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Traditional Treatment For Postpartum Performed By The Dayak Tribe In Pasti Jaya Village, Samalantan District, Bengkayang Regency

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ABSTRACT

The use of medicinal plants for postpartum is a cultural practice carried out by people in Indonesia, especially in Pasti Jaya Village, Samalantan District, Bengkayang Regency. This research aims to reveal traditional treatment for postpartum carried out by the Dayak tribe in Pasti Jaya Village, Samalantan District, Bengkayang Regency. The research method used is a qualitative method. Data collection techniques were carried out using interviews, observation and documentation. From the research results, it was found that 16 species of plants were used by the Dayak tribe in Pasti Jaya Village for postpartum, namely *ahiak* (*Zingiber officinale* Rosc.), *antidur* (*Phyllanthus urinaria* L.), *beluntas* (*Pluchea indica* (L.) Less.), *cakur* (*Kaempferia galanga* L.), *kakompo* (*Linnophila rugosa* (Roth) Merr.), *kayu mabo* (*Blumea balsamifera* (L.) DC.), *korongan* (*Ricinus communis* L.), *lalepet* (*Oldenlandia herbacea* (L.) Roxb.), *marampayo* (*Croton hirtus* L'Hér.), *penyapu* (*Sida rhombifolia* L.), *sahang* (*Piper nigrum* L.), *sarat seribu* (*Lygodium microphyllum* (Cav) R.Br.), *sare* (*Cymbopogon citratus* (DC.) Stapf.), *saring kuyang* (*Zingiber cassumara* Roxb.), *tamulawak* (*Curcuma xanthorrhiza* Roxb.), and *unyit* (*Curcuma domestica* Val.). The most widely used plant family is Zingiberaceae. The most widely used part of the plant is the leaves. The most common method of processing and use is by boiling and drinking.

Keywords: Dayak tribe, Medicinal plants, Pasti Jaya Village, Postpartum, Traditional medicine

Introduction

West Kalimantan is one of the provinces in Indonesia which has various types of tribes, namely Dayak, Malay, Chinese, Javanese and Madura.^{1,2} The most dominant ethnic group in West Kalimantan is the Dayak tribe.¹⁻² The Dayak tribe is an indigenous tribe that inhabits the island of Kalimantan.³ The Dayak tribe in West Kalimantan is divided into several sub-tribes, namely the Dayak Kanayatn tribe, Iban, Belangin, Pesaguan, Ahe, Taman, Ngaju, Katingan, Mendawai, Bakumpai, Bakati, Gun, Pomk pang.² The Dayak tribe is known for living close to nature and the surrounding environment.³⁻⁴ The practice of using traditional medicine by the community has become a community tradition passed down from generation to generation.⁵⁻⁶ Many people choose traditional medicine because it has fewer side effects and is also cheaper than chemical medicine.⁷⁻⁸ Traditional medicine is a type of medicine derived from certain plants which people believe have healing properties.⁹⁻¹⁰ Plants with medicinal properties have long been used by Indonesian people to treat various health problems.⁵⁻¹¹ Each region has different knowledge regarding the use of medicinal plants.¹²⁻¹³ One area that has great potential regarding knowledge about the use of medicinal plants is Pasti Jaya Village which is located in Samalantan District, Bengkayang Regency. The majority of people in Pasti Jaya Village are the Dayak Kanayatn tribe. The Dayak Kanayatn tribe is spread across several areas in West Kalimantan, namely Bengkayang, Landak, Sambas, and Kubu Raya.²

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Some local wisdom that is still preserved by the Dayak Kanayatn tribe is the use of plants for medicine,⁴ cosmetics,¹ and traditional rituals.²

After giving birth is often referred to as the postpartum period. The postpartum period begins after the birth of the placenta and ends when the uterine organs have returned to their pre-pregnancy state.⁷⁻¹⁴ The use of plants for postnatal care of mothers is a cultural practice practiced by people in Indonesia.¹⁵ Several research results reveal the use of medicinal plants for post-natal care in several areas, namely the community in Tanap Village, Sanggau Regency, uses 32 species of medicinal plants for baby and post-natal care,¹⁶ the community in Sekonau Village, Sekadau Hulu District, Regency uses 16 species of medicinal plants for post-natal care,¹⁷ The community in Bukit Sebur 1 Village, West Adonara District, East Flores Regency uses 28 species of medicinal plants for post-natal care,¹⁸ and the community in Watulea Village, Central Buton uses 23 types of plants for post-natal care.¹⁹

