



Course Syllabus
College of Oriental Medicine, Rangsit University

- 1. Course number** IRS 171/RSU 171
- 2. Course title** Healthy Life-Styles
- 3. Course credits** 3 (2-2-5)
- 4. Semester/Year** 2/2024
- 5. Intended student** International student
- 6. Subject coordinator** Aj. Sanhajutha Puangmala
Office: Room 4/2-823
E-mail: sanhajutha.p@rsu.ac.th; Tel. 02-997-2222 ext. 5164
- 7. Instructors** 1) Aj. Sanhajutha Puangmala
2) Dr. Nanthaphong Khamthong
3) Aj. Poruthai Sroyetch
4) Aj. Pornprapa Sattayanantapibal
- 8. Pre-requisite course** -
- 9. Class schedules**

Subject	Section	Group	Thursday	Google classroom: class code	QR code
RSU 171	901	A	9.00 -11.45 am.	t6fg4bg	
RSU 171	900	B	9.00 -11.45 am.	qkd7evt	
IRS 171	901	C	12.00-14.45pm.	gz7qmz7	
IRS 171	900	D	12.00-14.45pm.	ocy2esx	
IRS 171	911	E	15.00-17.45pm.	bpdkrs	
IRS 171	910	F	15.00-17.45pm.	dvkermv	

10. Classroom	Building : 7	Floor : 1	Room : 100
	Building : 4/1	Floor : 2	Room : 201
	Building : 4/1	Floor : 2	Room : 203
	Building : 4/2	Floor : 8	Room : 812
	Building : 12	Floor : 1	Room : 105

11. Course description

Well-being concepts and literacy in the changing world, care and holistic well-being enhancements of the body, mind, and spirituality, daily medicine uses first-aids and basic life support.

12. Course objectives

- 1) To provide students with basic knowledge of oriental medicine, medicinal plants used in, daily life, and aromatherapy.
- 2) To provide students with skills in treatment planning and basic therapeutics.
- 3) Students can apply their knowledge in everyday life.

13. Course evaluation

Contents	Class Period	Grading criteria (%)
1. A minimum of 80% attendance Class participation	No. 1-15	5
2. In-class practice	No. 1-15	25
3. Quiz	No. 1-14	40
4. Lab bell ringing test	No.15	30
Total		100

14. Teaching contents and arrangements

No.	Date & Time	Section	Room	Contents	Instructors
1	9 January 2024 9.00-11.45 am.	Group A RSU 171 Sec. 901	7-100	<ul style="list-style-type: none"> • Course evaluation & details • Herbal Medicines Used in Primary Health Care in ASEAN - Botanical medicinal plants - Scientific knowledge of medicinal plants - Use of medicinal plants for health and treatment of simple ailments - Daily medicine uses first-aids and basic life support • Quiz 	Dr. Nanthaphong Khamthong
		Group B RSU 171 Sec. 900	7-100		
	9 January 2024 12.00-14.45pm.	Group C IRS 171 Sec. 901	7-100		
		Group D IRS 171 Sec. 900	7-100		
	9 January 2024 15.00-17.45pm.	Group E IRS 171 Sec. 911	7-100		

