (Quchi)

Lateral elbow pain (tennis elbow) is a painful condition that is associated with the degeneration in the area of common extensors tendon of the forearm.

Tennis elbow study

- This study was an international, prospective, multi-center, randomized, controlled, clinical trial to evaluate the efficacy of acupuncture compared to sham laser in the treatment of Lateral Elbow Pain (tennis elbow).
- The study used a parallel and stratified design. Subjects from 18 to

80 years with unilateral chronic LEP (minimum three months) were recruited at four centers in Australia, China, Hong Kong and Italy (n=96).

- Intervention - The treatment group received manual acupuncture at acupoints LI 10 and LI 11 on the affected side whereas the control group received sham-laser acupuncture at the same acupoints.
- Outcomes - The primary endpoint was the disabilities of the arm, shoulder, and hand (DASH) questionnaire score at the three-week post-treatment follow-up visit. A visual analogue scale (VAS) was also used as a secondary outcome to measure pain at rest and during movement.
- Both the DASH score and the pain VAS on two occasions (at rest and during motion) showed a significant change over time indicating acupuncture as a potential treatment for LEP due to tendinosis.
- Acupuncture was shown to be efficacious in treating the pain and function of lateral elbow tendinosis. Both the DASH score and VAS pain both at rest and during motion showed a significant change over time indicating acupuncture as a potential treatment for LEP due to tendinosis.

Conclusion

- Value in conducting some preliminary studies prior to the controlled trial for tennis elbow.
- Allowed the research team to evaluate several acupoints including LI 11 and LI 4 before commencing a larger clinical trial.

Gave the research team familiarity by undertaking earlier studies using PPT as an outcome measure in the RCT



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References

- [1] Zaslowski, C., Cobbin, D. Lidums. E. and Petocz, P. (2003). A randomised single blind study of the effects of site and magnitude of needle manipulation associated with acupuncture on pain pressure threshold. *Complementary Therapies in Medicine*, 7, 1, p.11-21.
- [2] Li, W-H., Cobbin, D. and Zaslowski, C. (2008) A comparison of effects on regional pressure pain threshold produced by deep needling of LI4 and LI11, individually and in combination. *Complementary Therapies in Medicine*, 14 (5):527-36.
- [3] Gadau et al (2020) A multi-center international study of acupuncture for lateral elbow pain - Results of a randomized controlled trial. *European Journal of Pain*, 24; 8. p. 1458-1470



Acupuncture in Primary care



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ABSTRACT

To introduce acupuncture & moxibustion therapy, including definition of acupuncture, features of acupuncture, and clinical application of acupuncture for postpartum hypogalactia, xerophthalmia and polycystic ovary syndrome, which we've studied in recent years.



Risk Assessment, Medication Safety and Scientific Supervision of Traditional Chinese Medicines Containing Aristolochic Acids—Different Types of Aristolochic Acids Have Different Toxicities, and the Detection and Control of Aristolochic Acids I and II Are Critical



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ABSTRACT

The safety of traditional Chinese medicines containing aristolochic acid has attracted much attention in China and other countries, which is a significant difficulty for their clinical application and drug supervision. There have been 178 types of aristolochic acid analogues (AAAs) reported. According to their structure, AAAs can be divided into aristolochic acids (AAs) and aristolactams (ALs). Different types of AAAs have different toxicities. For example, AA-I shows strong nephrotoxicity and carcinogenicity; the toxicity of AA-II is lower than that of AA-I; and AA-IVa and AA-Ia are not considered to have notable nephrotoxicity or carcinogenicity. The types and contents of AAAs in traditional Chinese medicines from the Aristolochiaceae family vary widely. Some varieties, such as *Asarum sieboldii* and *Fibraurea recisa* Pierre, consist mainly of AAAs without obvious toxicity (such as AA-IVa). Compound preparations containing traditional Chinese medicines from Aristolochiaceae could greatly reduce the retention of AAAs due to their low proportions and preparation procedure. The content of AA-I in some compound preparations is very low or undetectable. Therefore, one author proposed that “Different types of AAAs have different toxicities, and not all AAAs show nephrotoxicity and carcinogenicity. The toxicity of traditional Chinese medicines containing AAAs should not be generalized, and we should focus on controlling the contents of AA-I and AA-II”. Herein, it is suggested that we should use traditional Chinese medicines containing AAAs rationally; strengthen research, analysis and toxicological studies of the types of AAAs and their contents; establish standard limits for AA-I and AA-II; and provide a scientific basis for rational clinical applications and drug supervision.



Nuad Thai (Thai massage) for Relieving Office Syndrome in the Digital Generation



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ABSTRACT

Office syndrome is a group of symptoms such as neck; shoulder, and back pain resulting from sitting or working in the same position for long periods. Sometimes it has been recognized as repetitive strain injury. It always affects musculoskeletal tissues including muscles, tendons, fascia, and ligaments as they are vulnerable to repeated injury when the persons are restricted in the same posture. The digital age enhanced by pandemic diseases such as Covid19 could induce more prevalent office syndrome because people tend to work hard, physically, and mentally, online and are restricted in sitting posture. Once the body tissues could not tolerate the demanding work, they could have inflamed and degeneration. Nuad Thai or Thai massage has been recognized both in Thailand and worldwide for promoting relaxation of body and mind. Physiologically, Nuad Thai has been found to improve local blood circulation, tissue perfusion, body posture, and parasympathetic activities. Therefore, it may have a major role in the alleviation of musculoskeletal tissue injuries and pain due to office syndrome. Possible mechanisms could be based on changing posture and applying deep massage to the whole body to provide blood circulation to the affected tissues and facilitate repairing processes. Moreover, it could reduce muscle and soft tissue pain resulting from releasing the tension of the tightened tissues and facilitate mental relaxation. Some simple techniques of Nuad Thai to the neck, shoulder and back will be demonstrated. These include thumb pressure along the meridian lines, and Thai Yoga stretches. It is expected that the audience could get some ideas and may practice along to deliver some beneficial effects of Nuad Thai for those who suffer from office syndrome.



