

Independent Study Title	The Study of Oil Pulling in Allergic Patients by Live Blood Analysis
Author	Phruksa Paisilp
Degree	Master of Science (Anti-Aging and Regenerative Science)
Advisor	Lecturer Surapong Lookhanumanjao

ABSTRACT

Background: Allergic rhinitis is the disease more common in Thailand. The information are found that allergy has increased the incidence of allergy in respiratory system. Oil pooling has its origins in Ayurvedic medicine of India to suck the toxins by oil gargling the oil in your mouth for 10-15 minutes then spit out should do it every day after you wake up because of this time has highest bacteria in the mouth. This research will study the effect of the oil pooling that can decrease the tendency and symptoms in allergy patients by live blood analysis. This technique were done by bleeding the fingertip 1-2 drops, then use of high-resolution dark field microscopy again to observe the rouleau formation, white blood cell activity, plaque formation and crystal formation by looking through dark field microscope.

Objective: To study the result of oil pulling in allergy patients by live blood analysis technique and compare the tendency and allergy symptoms before and after doing oil pulling.

Method: Before and after oil pulling the 32 patients were assessed the level of allergy symptoms by questionnaire and collected saliva sample for pH test. Next, they

were assessment live blood analysis. Then the patients starting to do oil pulling by gargling the virgin coconut oil about 1 tablespoon after wake up 10-15 minutes continue to do it every day until completely 1 month.

Result: The statistical analysis of the data for compared allergic symptoms before and after oil pulling show that after oil pulling has significant difference to decrease the allergic symptoms than before oil pulling. While white blood cell activity has significant difference than before oil pulling as well.

Conclusion: The result from live blood analysis that show white blood cell activity indication that oil pulling can decrease the allergic symptoms.

Keywords: Oil Pulling/Allergic Rhinitis/Live Blood Analysis