No.	Date & Time	Section	Room	Contents	Instructors
		Group F IRS 171 Sec. 910	7-100		
2	16 January 2024 9.00-11.45 am.	Group A RSU 171 Sec. 901	4/2-812	<ul style="list-style-type: none"> • Workshop of Herbs for life support and how to use of medicinal plants to use health and treatments of simple ailments for daily medicine uses first-aids and basic life support • Quiz 	Aj. Sanhajutha Puangmala Aj. Poruthai Sroyetch Aj. Pornprapa Sattayanantapibal
		Group B RSU 171 Sec. 900	4/1-203		
	16 January 2024 12.00-14.45pm.	Group C IRS 171 Sec. 901	4/1-201		
		Group D IRS 171 Sec. 900	4/1-203		
	16 January 2024 15.00-17.45pm.	Group E IRS 171 Sec. 911	4/1-201		
		Group F IRS 171 Sec. 910	4/1-203		
3	23 January 2024 9.00-11.45 am.	Group A RSU 171 Sec. 901	4/2-812	<ul style="list-style-type: none"> • Workshop of Herbs for life support and how to use of medicinal plants to use health and treatments of simple ailments: <i>Herbal inhaler</i> • Quiz 	Aj. Sanhajutha Puangmala Aj. Poruthai Sroyetch Aj. Pornprapa Sattayanantapibal
		Group B RSU 171 Sec. 900	4/1-203		
	23 January 2024 12.00-14.45pm.	Group C IRS 171 Sec. 901	4/1-201		
		Group D IRS 171 Sec. 900	4/1-203		
	23 January 2024 15.00-17.45pm.	Group E IRS 171 Sec. 911	4/1-201		
		Group F IRS 171 Sec. 910	4/1-203		
4	30 January 2024 9.00-11.45 am.	Group A RSU 171 Sec. 901	4/2-812	<ul style="list-style-type: none"> • Workshop of Herbs for life support and how to use of medicinal plants to use health and treatments of simple ailments: <i>Mulberry leaves tea</i> • Quiz 	Aj. Sanhajutha Puangmala Aj. Poruthai Sroyetch
		Group B RSU 171 Sec. 900	4/1-203		

No.	Date & Time	Section	Room	Contents	Instructors			
	30 January 2024 12.00-14.45pm.	Group C IRS 171 Sec. 901	4/1-201		Aj. Pornprapa Sattayanantapibal			
		Group D IRS 171 Sec. 900	4/1-203					
	30 January 2024 15.00-17.45pm.	Group E IRS 171 Sec. 911	4/1-201					
		Group F IRS 171 Sec. 910	4/1-203					
5	6 February 2024 9.00-11.45 am.	Group A RSU 171 Sec. 901	4/2-812	<ul style="list-style-type: none"> • Workshop of Herbs for life support and how to use of medicinal plants to use health and treatments of simple ailments: <i>Justicia gendarussa</i> <i>Burm.f.</i> • Quiz 	Aj. Sanhajutha Puangmala Aj. Poruthai Sroyetch Aj. Pornprapa Sattayanantapibal			
		Group B RSU 171 Sec. 900	4/1-203					
	6 February 2024 12.00-14.45pm.	Group C IRS 171 Sec. 901	4/1-201					
		Group D IRS 171 Sec. 900	4/1-203					
	6 February 2024 15.00-17.45pm.	Group E IRS 171 Sec. 911	4/1-201					
		Group F IRS 171 Sec. 910	4/1-203					
	6	13 February 2024 9.00-11.45 am.	Group A RSU 171 Sec. 901			4/2-812	<ul style="list-style-type: none"> • Workshop of Herbs for life support and how to use of medicinal plants to use health and treatments of simple ailments: <i>Herbal throat lozenges</i> • Quiz 	Aj. Sanhajutha Puangmala Aj. Poruthai Sroyetch Aj. Pornprapa Sattayanantapibal
			Group B RSU 171 Sec. 900			4/1-203		
13 February 2024 12.00-14.45pm.		Group C IRS 171 Sec. 901	4/1-201					
		Group D IRS 171 Sec. 900	4/1-203					
13 February 2024 15.00-17.45pm.		Group E IRS 171 Sec. 911	4/1-201					

