



Faculty of Integrative Medicine,
Rajamangala University of Technology Thanyaburi,
Pathum Thani 12130, Thailand

Assistant Professor Dr. Punyanut Amorndoljai



Ph.D. (Public Health Science)

Author ID: 56866412200

ORCID ID: 0009-0004-7097-190X

Contact: 669-089-9864839

E-mail: Punyanut_a@rmutt.ac.th

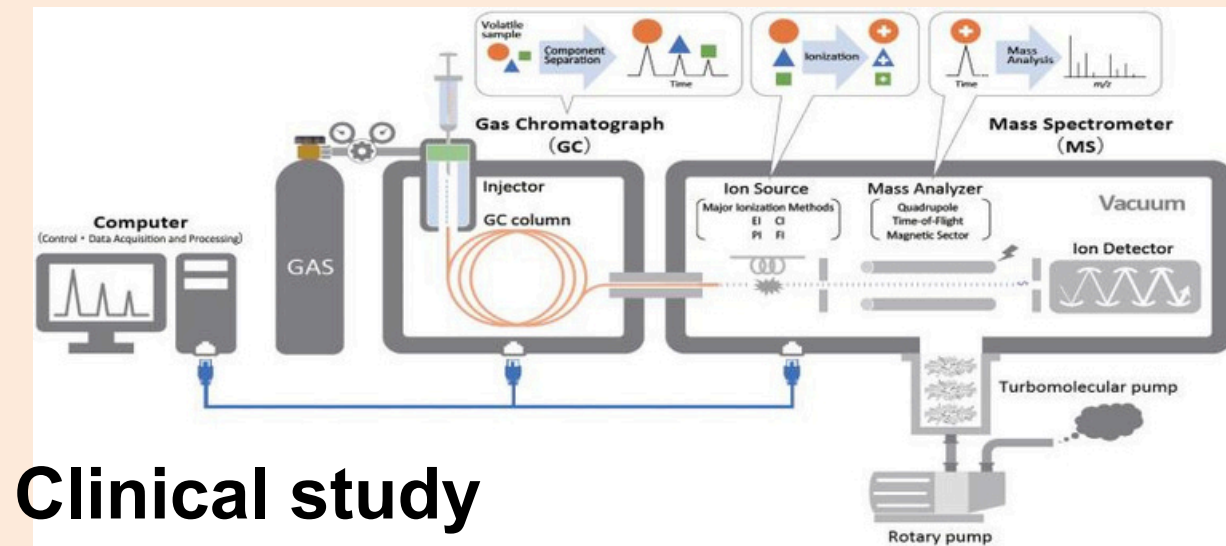
Research Interest

- Applied Thai Traditional Medicine
- Clinical trial on Herbal Medicine
- Applied Research on Indigenous Wisdom
- Essential oil and Aromatherapy
- Aroma and Sleep Quality
- Blended Essential Oil on Sleep Quality in Stroke Patients

