

[DOI: 10.20472/IAC.2015.015.201](https://doi.org/10.20472/IAC.2015.015.201)

ZURAINI ZAKARIA

Universiti Sains Malaysia, Malaysia

SITI HAJAR ABDUL AZIZ

Universiti Sains Malaysia, Malaysia

SYAHIDAH AZMAN

Universiti Sains Malaysia, Malaysia

ETHNOBOTANICAL STUDY OF PLANTS USED FOR POSTNATAL CARE IN LEMBAH LENGGONG (LENGGONG VALLEY), PERAK, MALAYSIA

Abstract:

Lembah Lenggong is one of the world's heritage sites known for its archeological discoveries. Surrounded by two mountain ranges called Banjaran Bintang Hijau and Banjaran Titiwangsa, the valley is also favoured for its exotic flora diversity. The endemic species grow wild or are cultivated by the community for the edible parts, folklore value and traditional medicinal practices. The present study was undertaken because ethnobotanical information and traditional knowledge on postnatal care play an important role in scientific research and provide insights into the development of the health care system. From the study in three subdistricts of Lembah Lenggong, 34 species belonging to 19 families were found to be commonly used by the women community. The part of plants utilised in the postnatal healthcare include leaf, fruit, rhizome, root, bark and flower. The aim of enlisting and investigating the local medicinal plant species used for the postnatal care by the community in Lembah Lenggong, could motivate the community for the preservation of their traditional knowledge; the sustainable use, cultivation and conservation of the plant species; and alternatively to promote the floral diversity as an ecotourism element of Lembah Lenggong.

Keywords:

Lembah Lenggong, ethnobotany, postnatal care

JEL Classification: I19