Analysis of the medicinal plant's name that was given by the Mien was carried out and the results demonstrated that the name of the plant was derived from five different terms. First, the name refers to plant characteristics. It was found that 56 terms (33.3%) are used to describe specific structures including different types of stems, leaves, roots, fruits and flowers while 42 terms (25%) referred to their indications. Five terms (2.98%) have been recorded in "administration" and part/parts used. Eleven terms referred to effectiveness of medicine, whereas 54 terms have not been identified. These names were implied that these plants had been trial and error used for a long time, these plants were given names for their dissemination to the later generation. The plants details are shown in Table 3.

Table 3 Botanical details of medicinal plants of the Mien in Sancharurn Village, Nan Province, Thailand

Mein's medicinal plant name	**Meaning**	**Frequency (species)**
Plant characteristics		**56**
1. Hap Jouy	Bad smell plant	
2. Ta pu su	Never die plant	
3. Diang dang	Aromatic stem	
4. Ma im bua	Bitter taste	
5. Sunshine year	Tree leaf	
6. Kud sa kong	Sterile plant	

Table 3 Botanical details of medicinal plants of the Mien in Sancharurn Village, Nan Province, Thailand (continued)

Mein's medicinal plant name	Meaning	Frequency (species)
Plant characteristics		
7. Fam cha top	3- leaf, pod like bean	
8. Ngong jong hi	Vine, fruit like buffalo's horn	
9. Yam si	Red stem	
10. Dia hong si	Red medicinal plant	
11. Tom tor bot	Wide leaf	
12. Diang doi kong	Sterile rhizome	
13. Diang sui	Sour taste	
14. Diang paeng	Small tree	
15. Hoe hap jouy	Araceae with bad smell	
16. Tong chang louw	Eagle's nest shaped plant	
17. Nang biad	Leaf like a snake's tongue	
18. Toe fim	Hollow stem	
19. Mua pan tang	Long bread	
20. Hia la yeaw	Long spine leaf	

Table 3 Botanical details of medicinal plants of the Mien in Sancharurn Village, Nan Province, Thailand (continued)

Mein's medicinal plant name	Meaning	Frequency (species)
21. Diang soe	Fruit like small beads	
22. Hoe hap doe	Araceae	
23. Mia piang moung	Small flower	
24. Diang ton top	Small bean	
25. Ma im	Bitter taste	
26. Diang soe	Fruit like beads	
27. Diang sui	Taste of stem is sour	
28. Sa kao thong	Small plant with hollow stem	
29. Fan tho diang	Umbrella shaped leaf	
30. Chan tao loe	Long climbing	
31. Dia thong	Small shrub with hollow stem	
32. Shun tae puang	Long root plant which is used for epilepsy	
33. Pin pea mia	Plant which its shaped like a bird	
34. Diang Oum	watery stem tree	
35. Doi Ju	Shaped like the head of a dog	

Table 3 Botanical details of medicinal plants of the Mien in Sancharurn Village, Nan Province, Thailand (continued)

Mein's medicinal plant name	Meaning	Frequency (species)
Plant characteristics		
36. La kor bam	Plant with its flowers near the ground	
37. Ma te doi	Tuber like hoof	
38. Bung sui pian sop	Plant with sour taste	
39. Loe kon	Rhizome climbing	
40. Yim long	Plant which has hexagonal stem with spine	
41. Lom yim	Its spine shaped like cat's claw	
42. Chi lo diang	Stratified leaves plant	
43. Kon chian	Firmly tied stem, its spine shaped like cat's claw	
44. Sung kea	Black ginger	
45. Num chew iy	Small musaceae	
46. Piang kap	Its older flower will close before falling	
47. Cha kai chiad	Shaped like chicken	
48. Sop pan	Small herb, high tolerance	

Table 3 Botanical details of medicinal plants of the Mien in Sancharurn Village, Nan Province, Thailand (continued)