Research on traditional medicine for postnatal mothers carried out by the Dayak tribe in Pasti Jaya Village, Samalantan District, Bengkayang Regency has never been carried out so that information regarding the use of plants for post-natal care is only kept among the community. Therefore, it is hoped that this research can reveal traditional postnatal treatment carried out by the Dayak tribe in Pasti Jaya Village, Samalantan District, Bengkayang Regency. The objective of this study is to uncover the traditional postnatal treatments practiced by the Dayak ethnic group in Pasti Jaya Village, Samalantan District, Bengkayang Regency.

Materials and Methods

Pasti Jaya Village is one of the villages in Samalantan District, Bengkayang Regency, West Kalimantan Province (Figure 1). Pasti Jaya Village consists of six hamlets, namely Pacong Hamlet, Aping Hamlet, Aping Buluh Hamlet, Serukam Hamlet, Oyan Tikala Hamlet, and Anggrek Hamlet. The area of Pasti Jaya Village is 4,800 ha with a population of 4,517 people or 1,016 families. The majority of people living in this village are Dayak. The main livelihood of the population is as farmers. The research method used in this research is a qualitative method. Determining informants was carried out using the snowball sampling technique.¹⁷ The informants in this study were 10 people

consisting of 2 village midwives and 8 village shamans. This research stage begins with collecting plant data which is carried out through interviews, observation and plant documentation.¹⁷ The next stage is taking plant samples to be used as a herbarium. Plant identification is carried out at the Biology Laboratory, Faculty of Mathematics and

Natural Sciences, Tanjungpura University with letter numbers 045/A/LB/FMIPA/UNTAN/2022 and 058/A/LB/FMIPA/UNTAN/2023.

