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Education

Degree	Field of study	University or institute (country)	Graduation year
Ph.D	Nutrition	Mahidol University, Thailand	2003
M.Sc. (Public Health)	Nutrition	Mahidol University, Thailand	1996
B.N. (Nursing)		Chiangmai University, Thailand	1992

Research expertise

- Therapeutic Nutrition, Clinical Nutrition, Dietetics
- Community Nutrition or Nutrition promotion

Researches:

- Development of reduced sugar brown rice vinegar with prebiotic added and its clinical effect on blood glucose and lipid profiles
- Development and Clinical trial of efficacy of date palm beverage containing encapsulated herbal bead on breast milk quality and quantity
- Development and Clinical trial of efficacy of banana flower and date palm beverage on breast milk quantity
- Effect of whey protein on immunity, inflammation and nutritional status of cancer Patient

- Effects of Mulberry fruit consumption on lipid profiles, glucose, oxidative stress and inflammatory status in hypercholesterolemic subjects
- Effects of oat consumption on lipid profiles, oxidative stress and inflammatory status in hypercholesterolemic subjects
- Effects of camellia oil (tea seed oil) consumption on Lipid profiles, oxidative stress, oxidized LDL-C, small dense LDL-C and inflammatory status in hypercholesterolemic subjects
- The survey of NaCl consumption in Thai population
- Nutrition promotion for weight reduction and improve lipid profiles in work place
- Health promotion for obese children in Bangkok

Publications:

Corresponding Author

- Modepeng T, **Pavadhgul P**, Bumrungpert A, Kitipichai W. The effects of date fruit consumption on breast milk quantity and nutritional status of infants. Breastfeed Med. 2021; DOI: 10.1089/bfm.2021.0031 (in press)
- **Pavadhgul P**, Bumrungpert A, Harjani Y, Kurilich A. Oat porridge consumption alleviates markers of inflammation and oxidative stress in hypercholesterolemic adults. Asia Pac J Clin Nutr. 2019;28(2):260-265. doi: 10.6133/apjcn.201906_28(2).0008.
- **Pavadhgul P**, Buntuchai G, Kittipichai W, Infants' breast milk intake and maternal energy and nutrient consumptions. J Nutr AsscocThai. 2018; 53(1): 42-53.
- Buntuchai G, **Pavadhgul P**, Kittipichai W, Satheannoppakao W. Traditional Galactagogue Foods and Their Connection to Human Milk Volume in Thai Breastfeeding Mothers. J Hum Lact. 2017; 33(3): 552-559.
- Sirikanchanarod A, Bumrungpert A, Kaewruang W, Senawong T, **Pavadhgul P**. The Effect of Mulberry Fruits Consumption on Lipid Profiles in Hypercholesterolemic Subjects: A Randomized Controlled Trial. J Pharm Nutr Sci. 2016; 6: 7-14.

- Thongoun P, **Pavadhgul P**, Bumrungpert A, Satitvipawee P, Harjani Y, Kurilich A. Effect of Oat Consumption on Lipid Profiles in Hypercholesterolemic Adults. J Med Assoc Thai. 2013; 96 Suppl 5: S1-8.
- **Pavadhgul P**, Sunthonwaraluk S, Srisorachatr S, Temcharoen P. Dietary sodium intake by semi-quantitative food frequency questionnaire among undergraduate students of Mahidol University. J Med Assoc Thai 2009; 92 Suppl 7: S75-82.
- **Chaiyata P**, Puttadechakum S, Komindr S. Effect of Chili Pepper (Capsicum frutescens) Ingestion on Glucose Response, Metabolic rate in Thai Women. J Med Assoc Thai 2003; 86: 854-860.

Coauthor

- Bumrungpert A, **Pavadhgul P**, Chongsuwat R, Komindr S. Nutraceutical Improves Glycemic Control, Insulin Sensitivity, and Oxidative Stress in Hyperglycemic Subjects: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial. Natural Product Communications 2020; 15(4): 1–11.A,
- Pongkiatchai R, Chongsuwat R, Howteerakul N, **Pavadhgul P**, Ollier W, Lophatananon A. Evaluation of a questionnaire to assess nutritional knowledge, attitudes and practices in a Thai population. Nutr J. 2019; 18 (35). <https://doi.org/10.1186/s12937-019-0463-1>
- Bumrungpert A, **Pavadhgul P**, Nunthanawanich P, Sirikanchanarod A, Adulbhan Whey protein supplementation improves nutritional status, glutathione levels, and immune function in cancer patients: a randomized, double-blind controlled trial. J Med Food 2018;21(6):612–616.
- Bumrungpert A, Somboonpanyakul P, **Pavadhgul P**, Thaninthranon S. Effects of Fenugreek, Ginger, and Turmeric Supplementation on Human Milk Volume and Nutrient Content in Breastfeeding Mothers: A Randomized Double-Blind Controlled Trial. Breastfeed Med. 2018 Nov 9. doi: 10.1089/bfm.2018.0159.
- Bumrungpert A, **Pavadhgul P**, Kalpravidh RW. Camellia-oil enriched diet attenuates oxidative stress and inflammatory markers in hypercholesterolemic

subjects. *J Med Food*. 2016; 19(9): 895-8.

- Aikawa T, **Pavadhgul P**, Chongsuwat R, Sawasdivorn S, Boonshuyar C. Maternal Return to Paid Work and Breastfeeding Practices in Bangkok, Thailand. *Asia Pac J Public Health* 2015; 27(2): NP1253–62.
- Thiengwiboonwong S, Chongsuwat R, Temcharoen P, Pandii W, **Pavadhgul P**. Efficacy of dietary modification following the National Cholesterol Education Program (NCEP) recommendation on lipid profiles among hyperlipidemia subjects. *J Med Assoc Thai*. 2013; 96(10): 1257-67.
- Cua LN, Srisorrachatr S, Klaewkla J, **Pavadhgul P**, Phanuphak P. An outcome based nutrition curriculum for counselors at HIV voluntary counseling and testing facilities in Vietnam. *SE Asian J Trop Med*. 2013;44(3):417–428.
- Sirikulchayanonta C, **Pavadhgul P**, Chongsuwat R, Klaewkla J. Participatory Action Project in Reducing Childhood Obesity in Thai Primary Schools. *Asia Pac J Public Health*. 2010; 23: 917-927.
- Sirikulchayanonta C, **Pavadhgul P**, Chongsuwat R, Srisorrachata S. A Preliminary Study of Hyperlipidemia in Bangkok School Children. *Asia Pac J Public Health*. 2006; 18(3): 15-19.