Mein's medicinal plant name	Meaning	Frequency (species)
Plant characteristics		
49. Tong long	Big plant	
50. Mia bua	Small herb which has white flower	
51. Ching tang diang	Big tree which has a big branch	
52. Choa don hi	Plant which has a bad smell	
53. Tom chang ngew	Shaped like eagle's claw	
54. Tamao choa diang	Flower color that looks like tiger skin	
55. Fong cha kim	Its spine like an arrow	
56. Gnong yo diang	Fruit like breast's cow	
Indications		**42**
57. Dia chun	To make into a healthy person	
58. Hap cho nor mia	Plant used for bone healing	
59. Muay muang fil	Treating bee bites	
60. Dia chom	Warming up body temperature	
61. Pwang dia tom	For preventing epilepsy in postpartum women	

Table 3 Botanical details of medicinal plants of the Mien in Sancharurn Village, Nan Province, Thailand (continued)

Mein's medicinal plant name	Meaning	Frequency (species)
62. Fu chouag dia	For treating fever	
63. Au cha pee	5-leaf plant, use for uterus firming	
64. Dia cheaw	For preventing epilepsy in postpartum women	
65. Ha dia sua	Leaves can treat common cold	
66. Kan yam dia	For blood corpuscle increasing	
67. Pew bung	For treating for bone pain	
68. Kaeng til mia	For treating for insect bites	
69. Diang ton yeaw	Medicine for children	
70. A kong sing	Treating soundless person	
71. Pwang dia yao	Preventing epilepsy in postpartum	
72. Kab chan mia	For treating tendon injury, sciatica pain	
73. Tom yae diang	Big tree which deer use for its health care	
74. Saeng Mien	Used as tonic drug for long life	
75. Diang saeng sa	Parasite plant used as tonic tea	

Table 3 Botanical details of medicinal plants of the Mien in Sancharurn Village, Nan Province, Thailand (continued)

Mein's medicinal plant name	Meaning	Frequency (species)
Indications		
76. Dia Chung	Used as medicine	
77. Kor fui	Bone treatment	
78. Tao poew chung	For treating burns	
79. Or lun hi	Used for wound irrigation	
80. Chan hop ma hi	Tendon healing plant	
81. Chum long	Treating wound from leech	
82. Ha dia doi	Its tuber used to treat common cold	
83. Sa doi	Its tuber used as tea to treat cold	
84. Sing sui	For treating eye pain, irritation	
85. Than sui gnang	For treating allergies	
86. La ko bua	For treating peptic ulcer	
87. Chai kaeng	For treating herpes zoster	
88. Mai yan	For treating grand mal (epilepsy)	
89. Ap kong sing	For treating rasping voice	

Table 3 Botanical details of medicinal plants of the Mien in Sancharurn Village, Nan Province, Thailand (continued)

Mein's medicinal plant name	**Meaning**	**Frequency (species)**
90. Ha dia yoe	For treating severe cough	
91. Hao sa dia	For treating gall stone	
92. Chai mon dia	For treating back pain	
93. Dia chan mao	Climber which is used for tendon and muscle pain	
94. Dia choe	Medicine for treating fungi	
95. Dia ying	For treating urinary infection	
96. Chae or mia	Herb which is cooked with chicken for tonic	
Administration and parts used		**5**
97. Chak king	White flower, used as tea	
98. Toe poe tao sui	Cooked with soybean products	
99. Chak king hi	Whole plants are needed to use as tea for urinary tract infection	
100. Kwang kern	Its tuber is yellow color, used as tea for treating peptic ulcer	
101. Dia dan	Used for decomposing ailments	

Table 3 Botanical details of medicinal plants of the Mien in Sancharurn Village, Nan Province, Thailand (continued)

Mein's medicinal plant name	Meaning	Frequency (species)
Others/Effectiveness of medicine		**11**
102. Hong lin	Good medicine	
103. Chung kong	Lucky plant	
104. Hung teaw yam	Medicine from god	
105. San ta wang	Can treat every disease, for tonic	
106. Mien dia diang	Plant is used as medicine	
107. Tom yae mia	Plant that is used for self care of deer	
108. Yae tai hi	Plant that is used for self care of deer	
109. Chu hung Kun	Medicine from land of god	
110. Hung moa hi	Good plant	
111. Korea cen	Plant which was brought from Korea	
Miscellaneous		**54**

3.1.3.2 General knowledge from the non-specialist informants

Fifty-eight non-specialist informants, 27 men, 31 women, were interviewed about their experience in the use of medicinal plants. The demographic data of all informants is shown in Table 4.