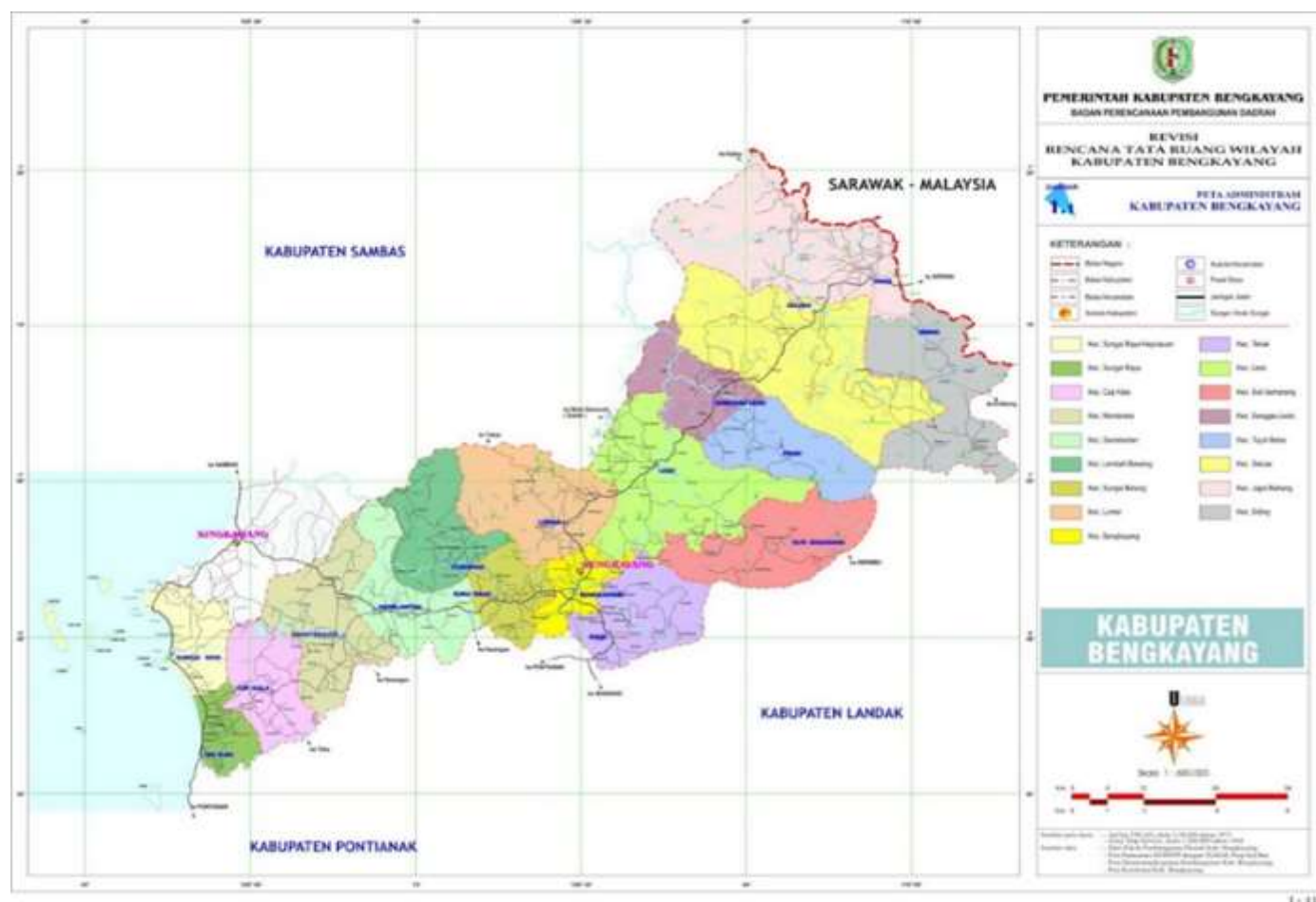


Figure 1: Bengkayang Regency Regional Map (Bengkayang Regency BPS, 2022), Samalantan District (in Bahasa)

Results and Discussion

Postpartum, also known as the postpartum period, is the recovery phase for mothers who have gone through the birthing process. The use of plants for postnatal care for mothers is a cultural practice practiced by people in Indonesia, especially in Pasti Jaya Village, Samalantan District, Bengkayang Regency. Based on the results of interviews conducted, 16 plants were obtained which were used by the community in Pasti Jaya Village, Samalantan District, Bengkayang Regency for post-natal care which can be seen in Figure 2. The results of research regarding traditional post-natal treatment carried out by the Dayak tribe in Pasti Jaya Village, Sub-district Samalantan Bengkayang Regency can be seen in Table 1.

The plants used as postnatal medicinal herbs in Pasti Jaya Village, Samalantan District, Bengkayang Regency come from several families, namely Asteraceae, Euphorbiaceae, Lygodiaceae, Phyllanthaceae, Piperaceae, Plantaginaceae, Poaceae, Rubiaceae, and Zingiberaceae. The types of plants used for postnatal care in this village mostly come from the Zingiberaceae family. In line with the results of research conducted in Sekonau Village, Sekadau Hulu District, Sekadau Regency, it also shows that the Zingiberaceae family is also the family most widely used for postnatal care.¹⁷

From the results of this research, the most widely used part of the plant is the leaves. In line with the results of research conducted in Sekonau Village, Sekadau Hulu District, Sekadau Regency, it also shows that leaves are the part of the plant that is most widely used for postnatal care.¹⁷ Apart from that, the results of research conducted in Bukit Sebur 1 Village, West Adonara District, East Flores Regency also showed that leaves are the part of the plant most used for postnatal care.¹⁸ The removal of leaf parts from plants will not have a negative impact on the survival of the plant.¹⁹ Leaves have a fast regeneration process so that conservation will not have a major impact on reducing the sustainability of the plant.²⁰ Apart from that, leaves are also easy to get and do not depend on the season like fruit and flowers.¹⁸

Some of the plant processing used based on the results of this research must be mixed together with other plants, some do not. This is in line with other research which states that in making medicinal concoctions, some only use one type of plant and there are also those who use a mixture of various types of plants.²¹ The method of processing plants used for postpartum in Pasti Jaya Village, Samalantan District, Bengkayang Regency is done in two ways, namely boiling to extract the water and cooking to make a side dish. The method of processing plants from the results of this research is mostly done by boiling and the method of use is mostly done by drinking. The results of research conducted in Bukit Sebur 1 Village, West Adonara District, East Flores

