

The Elevation of Herbs to Community Herbal Massage Oil Products

The Elevation of Herbs to Community Herbal Massage Oil Products is an ongoing project by the School of Pharmacy, Walailak University. It is part of the Project Series "Walailak Health Model: Restoring Quality of Life and Creating Sustainable Well-being in Community Areas Around the University." The focus is on enhancing the development of herbal products to promote health and well-being, creating knowledge and products derived from local herbs to address health issues. Walailak University has initiated community health projects aimed at improving health and well-being by utilizing herbs available in the community for treating diseases among community members, including the elderly, bedridden patients, and migrant workers. These individuals receive treatment at Ban Thung Chon Sub-district Health Promoting Hospital and Satit Walailak Pattana Community Sub-district Health Promoting Hospital. The project integrates applied Thai traditional medicine through the course "Thai Traditional Therapeutic Massage 3," combined with physical therapy knowledge from the course "Basic Physical Therapy in the Community" and pharmacy studies from the courses "Spa and Natural Spa Products" and "Fundamental Pharmacognosy."

In 2024, the School of Pharmacy, in collaboration with the Center for Academic Services, the School of Medicine, and the School of Allied Health Sciences at Walailak University, delivered health outreach program to promote community health and strengthen ongoing efforts. Survey results indicated that muscle pain remains a significant health issue in communities surrounding Walailak University. Service recipients expressed the desire for an improved massage oil formula with enhanced heat compared to the previous year's product. This led to the transfer of knowledge on producing a new herbal massage oil formula to village health volunteers (VHVs) from Ban Thung Chon Sub-district Health Promoting Hospital.

To support the development of herbal products, the process began by improving the upstream phase of production, ensuring that herbs were harvested at the optimal time to be used as raw materials. This technology transfer focused on producing a new formula of "Plai Massage Oil" that would meet the community's and service users' needs. The VHVs at Ban Thung Chon Sub-district Health Promoting Hospital were trained in this production process, and the oil was further disseminated to downstream users, including 40 people from the general public at Ban Thung Chon Sub-district Health Promoting Hospital and Satit Walailak Pattana Community Sub-district Health Promoting Hospital, 20 bedridden elderly patients, and 10 migrant workers suffering from work-related muscle injuries. The satisfaction rate for the new massage oil was 95%.

The project team analyzed the new formula for its active ingredients, confirming that it met herbal product standards. Further assessments are being conducted on the effectiveness of the new formula based on feedback from VHVs, bedridden patients, and

migrant workers. This evaluation will serve as a guideline for obtaining official certification for the herbal product.

Additionally, the project team shared their findings at academic exhibitions on community service and area-based research aligned with sustainable development goals. These exhibitions were presented to the public and representatives from agencies in Nakhon Si Thammarat province to encourage the expansion of activities to other areas surrounding Walailak University.