Table 4 Demographic data of the informants

Demographic Data	**Frequency**	**Percent (%)**
Gender		
Male (including 3 herbalists)	30	48.4
Female (including 1 herbalist)	32	51.6
Occupation		
Farmer (4 herbalists)	61	98.4
Other	1	1.6
Religion		
Buddhism (3 herbalists)	53	85.5
Christian (1 herbalist)	9	14.5
Education		
Illiterate (4 herbalists)	51	82.3
Primary school	5	8.1
Secondary school	4	6.5
More advanced	2	3.1

Table 4 Demographic data of the informants (continued)

Demographic Data	**Frequency**	**Percent (%)**
Use of medicinal plants		
Never used	3	5.2
Always used	55	94.8
Reason for use (N=55)		
Traditional use	35	60.3
Easy to find	10	17.2
Recommended by another	5	8.6
Trial and error	5	8.6
Outcome of treatment (N=55)		
Cured	45	81.8
Improved	10	18.2
Number of medicinal plants known by non-specialist informants (N=56)	**6.3 ± 5.8** (species)	
Age of informants (average) ± **SD** (years)	**49.9±14.6** (years)	

From the above table, the average number of medicinal plants known by non-specialist informants was 6.3 ± 5.8 species. The majority of non-specialist informants who have known and used medicinal plants were women. These women learned of

these plants and their uses, particularly those used for postpartum women, from their parents. Villagers have learnt little of medicinal plants use from the herbalists' knowledge because the knowledge that held by herbalists has been conveyed within the family only.

The most common species of medicinal plants used for women were particularly used in the postpartum herbal bath formulae and in food supplement preparations. It is known that in Mien society, the women are the main laborers who are responsible in all of house-works and in the fields. Thus, it is necessary that women have to be healthy and after delivery they have to receive the care and rest needed to enable them to return to work fully recuperated and in as short a time as possible. The knowledge regarding the use of medicinal plants for the primary healthcare of the postpartum women that was discovered and used was then accumulated as a tacit knowledge of the old Mien women. This knowledge has also been transferred to successive generations by oral tradition. However, none of the children have known the medicinal plants name and also indication.

A postpartum herbal tonic consists of five dominant plants which have well known in literature and have been used for lactagogue, postpartum tonic, and increasing mother's blood corpuscles, there were *B. alba* L., *I. herbstii* Hook.f., *Anredera cordifolia* (Ten.) steenis., *Gynura divaricata* (L.) DC., and *Talinum triandulare* (Jacq.) Willd. Their descriptions in literature are shown in Table 5.

Table 5 Uses of other ethnic groups of medicinal plants that commonly used in postpartum herbal tonic recipe of the Mien at Sancharuen Village, Nan Province, Thailand, their phytochemicals and bioactivities in previous literature

Botanical name	Uses of other ethnic groups	Bioactivity	Phytochemicals
1. *Anredera cordifolia* (Ten.) steen.	- Roots and pods are used to treat sexually transmitted diseases [137]	- Roots, leaves extract act against *Staphylococcus areus, P. areruginosa* [137-138] - Ancordin (23kDa), tripsin inhibitor protein from rhizome can stimulate the nitric oxide production in RAW264.7 cells without significant cytotoxicity [140]	-The volatile constituents of aerial parts were phytol, alpha-pinene, neophytadiene, fatty acid methyl esters, methyl hexadecanoate, C-flavone-glucosides [140] -Leaf extract found polyphenol compounds, alkaloids, flavonoid [140] -Ancordin (23kDa) , tripsin inhibitor protein from rhizome [140]
2. *Basella alba* L.	- Pulped leaves applied to boils and ulcers to hasten suppuration [141] - Used for antipruritis, and burns [142	- Tubercles possess antinociceptive and anti-inflammation activity - Against reverse transcriptase [143-144]	- Single Chain (type I) ribosome-inactivating proteins (RIPs) from seed [142]