Table 1: Traditional treatment for postpartum in Pasti Jaya Village

No.	Plant name	Family name	Part used	Processing method	How to use	Benefit
1.	Beluntas (<i>Pluchea indica</i> (L.) Less.)	Asteraceae	Leaves	Clean the young leaves, cook them with additional ingredients such as sliced onions and seasonings.	Eaten	Postpartum vaginal discharge, cleaning the vagina
2.	Sahang (<i>Piper nigrum</i> L.)	Piperaceae	Fruits	The clean sahang is pounded along with other spices	Eaten	Warm the body, relieve wind
3.	Sare (<i>Cymbopogon citratus</i> (DC.) Stapf.)	Poaceae	Leaf sheath	The clean sahang is immediately put into the food being cooked.	Drunk	Relieves pain
4.	Ahiak (<i>Zingiber officinale</i> Roscoe.)	Zingiberaceae	Rhizomes	The leaf sheath are washed clean, crushed, boiled until boiling, then filtered and put into a glass.	Drunk	Warms the body, back pain, flatulence
5.	Cakur (<i>Kaempferia galanga</i> L.)	Zingiberaceae	Rhizomes	The rhizomes are washed clean, thinly sliced, boiled until boiling, then filtered and put into a glass.	Drunk	Warms the body, relieves wind, dries postpartum wounds.
6.	Saring Kuyang (<i>Zingiber cassumunar</i> Roxb.)	Zingiberaceae	Rhizomes	The rhizomes are washed clean, thinly sliced, boiled until boiling, then filtered and put into a glass.	Drunk	Warm the body, relieve wind
7.	Tamulawak (<i>Curcuma xanthorrhiza</i> Roxb.)	Zingiberaceae	Rhizomes	The rhizomes are washed clean, thinly sliced, boiled until boiling, then filtered and put into a glass.	Drunk	Warms the body, increases stamina
8.	Unyit (<i>Curcuma longa</i> L.)	Zingiberaceae	Rhizomes	The rhizomes are washed clean, thinly sliced, boiled until boiling, then filtered and put into a glass.	Drunk	Eliminates body odor, removes dirty blood
9.	Korongan (<i>Ricinus communis</i> L.)	Euphorbiaceae	Roots	Clean the root of korongan, leave of lalepet, and root of penyapu. Cut all the ingredients into small pieces then dry in the sun until dry. Boil the concoction until it boils, then filter it and put it in a glass.	Drunk	Removing dirty blood, relieving pain, passing wind
10.	Penyapu (<i>Sida rhombifolia</i> L.)	Malvaceae	Roots	Wash thoroughly all the leaves, stems and roots of antidur, kakompo, and marampayo. Cut all the ingredients into small pieces then dry in the sun until dry. Boil the concoction until it boils, then filter it and put it in a glass.	Drunk	Removing dirty blood, relieving pain, passing wind
	Lalepet (<i>Oldenlandia herbacea</i> (L.) Roxb.)	Rubiaceae	Leaves			
	Antidur (<i>Phyllanthus urinaria</i> L.)	Phyllanthaceae	Leaves, stems, roots			
11.	Kakompo (<i>Limnophila rugosa</i> (Roth) Merr.)	Plantaginaceae	Leaves, stems, roots	Clean the stem of kayu mabo, marampayo, penyapu, and all parts of the kakompo. Cut all the ingredients into small pieces then dry in the sun until dry. Boil the concoction until it boils, then filter it and put it in a glass.	Drunk	Relieves pain, passes gas, removes dirty blood
	Kayu mabo (<i>Blumea balsamifera</i> (L.) DC.)	Asteraceae	Stems			
	Marampayo (<i>Croton hirtus</i> L'Hér.)	Euphorbiaceae	Stems			
	Penyapu (<i>Sida rhombifolia</i> L.)	Malvaceae	Stems			
12.	Kakompo (<i>Limnophila rugosa</i> (Roth) Merr.)	Plantaginaceae	Leaves, stems, roots	Clean the roots of the korongan and sarat seribu. Cut all the ingredients into small pieces then dry in the sun until dry. Boil the concoction until it boils, then filter it and put it in a glass.	Drunk	Removes dirty blood, relieves pain, warms the body
	Korongan (<i>Ricinus communis</i> L.)	Euphorbiaceae	Roots			
	Sarat seribu (<i>Lygodium microphyllum</i> (Cav) R.Br.)	Lygodiaceae	Roots			
No.	Plant name	Family name	Part used	Processing method	How to use	Benefit