Blended Essential Oil



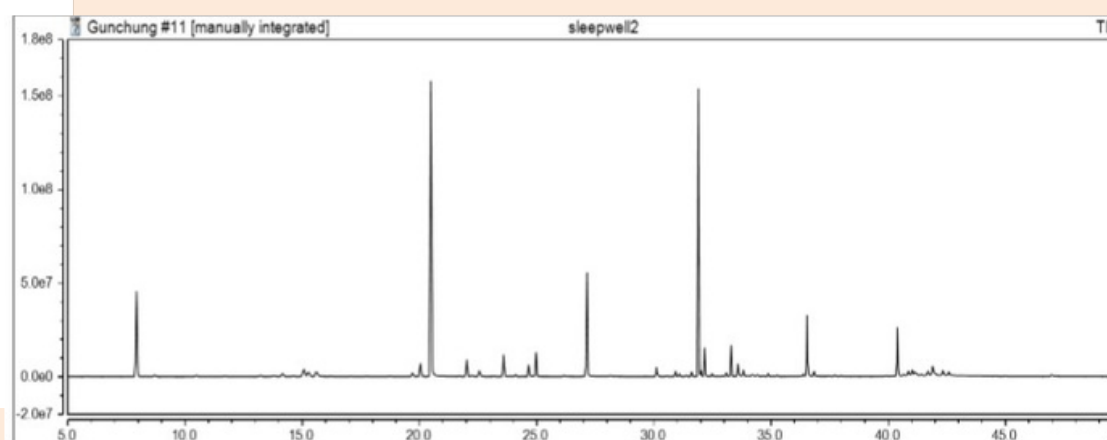
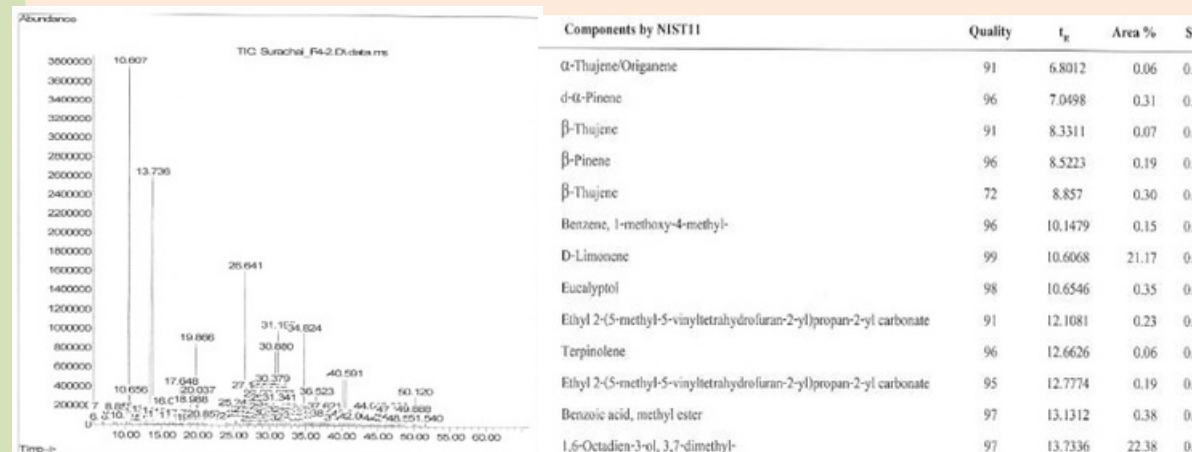
Gas Chromatography-Mass Spectrometry



Clinical study

Component	Mean differences of PSQI component before and after intervention				
	Mean ± SD	t	df	Sig. (2-tailed)	(95% CI)
P1= Subjective sleep quality	2.11 ± 2.65	5.352	37	<.0001	1.308 - 2.902
P2= Sleep latency	1.29 ± 2.43	2.109	37	<.0001	0.050 - 2.52
P3= Sleep duration	2.26 ± 3.77	3.538	37	.042	0.9967 - 3.559
P4= Habitual sleep efficiency	2.29 ± 3.94	4.293	37	.001	1.209 - 3.370
P5= Sleep disturbances	2.58 ± 3.29	4.399	37	<.0001	1.391 - 3.767
P6= Use of sleeping medication	2.87 ± 3.58	4.938	37	<.0001	1.692 - 4.045
P7= Daytime dysfunction	2.53 ± 3.20	4.863	37	<.0001	1.474 - 3.579
Total	5.08 ± 2.65	11.839	37	<.0001	4.210 - 5.98

Application



More information: Chaiwong, S., Akkarasiritharattana, K., Jarmkom, K., & Amorndoljai, P. (2023). Antioxidation and anti-inflammatory activities of blended essential oil. *Healthcare in Low-Resource Settings*. <https://doi.org/10.4081/hls.2023.11548>

Antioxidation and anti-inflammatory activities of blended essential oil. *Healthcare in Low-Resource Settings*. <https://doi.org/10.4081/hls.2023.11548>