Table 5 Uses of other ethnic groups of medicinal plants that commonly used in postpartum herbal tonic recipe of the Mien at Sancharuen Village, Nan Province, Thailand, their phytochemicals and bioactivities in previous literature (continued)

Botanical name	**Uses of other ethnic groups**	**Bioactivity**	**Phytochemicals**
2. *Basella alba* L. (continued)	- Use *Basella* mucilage as a topical application irritant, bruise, ringworm, and laboring - Stems and leaves are used as a mild laxative, diuretic, and antipyretic , used as rubefacient, poultice of leaves used to reduce local swelling, sap is applied to acne eruptions to reduce inflammation, decoction of leaves used for its mild laxative effects [142-146]	- Antiviral in AMCV cells - Gomphrenin I was elucidated from fruits possesses anti-oxidation and inflammatory inhibitor - Leaves extract exhibited antimicrobial activity - Methanol extract can directly stimulate testosterone, estradiol, and aromatase mRNA leaves in isolated Leydig cells - Peptides showed potent activity against fungi [144-145, 147-148, 150-151]	- Basella saponins, amino acid such as arginine, leucine, isoleucine, lysine, threonine, tryptophan peptide, phenolic compounds - fruit contains gomphrenin derivative which is betalain pigment - The mucilage consists of polysaccharides 2.6-5.35% - Young shoot and stems are an excellent source of calcium, Iron, vitamin A, B, C [145-146, 149]

Table 5 Uses of other ethnic groups of medicinal plants that commonly used in postpartum herbal tonic recipe of the Mien at Sancharuen Village, Nan Province, Thailand, their phytochemicals and bioactivities in previous literature (continued)

Botanical name	**Uses of other ethnic groups**	**Bioactivity**	**Phytochemicals**
3. *Gynura divaricata* (Linn.) DC.	- Used for the treatment of bronchitis, pulmonary tuberculosis, pertussis, sore eye, toothache, rheumatic arthragia [154]	- Leaves possess antiproliferation activity [154] - Leaf extract showed phenolic compound and flavonoids and antioxidation [158-160] - The ethanol extract has hypoglycemic activity in animal model [161] - Preparation of diabetes risk reduction chili paste containing *G. divaricata* leaves extract showed a decrease of alpha amylase inhibitor activity the longer time of roasting [162-163]	- Leaves include flavonoids, phenolics, cerebrosides, alkaloids, polysaccharide, terpenoids, sterols [153, 155-157]

Table 5 Uses of the other ethnic groups of medicinal plants that commonly used in postpartum herbal tonic recipe of the Mien at Sancharuen Village, Nan Province, Thailand, their phytochemicals and bioactivities in previous literature (continued)

Botanical name	**Uses of other ethnic groups**	**Bioactivity**	**Phytochemicals**
4. *Talinum triangulare* (Jacq.) Willd.	-Used to treat diuretic and gastrointestinal disorders [164] - For treatment of oedema [166] - Used as antipyretic [167]	- Antioxidant [165, 167] - Enhances cerebral functions in Swiss Albino Mice [169] - Is a viable biomass for the removal of Cr (III) and Ni (II) ions from aqueous solutions [170] - The gastrointestinal activity [171]	- Leaves extract positive to tannin, phlobatannins, cardiac, glycosides, saponins, phenols, flavonoids, and alkaloids, fiber, fat, protein, carbohydrate, ascorbic acid, calcium, potassium, magnesium, sodium, ferrous [165, 168-170]
5. *Iresine herbstii* Hook.f.	- Used as tropical medicine to treat eczema and for healing wounds, decoction of leaves is used for fever [173-175, 177] - Used for anemia, used as tonic in Thailand [176]	- Extract has effect on CNS, interacts with central serotonin and dopamine receptors, its alcoholic extract inhibits peroxidation [173]	- Isoflavanone 2',2,5-trimethoxy-6, 7-methylenedioxy, N-feruloyl-tyramine, Glycinebetaine, Trigonelline [172]