No.	Date & Time	Section	Room	Contents	Instructors	
		Group F IRS 171 Sec. 910	4/1-203			
7	20 February 2024 9.00-11.45 am.	Group A RSU 171 Sec. 901	4/2-812	<ul style="list-style-type: none"> • Workshop of Herbs for life support and how to use of medicinal plants to use health and treatments of simple ailments: <i>Miang Kham</i> • Quiz 	Aj. Sanhajutha Puangmala	
		Group B RSU 171 Sec. 900	4/1-203			Aj. Poruthai Sroyetch
	20 February 2024 12.00-14.45pm.	Group C IRS 171 Sec. 901	4/1-201			Aj. Pornprapa Sattayanantapibal
		Group D IRS 171 Sec. 900	4/1-203			
	20 February 2024 15.00-17.45pm.	Group E IRS 171 Sec. 911	4/1-201			
		Group F IRS 171 Sec. 910	4/1-203			
Midterm Break 27 February 2024						
8	6 March 2024 9.00-11.45 am.	Group A RSU 171 Sec. 901	7-100	<ul style="list-style-type: none"> • Aromatherapy - History and basic principles - Essential oils and their health benefits - What is a good essential oil? • Quiz 	Dr. Nanthaphong Khamthong	
		Group B RSU 171 Sec. 900	7-100			
	6 March 2024 12.00-14.45 pm.	Group C IRS 171 Sec. 901	7-100			
		Group D IRS 171 Sec. 900	7-100			
	6 March 2024 15.00-17.45 pm.	Group E IRS 171 Sec. 911	7-100			
		Group F IRS 171 Sec. 910	7-100			
9	13 March 2024 9.00-11.45 am.	Group A RSU 171 Sec. 901	4/2-812	<ul style="list-style-type: none"> • Workshop of Aromatherapy product (hand cream) • Quiz 	Aj. Sanhajutha Puangmala	
		Group B RSU 171	4/1-203			

No.	Date & Time	Section	Room	Contents	Instructors			
		Sec. 900			Aj. Poruthai Sroyetch			
	13 March 2024 12.00-14.45 pm.	Group C IRS 171 Sec. 901	4/1-201		Aj. Pornprapa Sattayanantapibal			
		Group D IRS 171 Sec. 900	4/1-203					
	13 March 2024 15.00-17.45 pm.	Group E IRS 171 Sec. 911	4/1-201					
		Group F IRS 171 Sec. 910	4/1-203					
	10	20 March 2024 9.00-11.45 am.	Group A RSU 171 Sec. 901	4/2-812		<ul style="list-style-type: none"> • Workshop of herbal products to promote beauty (Facial Rose Spray) • Quiz 	Aj. Sanhajutha Puangmala Aj. Poruthai Sroyetch Aj. Pornprapa Sattayanantapibal	
Group B RSU 171 Sec. 900			4/1-203					
20 March 2024 12.00-14.45 pm.		Group C IRS 171 Sec. 901	4/1-201					
		Group D IRS 171 Sec. 900	4/1-203					
20 March 2024 15.00-17.45 pm.		Group E IRS 171 Sec. 911	4/1-201					
		Group F IRS 171 Sec. 910	4/1-203					
11		27 March 2024 9.00-11.45 am.	Group A RSU 171 Sec. 901	4/2-812	<ul style="list-style-type: none"> • Workshop of Thai Traditional Herb products and their use in healing arts (Luk pra kob (Thai herbal compressed ball)) • Quiz 			Aj. Sanhajutha Puangmala Aj. Poruthai Sroyetch Aj. Pornprapa Sattayanantapibal
			Group B RSU 171 Sec. 900	4/1-203				
	27 March 2024 12.00-14.45 pm.	Group C IRS 171 Sec. 901	4/1-201					
		Group D IRS 171 Sec. 900	4/1-203					