13.	<i>Beluntas</i> (<i>Pluchea indica</i> (L.) Less.)	Asteraceae	Leaves	Clean the young leaves, cook them with additional ingredients such as sliced onions and seasonings.	Eaten	Postpartum vaginal discharge, cleaning the vagina
14.	<i>Sahang</i> (<i>Piper nigrum</i> L.)	Piperaceae	Fruits	The clean <i>sahang</i> is pounded along with other spices The clean <i>sahang</i> is immediately put into the food being cooked.	Eaten	Warm the body, relieve wind
15.	<i>Sare</i> (<i>Cymbopogon citratus</i> (DC.) Stapf.)	Poaceae	Leaf sheath	The leaf sheath are washed clean, crushed, boiled until boiling, then filtered and put into a glass.	Drunk	Relieves pain
16.	<i>Ahiak</i> (<i>Zingiber officinale</i> Roscoe.)	Zingiberaceae	Rhizomes	The rhizomes are washed clean, thinly sliced, boiled until boiling, then filtered and put into a glass.	Drunk	Warms the body, back pain, flatulence
17.	<i>Cakur</i> (<i>Kaempferia galanga</i> L.)	Zingiberaceae	Rhizomes	The rhizomes are washed clean, thinly sliced, boiled until boiling, then filtered and put into a glass.	Drunk	Warms the body, relieves wind, dries postpartum wounds.
18.	<i>Saring</i> (<i>Zingiber cassumunar</i> Roxb.)	Zingiberaceae	Rhizomes	The rhizomes are washed clean, thinly sliced, boiled until boiling, then filtered and put into a glass.	Drunk	Warm the body, relieve wind
19.	<i>Tamulawak</i> (<i>Curcuma xanthorrhiza</i> Roxb.)	Zingiberaceae	Rhizomes	The rhizomes are washed clean, thinly sliced, boiled until boiling, then filtered and put into a glass.	Drunk	Warms the body, increases stamina
20.	<i>Unyit</i> (<i>Curcuma longa</i> L.)	Zingiberaceae	Rhizomes	The rhizomes are washed clean, thinly sliced, boiled until boiling, then filtered and put into a glass.	Drunk	Eliminates body odor, removes dirty blood
21.	<i>Korongan</i> (<i>Ricinus communis</i> L.)	Euphorbiaceae	Roots	Clean the root of <i>korongan</i> , leave of <i>lalepet</i> , and root of <i>penyapu</i> . Cut all the ingredients into small pieces then dry in the sun until dry. Boil the concoction until it boils, then filter it and put it in a glass.	Drunk	Removing dirty blood, relieving pain, passing wind
	<i>Penyapu</i> (<i>Sida rhombifolia</i> L.)	Malvaceae	Roots			
	<i>Lalepet</i> (<i>Oldenlandia herbacea</i> (L.) Roxb.)	Rubiaceae	Leaves			
22.	<i>Marampayo</i> (<i>Croton hirtus</i> L'Hér.)	Euphorbiaceae	Leaves, stems, roots	Wash thoroughly all the leaves, stems and roots of <i>antidur</i> , <i>kakompo</i> , and <i>marampayo</i> . Cut all the ingredients into small pieces then dry in the sun until dry. Boil the concoction until it boils, then filter it and put it in a glass.	Drunk	Removing dirty blood, relieving pain, passing wind
	<i>Antidur</i> (<i>Phyllanthus urinaria</i> L.)	Phyllanthaceae	Leaves, stems, roots			
	<i>Kakompo</i> (<i>Limnophila rugosa</i> (Roth) Merr.)	Plantaginaceae	Leaves, stems, roots			
23.	<i>Kayu mabo</i> (<i>Blumea balsamifera</i> (L.) DC.)	Asteraceae	Stems	Clean the stem of <i>kayu mabo</i> , <i>marampayo</i> , <i>penyapu</i> , and all parts of the <i>kakompo</i> . Cut all the ingredients into small pieces then dry in the sun until dry. Boil the concoction until it boils, then filter it and put it in a glass.	Drunk	Relieves pain, passes gas, removes dirty blood
	<i>Marampayo</i> (<i>Croton hirtus</i> L'Hér.)	Euphorbiaceae	Stems			
	<i>Penyapu</i> (<i>Sida rhombifolia</i> L.)	Malvaceae	Stems			
24.	<i>Kakompo</i> (<i>Limnophila rugosa</i> (Roth) Merr.)	Plantaginaceae	Leaves, stems, roots	Clean the roots of the <i>korongan</i> and <i>sarat seribu</i> . Cut all the ingredients into small pieces then dry in the sun until dry. Boil the concoction until it boils, then filter it and put it in a glass.	Drunk	Removes dirty blood, relieves pain, warms the body
	<i>Korongan</i> (<i>Ricinus communis</i> L.)	Euphorbiaceae	Roots			
	<i>Sarat seribu</i> (<i>Lygodium microphyllum</i> (Cav) R.Br.)	Lygodiaceae	Roots			