While more than twenty species have been used in the formulation of postpartum herbal baths. Each herbal bath formulae may contain more than eight of the most commonly used species used to treat or prevent post-labor conditions. Replacement of species of medicinal plants needs traditional knowledge about which medicinal plants have a similar indication, because changing of medicinal plants made changes the odor and indication because each of these plants have a specific odor and are used for different purposes. Moreover, in each recipe they must be consisted of plants which relieve cover 8 symptoms. Eight groups of symptoms that need to be relief or heal between post-labor are as follows:

1. **Eliminating of waste matter from vagina** this group was mentioned to *O. imbricata* Roxb. which was believed to be the best specy for this indication. The other plants such as *T. palmata* (Roxb. *ex* Lindl.) Vis., *M. superba* Roxb., and *C. citratus* (DC.) Stapf were also mentioned.

2. **Recuperating of postpartum women's health** this category was mentioned that *P. curviflorus* (Wall.) Nees var. *curviflorus* which was believed to be a "medicine from their god" that can help in the recuperating of the postpartum women's health while *Schefflera* sp. aff *S. bengalensis* Gamb. also was believed that it can help postpartum women become healthy in as short time. This indication may imply to antioxidant and other activities of these plants.

3. **Stop bleeding and wound healing** this group has medicinal plant name *E. odoratum* L. present as the main specy which is responsible for this indication.

4. **Analgesic and anti-inflammation** this group consists of many species of medicinal plants that were mentioned to relieve pain including muscle,

joint, bone, and pelvic pain. Anti-inflammation was also mentioned by villagers, they said that it helped relax their muscles. The main species of plants which were mentioned were *A. penangiana* (G.Don) Wilde., *C. asiaticum* L., *C. citratus* (DC.) Stapf, *Scheffera* sp. aff *S. bengalensis* Gamb.. The other plants that were used such as *Z. oenoplia* (L.) Mill var. *oenoplia, P. indica* L., *kalanchoe* sp., and *C. assamica* Bth. var *assamica.*

5. Prevention of fever with convulsion this category was mentioned in the main indication of *P. suaveolens* (Bl.) Merr., and *G. leptostachya* DC. The term of "fever with convulsion" of the Mien's herbalists and villagers belief, it may imply to sepsis or systemic infection conditions because they believe that the cause of this symptom is the drinking and/or bath the dirtied or contaminated water of the postpartum women.

6. Increase blood circulation this indication commonly mentioned by herbalists and villagers as "some plants in recipes can relieve numbness and encourage blood circulation". Species that were mentioned to be responsible in this indication are *P. suaveolens* (Bl.) Merr., *R. communis* L., *P. indica* L.. The other plant that was mentioned such as *L. indica* (Burm. f.) Merr..

7. Refreshment many plants in postpartum herbal bath recipes that were mentioned as aroma plants or refresher. The postpartum women's Mien in Sancharurn village satisfies odors of *C. citratus* (DC.) Stapf, *D. ensifolia* (L.) Red., *B. balsamifera* (L.) DC., *E. odoratum* L., *E. gracilis* Prain, *H. rhomboidea*. M. Martens & Galeotti, *Pogostemon* sp., and/or *L. indica* (Burm. f.) Merr., they said that these odors made them feel relaxed.

8. For specific symptom such as for treating the common cold, itching, anti-flatulance. The plants that are responsible to prevent or treat common cold are *P. chinensis* (Raf.) Merr., *D. ensifolia* (L.) Red., and *A. gramineus* Sol. *ex* W. Ait. While *Tetrastigma* sp. and *B. balsamifera* (L.) DC., *E. gracilis* Prain, *H. rhomboidea*. M. Martens & Galeotti, *Pogostemon* sp. are responsible to prevent itching and skin diseases. Some plants were claimed that their odors helped anti-flatulence in postpartum women such as odors of *C. citratus* (DC.) Stapf and *B. balsamifera* (L.) DC.