No.	Date & Time	Section	Room	Contents	Instructors
	27 March 2024 15.00-17.45 pm.	Group E IRS 171 Sec. 911	4/1-201		
		Group F IRS 171 Sec. 910	4/1-203		
12	3 April 2024 9.00-11.45 am.	Group A RSU 171 Sec. 901	12-105	<ul style="list-style-type: none"> • Workshop of self-healing by practice self-massage • Quiz 	Aj. Sanhajutha Puangmala Aj. Poruthai Sroyetch Aj. Pornprapa Sattayanantapibal
		Group B RSU 171 Sec. 900	12-105		
	3 April 2024 12.00-14.45 pm.	Group C IRS 171 Sec. 901	12-105		
		Group D IRS 171 Sec. 900	12-105		
	3 April 2024 15.00-17.45pm.	Group E IRS 171 Sec. 911	12-105		
		Group F IRS 171 Sec. 910	12-105		
13	10 April 2024 9.00-11.45 am.	Group A RSU 171 Sec. 901	12-105	<ul style="list-style-type: none"> • Workshop of self-healing by Acupressure points - The practice of acupressure points for headaches. - The practice of acupressure points for eyesight improvement. - The practice of acupressure points for office syndrome. - The practice of acupressure points for stomachaches. • Quiz 	Aj. Sanhajutha Puangmala Aj. Poruthai Sroyetch Aj. Pornprapa Sattayanantapibal
		Group B RSU 171 Sec. 900	12-105		
	10 April 2024 12.00-14.45 pm.	Group C IRS 171 Sec. 901	12-105		
		Group D IRS 171 Sec. 900	12-105		
	10 April 2024 15.00-17.45pm.	Group E IRS 171 Sec. 911	12-105		
		Group F IRS 171 Sec. 910	12-105		
14	17 April 2024 9.00-11.45 am.	Group A RSU 171 Sec. 901	12-105		Aj. Sanhajutha Puangmala

No.	Date & Time	Section	Room	Contents	Instructors
		Group B RSU 171 Sec. 900	12-105	<ul style="list-style-type: none"> • Workshop of oriental exercise promotes physical and mental well-being. • Quiz 	Aj. Poruthai Sroyetch Aj. Pornprapa Sattayanantapibal
	17 April 2024 12.00-14.45 pm.	Group C IRS 171 Sec. 901	12-105		
		Group D IRS 171 Sec. 900	12-105		
	17 April 2024 15.00-17.45pm.	Group E IRS 171 Sec. 911	12-105		
		Group F IRS 171 Sec. 910	12-105		
15	24 April 2024 9.00-11.45 am.	Group A RSU 171 Sec. 901	4/2-812		
		Group B RSU 171 Sec. 900	4/1-203		
	24 April 2024 12.00-14.45 pm.	Group C IRS 171 Sec. 901	4/1-201		
		Group D IRS 171 Sec. 900	4/1-203		
	24 April 2024 15.00-17.45pm.	Group E IRS 171 Sec. 911	4/1-201		
		Group F IRS 171 Sec. 910	4/1-203		

15. Textbooks and references

Chaithavuthi, J., Muangsiri, K. Thai massage the Thai way : healing body and mind. 2nd ed. Chiang Mai: Thai Massage Book; 2007.

Lacroix, N., Seager, S. The Book of massage & aromatherapy. London: Lorenz Books; 2002.

Pitchford, P. Healing with whole foods : oriental traditions and modern nutrition. Rev. ed. Berkeley, CA: North Atlantic Books; 1993.

Sibley, V. Aromatherapy solutions : essential oils to lift the mind, body and spirit. Rev. ed. London: Pyramid 2004.

Sittichai, N., Picheansoonthon, C. (editors). Herbal medicines used in primary health care in ASEAN [Internet]. Bangkok: WVO Office of Printing Mill; 2014. Available from: <https://tpd.dtam.moph.go.th/index.php/e-book/161-book001>.

WHO. Traditional herbal remedies for primary health care [Internet]. New Delhi: WHO, Regional Office for South-East Asia. 2010. Available from: <https://apps.who.int/iris/handle/10665/206024>.

Attendance policy

1. Please attend a class on time. Two times of 30-minute lateness to a class equals one absenteeism, and 0.5 points will be cut for each lateness.
2. Two leaves of absence per semester are permitted. 1.0 Point will be cut for each absence without a leave of absence letter.
3. For personal leave, a leave of absence form with parental or advisor's signature must be submitted to the subject coordinator at least one day prior to your expected absence.
4. For sick leave, a leave of absence form along with a medical certificate signed by a physician must be submitted to the subject coordinator within one week after your absence.
5. For any leave, assignments during a missed class must be submitted in a handwritten version to the instructor within one week after the day you are absent from the class.
6. A minimum of 80% class attendance is required.

Other required cooperation

1. Eating are not permitted in a classroom.
2. Refrain from using personal computer and close all communication tools including radio cassette player with headphones, sound and music, which does not apply to benefit in learning of all kinds.