Figure 2: Plants used for postnatal care by the people of Pasti Jaya Village: 1. Ahiak (*Zingiber officinale* Rosc.), 2. Antidur (*Phyllanthus urinaria* L.), 3. Beluntas (*Pluchea indica* (L.) Less.), 4. Cakur (*Kaempferia galanga* L.), 5. Kakompo (*Limnophila rugosa* (Roth) Merr.), 6. Kayu Mabo (*Blumea balsamifera* (L.) DC.), 7. Korongan (*Ricinus comunis* L.), 8. Lalepet (*Oldenlandia herbacea* (L.) Roxb.), 9. Marampayo (*Croton hirtus* L'Hér.), 10. Penyapu (*Sida rhombifolia* L.), 11. Sahang (*Piper nigrum* L.), 12. Sarat Seribu (*Lygodium microphyllum* (Cav) R.Br.), 13. Sare (*Cymbopogon citratus* (DC.) Stapf.), 14. Saring Kuyang (*Zingiber cassumara* Roxb.), 15. Tamulawak (*Curcuma xanthorrhiza* Roxb.), 16. Unyit (*Curcuma longa* L.)

Regency also show that the most common method of processing is by boiling and the most common way of use is by drinking.¹⁸ The advantage of processing plants by boiling is that the properties of these plants are easier to extract and utilize.²² Apart from that, this method also uses tools that are simple and easy to do.^{7,18,23} The oral method of use is considered more effective and has a faster reaction in healing compared to other methods of use such as eating and smearing it.²⁴ Plants used for postpartum in Pasti Jaya Village, Samalantan District, Bengkayang Regency contain various phytochemicals which are also useful for other treatments. The results of previous research show that *Blumea balsamifera* (L.) DC. contains terpenoid compounds, fatty acids, phenols, alcohols, aldehydes, ethers, ketones, pyridines, furans, alkanes, flavonoids, flavanones, chalcones and also has pharmacological activity as antioxidant, antimicrobial, antifungal, anti-inflammatory, hypolipidemic, anti-infertility, hepatoprotective, antidiabetic, gastroprotective, antitumor, anticancer and immunomodulatory activity.²⁵ The results of research conducted on the community in Sekonau Village, Sekadau Hulu District, Sekadau Regency showed that *B. balsamifera* (L.) DC. used for postnatal care of mothers.¹⁷ Apart from that, the results of research conducted on the community in Tompu Hamlet, Central Sulawesi showed that *B.*

balsamifera (L.) DC. used to treat flatulence.²⁶

Previous research results show that *Pluchea indica* (L.) Less. contains alkaloids, flavonoids, polyphenols and tannins, saponins, steroids and terpenoids.²¹ Additionally, *P. indica* (L.) Less. it also has pharmacological activity as anti-inflammatory,²⁸ antioxidant,²⁸ antibacterial,²⁹ antifungal, and analgesic.²⁷ The results of research conducted on the community in West Cikarang District show that *P. indica* (L.) Less is used as a medicine for fever, cough, eliminates bad breath, and strengthens the nerves.³⁰

Previous research results show that *Croton hirtus* L'Hér contains alkaloids, steroids, glycosides and terpenoids.³¹ Additionally, *C. hirtus* L'Hér. also has pharmacological activity as an antioxidant and anti-inflammatory.³²⁻³³ The results of research conducted on the people of Amesiu Village, Konawe Regency, Southeast Sulawesi showed that *C. hirtus* L'Hér. used to treat colon cancer.³⁴

