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**PLANTS USING IN POSTPARTUM CARE BY TRADITIONAL HEALERS - A
REVIEW OF LITERATURE**

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Medicinal plants have a vital role during pregnancy, birth and postpartum care in many rural areas. The WHO estimates that about 80% of the population living in developing countries relies almost exclusively on traditional medicine for their primary healthcare needs. Plants are the backbone of traditional medicine. Almost every system of medicine plants play a major role and constitute in traditional medicine. There are millions of women and elders who have traditional knowledge of herbal home remedies and it is passed orally from generation to generation. Plants used in women's health related conditions such as; female diseases, birth control, pregnancy, postpartum and lactation have been documented by traditional healers are rarely documented. Due to influence of modern culture, busy life and low faith. This valuable knowledge is going to endanger. There are many time tested practices designed to suit the health problems of the mother and child. The postpartum care aims to recover women's health after delivery. This paper reviewed the commonly used herbs only in postpartum women and investigated if enough evidence is available on the safety and efficacy of using herbs during postpartum. The electronic data base like PubMed, CINHALL, EBSCO and Science Direct were searched. From the 57 papers found, they explain the herbs which alleviate the common postpartum problems. Further, effects of many herbs such as toning the uterine muscles and preventing infection during postpartum have been scientifically proven. Further, these studies reported no adverse effects while using the herbal preparations. It is the high time to do further scientific studies to validate the therapeutic efficacy of these herbs.

Keywords: Traditional medicine, postpartum women, primary health care