Can Good Gut Health Prevent Diseases?



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ABSTRACT

A healthy intestine is the root of all health (Hippocrates 460 to 370 B.C.)

We associate a large number of diseases with the intestine, not only direct intestinal diseases but also diseases of the metabolism, immune system and psyche as well as allergic diseases.

Microbiome

All of these diseases are closely linked to the intestinal microbiome, which consists of about 38 trillion bacteria. They affect the health of various organs, for example, liver, lungs, immune system, even the brain.

Brain

Low diversity of the microbiome may have a critical impact in the development of Alzheimer's disease. Here, the production of butyrate by certain intestinal bacteria is particularly noteworthy, because butyrate is crucial for the function of the microglia, the intrinsic immune system of the brain.

Liver

Almost all of the blood from the intestine is directed to the liver via the portal vein. Toxic metabolites of pathogenic intestinal bacteria can thus induce a non-alcoholic fatty liver. In addition, the enteric autonomic nervous system (ENS) becomes stressed and causes sleep disturbances.

Immune system

The influence of the intestinal microbiome on the function of the immune system is crucial. 70-80% of immune cells are located in the intestinal barrier, where they maintain a constant exchange of information with intestinal bacteria and are trained in this way. Pathogenic bacteria elicit false immune responses, promoting the development of a leaky gut, a type of silent inflammation that has negative effects on the entire organism.



Infancy

The development of the intestinal microbiome begins in the womb. Bacteria from the mother's intestine migrate into the amniotic fluid, where they are swallowed by the embryo. After birth, intestinal bacteria enter the mother's milk via the entero-mammary pathway through macrophages from the intestine via the blood and then colonize the newborn's intestine. If the mother has an unhealthy microbiome, there is a risk of neurodermatitis and allergies later in life.

Aging

The diversity of the microbiome is crucial for healthy aging. Due to an increasingly one-sided diet in old age, there is less and less diversity. This process is favored by the excessive administration of pharmaceuticals and antibiotics. Especially in people with Alzheimer's disease, diversity is extremely limited and shows a typical pattern.

Antibiotics

The indiscriminate use of antibiotics as medicines and in factory farming has generally led to reduced diversity in young and old, resulting in an increase in chronic diseases. If antibiotic therapy cannot be avoided, it must be accompanied by a probiotic therapy.

Viruses

Viruses are an important topic. At the moment SarsCov2 dominates the discussion, but we should not forget the many other pathogenic viruses like Epstein-Barr viruses, dengue, influenza etc. Certain strains of bacteria are able to prevent viruses from entering the body, inhibit docking at receptors, and even produce virucidal substances. We use this capability in therapy.

Examination

The microbiome is assessed via PCR, which makes it possible to detect hundreds of bacterial strains, including fungi and parasites.

Therapy

We treat using specific strains of bacteria depending on the indication (probiotics), prebiotics, nutritional supplements, and nutritional counseling.



The Role of Thai-based Herbal Medicine in COVID-19

[The effect of *Andrographis paniculata* capsule in reducing the severity of complications associated with coronavirus infection in COVID-19 patients in Mae Fah Luang University Medical Center Hospital: A retrospective study]



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ABSTRACT

Andrographis paniculata (Burm.f.) Wall.ex Nees is known as “King of Bitter”, which belongs to the Acanthaceae family. It is an important medicinal plant for treating various ailments such as the common cold, diarrhea, and fever due to several infectious causes. A major bioactive component of *A. paniculata* is andrographolides, a diterpene lactone. According to the Guidelines for clinical practice, diagnosis, treatment and prevention of healthcare-associated infection in response to patients with COVID-19 infection 2021 of Thailand had recommend using *A. paniculata* capsule in COVID-19 patient with mild symptoms, no risk factor for severe COVID-19 infection, no contraindication of using *A. paniculata* capsule, with calculated dosage of andrographolide is 180 mg/person/day in 3-4 times/day before meal for 5 consecutive days. In this retrospective study, we enrolled 110 patients (mean age: 31.44 ± 9.24 years; 51.82% males and 48.18% females) with laboratory-confirmed COVID-19 admitted to Mae Fah Luang University Medical Center Hospital, Chiang Rai, Thailand from June to September 2021. Demographical, clinical, and symptoms on admission were collected; complications and outcomes were followed up for 5 days. The study outcomes were assessed using descriptive statistics and repeated-measures ANOVA. Among mild COVID-19 of 110 patients with lab-confirmed COVID-19, 70% presented with respiratory symptoms (cough, runny nose, sore throat, dyspnea), 16.36% had gastrointestinal symptoms (diarrhea), 5.45% had dermatological symptoms (rash), 22.73% had neurological (headache), and 57.27% had other non-specific symptoms (fever, conjunctivitis, myalgia, disturbances of smell or taste). Among those patients who were hospitalized at



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Mae Fah Luang University Medical Center Hospital, Chiang Rai, Thailand and taking *A. paniculata* capsule for 5 consecutive days ($N = 110$), the symptoms score of respiratory symptoms (cough, runny nose, sore throat and dyspnea), gastrointestinal symptoms (diarrhea), neurological (headache), and other non-specific symptoms (fever, myalgia and disturbances of smell or taste) were significantly decreased from baseline with $p < 0.05$. Therefore, this study suggests the potential of *A. paniculata* capsule to relieve various symptoms in patients with COVID-19 infection.