From an above mentioned, it may imply that the main plants which are used in the postpartum herbal bath recipe are *O. imbricata* Roxb., *P. curviflorus* (Wall.) Nees var. *curviflorus*, *Schefflera* sp. aff *S. bengalensis* Gamb., *E. odoratum* L., *C. asiaticum* L., *C. citratus* (DC.) Stapf, *P. suaveolens* (Bl.) Merr., *G. leptostachya* DC., and *R. communis* L. while the other plants are used for supplement and replacement. The recipe that use the others plant replace the main plants that may not find in some seasons and some plants are used for treating the specific symptom such as relieve congestion of postpartum women. The recipe which composed of other plants such as preparation 2 (P2) that consisted of 10 plants as following: *O. imbricata* Roxb., *P. curviflorus* (Wall.) Nees var. *curviflorus*, *Schefflera* sp. aff *S. bengalensis* Gamb., *P. suaveolens* Merr., *G. leptostachya* DC., *P. indica* L., *A. penangiana* (G.Don) Wilde., *Tetrastigma* sp., *P. chinensis* (Raf.) Merr., and *T. palmata* (Roxb. *ex* Lindl.) Vis.. All plants that composed in P2 also were selected to tests in this study.

The Mien's postpartum women said that after they had been nourished by both postpartum herbal tonic and postpartum herbal bath recipes, they are not threatened by acute gynaeco-obstetric diseases such as sepsis or bacterial vaginosis or other

ailments like fatigue, dizziness, bone pain and numbness. When a woman in the family gives birth her mother or her mother-in-law will collect the needed medicinal plants and prepare them.

Decoction is the method of preparing herbal medicines for postpartum baths. All the required medicinal plants are boiled together in a big container. The leaves and stems of the plants are the most commonly used parts. The Mien usually boil the herbs until the extract becomes a dark color. Once it has cooled, they will bathe or immerse their body into a bathtub containing the herbal water for ten to thirty minutes, once or twice daily. The residue will be boiled with water again to use the next time. It will be used repeatedly until its color and the odor have diminished.

There are specific beliefs regarding dietary practices after giving birth. Some foods are regarded as poisonous and are avoided altogether such as pumpkin, sticky rice, eggs and bamboo shoots. Other foods are considered to be supplemental foods, such as medicinal plants cooked with chicken. Pepper, black ginger, and sticky rice wine are used to improve health, supplement vital energy, increase blood corpuscles, and increase lactation.

The Mien informants in Sancharurn Village who used postpartum herbal baths along with supplemental foods after delivery reported that it was a positive and beneficial experience. They stated that the herbal baths refreshed them, cleared their airways, relaxed the body, and accelerated healing. All the informants said that they were never threatened with any gynaeco-obstetric diseases. However, there have been young women who have given birth by caesarean section. Three of them never bathed with medicinal plants because they were afraid to get their wound wet. However, their general recovery and prognosis regarding gynaeco-obstetric illnesses

were also good.

From the interviews, researchers also found that ninety-eight species (58% of medicinal plants) used by herbalists were not mentioned by non-specialist informants because they never knew or used them.

3.1.3.3 Quantitative data analysis (Relative Cultural Importance; RCI)

The data from interviews with 58 non-specialist informants showed that women in this community are the medicinal plant collectors. To find the potential of plants, the ethnobotanical quantitative indices were used. The results are shown as follows: The most commonly used species was *A. cordifolia* (Ten.) Steenis with 25 use-reports, giving a use value of 0.43. It was followed by *B. alba* L. (24 use-reports/use-value 0.41), *P. suaveolens* (Bl.) Merr. (23 use-reports/ use value 0.40), *R. communis* L. (22 use-reports/ use-value 0.38) and *B. balsamifera* (L.) DC. (21 use-reports/ use-value 0.36). There were 98 species which had no use-reports (use-value = 0) from the 58 non-specialist informants.