Previous research results show that *Ricinus communis* L. contains saponins, flavonoids, alkaloids, steroids, glycosides and also has pharmacological activity as antifertility, antiimplantation, antinociceptive, anticancer, antioxidant, immunomodulatory, hepatoprotective, antidiabetic, antiulcer, antimicrobial, insecticide, molluscicide and larvicide, bone regeneration, analgesic, antihistamine, antiasthma, cytotoxic, lipolytic, anti-inflammatory, and as wound healing.³⁵ The results of research conducted on the community in Soatobaru Village, West Galela District show that *R. communis* L. is used for coughs, congestion and skin diseases.³⁶

Previous research results showed that *Lygodium microphyllum* (Cav) R.Br. contains phenolic compounds, flavonoids, terpenoids, steroids.³⁷ In addition, *L. microphyllum* (Cav) R.Br. also has pharmacological activity as antioxidant,³⁷ antidiarrheal,³⁸ antimicrobial,³⁸ antipyretic,³⁸ anti-inflammatory,³⁷ antihelminthic,³⁸ and hepatoprotective activity.³⁷ The results of research conducted on the people of Pengadang Village, Sanggau Regency showed that *L. microphyllum* (Cav) R.Br. used to improve blood circulation in mothers after giving birth.²²

Previous research results show that *Sida rhombifolia* L. contains alkaloids, glycosides, flavonoids, tannins, terpenoids.³⁹ Apart from that, *S. rhombifolia* L. also has pharmacological activity as an antioxidant, antidiabetic, anti-inflammatory, analgesic, cytotoxic, antiproliferative and anticholinesterase.⁴⁰ The results of research conducted on the community in Amesiu Village, Konawe Regency, Southeast Sulawesi showed that *S. rhombifolia* L. is used to treat gout and malaria.³⁵

Previous research results show that *Phyllanthus urinaria* L. contains lignans, tannins, flavonoids, phenolics, terpenoids, and also has pharmacological activity as an antioxidant, hepatoprotective, antidiabetic, antimicrobial, antiviral, anticancer, antihelminthic and cardioprotective.⁴¹ The results of research conducted on the community in Tanap Village, Sanggau Regency show that *P. urinaria* L. is used to treat fever in babies.⁶

Previous research results show that *Piper nigrum* L. contains phenolic compounds, alkaloids, flavonoids, terpenoids, anthraquinones.⁴² Apart from that, *P. nigrum* L. also has pharmacological activity as an antioxidant,⁴³ antibacterial,⁴²⁻⁴³ anticancer,⁴³ anti-inflammatory,⁴⁴ insecticide,⁴³ and antitumor.⁴⁴ The results of research conducted on the community in Tanap Village, Sanggau Regency show that *P. nigrum* L. is used for post-natal care, baby umbilical wounds, treating stomach aches and bloating in babies.¹⁶

Previous research results showed that *Limnophila rugosa* (Roth) Merr. contains tannins, alkaloids, triterpenoids, flavonoids and coumarin.⁴⁵ In addition, *L. rugosa* (Roth) Merr. also has pharmacological activity as antioxidant, antibacterial, antimicrobial, antifungal, anxiolytic, anti-inflammatory, analgesic, antituberculosis, antitumor, anticancer, immunomodulator, hepatoprotective, antiulcer, antidiabetic, antinociceptive, antimalarial, antiviral, antihyperlipidemia, anti-HIV, insecticide, herbicide, antifeedant, anticoagulants, gastro protectants, and antihelminthics.⁴⁶

Previous research results show that *Cymbopogon citratus* (DC.) Stapf. contains saponins, tannins, flavonoids and phenols.⁴⁷ In addition, *C. citratus* (DC.) Stapf. it also has pharmacological activity as an antioxidant, antiobesity, antibacterial, antifungal, antinociceptive, antidiarrheal, antiseptic, anticancer, analgesic and anti-inflammatory.⁴⁸ The results of research conducted on the people of Barembeng Village, Bontonompo District, Gowa Regency, show that *C. citratus* (DC.)

