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Dr. Julalak Chokpaisarn obtained bachelor's degree of Science in Thai Traditional Medicine (first class honors) and Doctor of Philosophy (Microbiology) from Prince of Songkla University Thailand in 2011 and 2016, subsequently. In 2014, she was a student and researcher exchange at University of Illinois Chicago (UIC), Chicago, USA. Dr. Julalak is currently an Assistant Professor of Prince of Songkla University Thailand working in Thai Traditional Medicine Hospital (Hat Yai campus). At the same time, she serves as the assistant dean of the hospital.

Dr. Julalak is interested in Traditional Thai Medicine, Medicinal plants, post-COVID treatment and Chronic inflammation. Hence, she has more than 10 publications related to such areas, i.e., clinical randomized trial of topical *Quercus infectoria* ethanolic extract for the treatment of chronic diabetic ulcers published in Journal of Herbal Medicine; Phyllencit Mixture, a Combination of Medicinal Herbs, as an Antitussive Agent for Acute Cough Treatment: A Pilot Pre-Post Clinical Study published in Tropical Journal of Natural Product Research, etc. She also has been conferred several rewards nationally and internationally. The rewards are such as the Outstanding Oral Presentation from The Royal Golden Jubilee Ph.D. Congress 15 in 2014, the Silver Medal Award from Diploma Inventions Geneva in 2015, and Special Award from Taiwan Invention Association in 2015.

Traditional Thai Medicine, the alternative approaches for post-COVID care

Currently, TTM clinical practice guideline for post-COVID-19 treatment has been developed and applied by the Traditional Thai Medicine Hospital, Prince of Songkla University. It is composed of several kinds of treatments including herbal medicine, Thai massage, lung acupuncture massage, herbal steam inhalation, as well as a breathing exercise. In our current research study, we aimed to investigate the effects of the TTM practice guideline for post-COVID-19 treatment. Interestingly, it is obviously proved that the TTM practice guideline effectively improved the overall physical health status and symptoms associated with post-COVID-19 syndrome in patients.