Comparison of the use-values of medicinal plants between males and females found that the women had more experience in using medicinal plants than men. The species most commonly used by women was *A. cordifolia* (Ten.) Steenis with 22 use-reports by 30 informants, giving a use-value of 0.73. This was followed by *P. suaveolens* (L.) Merr. (21use-reports/use-value 0.70), *R. communis* L. (21 use-reports/use-value 0.70), *B. alba* L., (20 use-reports/ use-value 0.67), *G. leptostachya* var. *leptostachya* (20 use-reports/ use-value 0.67), *T. triangulare* (Jacq.) Willd. (17 use-reports/ use-value 0.57) and *Schefflera* sp. aff. *S. bengalensis* Gamb. (16 use-reports/ use-value 0.53). All of the commonly species that used by women are contained in the postpartum herbal bath and postpartum tonic recipes. The species

most commonly used by men was *B. balsamifera* (L.) DC., with 8 use-reports by 28 informants, giving a use-value of 0.29. This was followed by *P. interruptum* Opiz. (7 use-reports/ use-value 0.25), *S. cusia* (Nees) Kuntze (6 use-reports/ use-value 0.21), *K. pinnata* (Lam.) Pers. (5 use-reports/use-value 0.18) and *L. nepetifolia* (L.) R. Br. (3 use-reports/ use-value 0.11). The details of the use-values of medicinal plants are shown in Table 6.

Table 6 Use-values of medicinal plants commonly used by the Mien in Sancharurn Village

Botanical Name	**Use values**	
	Male	**Female**
Leonotis nepetifolia (L.) R. Br	0.11	-
Kalanchoe pinnata (Lank.) Pers	0.18	-
Strobilanthes cusia (Nees) Kuntze.	0.21	-
Piper interruptum Opiz.	0.25	-
Blumea balsamifera (L.) DC.	0.29	-
Schefflera sp.aff. *S. bengalensis* Gamb.	-	0.53
Talinum triangulare (Jacq.) Willd.	-	0.57
Basella alba L.	-	0.67
Gouania leptostachya DC. var. *leptostachya*	-	0.67
Poikilospermum suaveolens (Bl.) Merr.	-	0.70
Ricinus communis L.	-	0.70
Anredera cordifolia (Ten.) Steen.	-	0.73

The usage category with the most use-reports was that of plants used for birth-related conditions with an IAR value of 0.83 (258 use-reports, 44 species) which showed the highest degree of consensus. This was followed by the nervous system category with an IAR value of 0.72 (37 use-reports, 11 species), the muscular-skeletal system category with an IAR value of 0.56 (10 use-reports, 5 species) and the digestive system category with an IAR value of 0.55 (50 use-reports, 23 species).

It can be concluded that there is traditional knowledge and medicinal plant use in Sancharurn Village. However, both qualitative and quantitative data showed similarly in traditional uses of medicinal plants and their role in the primary health care of the villagers has been reduced because of easier access to modern medicines and changes in their lifestyle from close contact with Thai society. Much of the knowledge of the use of medicinal plants has been forgotten or neglected by later generations. Now such knowledge is mainly held by herbalists and some of the older women who have collected medicinal plants for postpartum use. It is a similar situation with Huai Labaoya and Samoon Mai Village in Nan Province [42]. It has had an erosion of medicinal plant knowledge and villagers know little about plants. Nevertheless, the non-specialist informants in Huai Labaoya and Samoon Mai Village never used their plants. In this study we found the herbalists who held most of the knowledge and still played the role for some ailments, such as pain and convulsion while villagers, are women. This knowledge is especially rich in older women who know and use medicinal plants for postpartum treatment. Thus, the formulations that have been trusted and respected from the entire village and have much influence on the Mien lifestyle such as the postpartum herbal bath and the postpartum herbal tonic formulae. These formulations should be the first priorities for conservation and

sustainable cultural use of medicinal plants in this society.

However, knowledge of medicinal plants used by the Mien is very important for the primary healthcare for their postpartum women. This knowledge relates to the philosophy of Oriental Medicine [178] which believes that bathing with medicinal plants can help postpartum women to keep equilibrium in their temperature after delivery. It can prevent chills and shock. Volatile oils of medicinal plants can assist in preventing ailments such as disinfecting the vagina and skin, and for anti-inflammation or as an analgesic. Some of them can promote postpartum health for example some odors of medicinal plants can help boost immunity, make the mother relax, and keep her cheerful. Spiritual health care is an important issue that is a part of holistic care to assist the patient in recovering.