Stapf. used for nosebleeds.¹²

Previous research results show that *Oldenlandia herbacea* (L.) Roxb. contains alkaloid compounds, tannins, terpenoids, glycosides and saponins.⁴⁹ In addition, *O. herbacea* (L.) Roxb. also has pharmacological activity as antioxidant,⁴⁹⁻⁵⁰ anti-inflammatory,⁵¹ antibacterial,⁴⁹ and antitumor.⁵⁰

Previous research results show that *Curcuma longa* L. contains phenolic compounds, tannins, triterphenoids, saponins, flavonoids.⁵¹ In addition, *C. longa* L. it also has pharmacological activity as anticancer, antidiabetic, antiosteoarthritis, anti-diarrhea, cardioprotective, antioxidative, neuroprotective, hepatoprotective, antimicrobial, renoprotective and anti-inflammatory activity.⁵² The results of research conducted on the people of Barembeng Village, Bontonompo District, Gowa Regency, show that *C. longa* L. used for diarrhea and itching from insect bites.¹²

Previous research results show that *Curcuma xanthorrhiza* Roxb. contains curcumin compounds, essential oils, saponins, flavonoids, alkaloids, tannins, and also has pharmacological activity as antibacterial, antimicrobial, anticancer, antifungal, anti-acne and antioxidant.⁵³ The results of research conducted on the people of Barembeng Village, Bontonompo District, Gowa Regency, showed that *C. xanthorrhiza* Roxb. used for stomach ulcers.¹² Apart from that, the results of research conducted on the community in West Cikarang District showed that *C. xanthorrhiza* Roxb. used as a medicine for lymphatic, kidney, backache, headache, colds, stomach ulcers, menstrual pain, increasing appetite, asthma, and constipation.³¹

Previous research results show that *Kaempferia galanga* L. contains alkaloids, glycosides, essential oils, saponins, tannins and flavonoids.⁵⁴ Apart from that, *K. galanga* L. also has pharmacological activity as an antibacterial, antihelminthic antioxidant, anti-inflammatory, anti-diarrheal, anti-neoplastic, anti-obesity, anti-mutagenic, anti-allergic, analgesic, adaptogenic, hypolemmic, hypopigmentary and sedative.⁵⁵ The results of research conducted on the community in West Cikarang District show that *K. galanga* L. is used as a medicine for fever, colds, jaundice, coughs, rheumatism, worms and stomach aches.³¹

Previous research results showed that *Zingiber cassumunar* Roxb. contains terpenoids, flavonoids, alkaloids, steroids and benzenoid.⁵⁶ In addition, *Z. cassumunar* Roxb. also has pharmacological activities such as antioxidant, anti-inflammatory, anticancer, neuroprotective, antifungal, antibacterial and cosmeceutical.⁵⁷ The results of research conducted on the people of Tanap Village, Sanggau Regency showed that *Z. cassumunar* Roxb. used for postnatal care for mothers, baby poultices, treating coughs and baby colds.¹⁶

Previous research results show that *Zingiber officinale* Rosc. contains alkaloids, tannins, saponins, flavonoids, steroids, terpenoids, phlobatins, anthraquinones, terpenes, cardenolides and phenols.⁵⁸ Apart from that, *Z. officinale* Rosc. also has pharmacological activity as an antioxidant,⁵⁹ antibacterial,⁵⁹⁻⁶⁰ antifungal,⁶⁰ analgesic,⁵⁹⁻⁶⁰ anti-inflammatory,⁵⁹⁻⁶⁰ antiulcer,⁶⁰ antiviral,⁶⁰ and immunomodulator.⁶⁰ The results of research conducted on the people of Barembeng Village, Bontonompo District, Gowa Regency, show that *Z. officinale* Rosc. used for cough medicine.¹² Apart from that, the results of research conducted on the people of Tanap Village, Sanggau Regency used *Z. officinale* Rosc. for postpartum maternal care, facilitating menstruation, treating menstrual pain and vaginal discharge.¹⁶

Conclusion

Traditional treatment for postpartum carried out by the Dayak Tribe in Pasti Jaya Village, Samalantan District, Bengkayang Regency using various medicinal plants which are processed in a simple way. Some of these plants must be mixed together with other plants and some do not. Apart from postpartum use, this plant also contains various phytochemicals which are useful for other treatments. The use of medicinal plants for postnatal care by the community needs to be preserved as local wisdom owned by the community. Various types of medicinal plants utilized by the local community can be developed into herbal medicines or supplements, carefully formulated with precise dosages, so that the benefits of these plants can not only be experienced by the people in this region but also be enjoyed by communities in other areas.

Conflict of Interest

The author's declare no conflict of interest.

Authors' Declaration

The authors hereby declare that the work presented in this article is original and that any liability for claims relating to the content of this article will be borne by them.

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