



Maternal Health Through the Use of Herbal Medicines and Traditional Medicinal Plants for Public Health and Ancestral Culture

Junardi Harahap*

Department of Anthropology, Faculty of Social and Political Science, Universitas Padjadjaran, West Java, Indonesia

Abstract

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*Correspondence: Junardi Harahap, Department of Anthropology, Faculty of Social and Political Science, Universitas Padjadjaran, Jatinangor 45363, West Java, Indonesia. E-mail: junardi@unpad.ac.id

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BACKGROUND: The use of traditional medicine for maternal health is very important, to overcome various health problems experienced by mothers, using medicinal plants in the community. Especially with the past modern medicine, the modern one is expensive in medicine compared to the traditional medicine which is much cheaper.

METHODS: The criteria used in this study were the existing mothers, carried out by conducting qualitative research, and also conducting a survey that conveyed how the respondents responded to medicinal plants.

RESULTS: The purpose of this study was to identify medicinal plants used by mothers for their medicinal plants and recommendations for the use of good medicinal plants among mothers to overcome health problems experienced by mothers.

CONCLUSION: Various types of medicinal plants are used by mothers for health and benefits for mothers. Medicinal plants used by mothers are still limited from the information obtained by mothers on the internet, and also for hereditary factors that are culturally lacking, the rest are from neighbors. Recommendations are given to carry out the necessary studies given further studies related to medicinal plants and the preservation of existing traditional cultures.

Introduction

It is necessary to understand how humans define traditional herbal medicinal plants and traditional medicine, in which there are various herbal-based treatments, has led to the rapid development of herbal medicine [1]. This means that from various traditional treatments that are carried out, traditional health skills are better and provide health to mothers using medicinal plants. For the use of medicinal plants, this will provide a different understanding of the use of existing drugs, including from this study, which explains the medicinal plants used by mothers. However, this is exacerbated by aspects of colonialism which have begun to develop and lead to worse than the previous development of medicinal plants [1]. Moreover, if we refer to several countries such as in Asia, Africa, and America, many traditional medicinal plants are used for various healings such as the use of *pegagan* (*Centella asiatica*) which is widely used in Asia and also turmeric (*Curcuma longa*) which is used as a herb [2]. The study also obtained sources of culture-based treatments originating from cultures that have faith in healers and healers using a combination of various treatments, and there is concern that using modern-based medicine is poison and the effects of chemical drugs [1].

The analysis used in this study is an analysis that looks at the use of traditional medicines for mothers and also for maternal health and herbal medicines used by mothers and provide health. It can be said that the role of culture in health is very significant [3], thus making this factor an important factor in existing herbal-based medicine. Moreover, also the religious aspects that exist in the region also turn out to play an important role in treatment and healing [4], which turns out that this religious practice plays a very important role in existing religious matters [5]. Of course, these noble values play a role in society and build the values of medicinal plants in society [6]. In choosing treatment, there are reasons for choosing the traditional treatment [1].

Moreover, to see how this medicinal plant plays an important role in it, there is meaning in spirituality and is played a role in the Asian region [7]. One that can cure is to understand the causative agent with medicinal plants such as diarrhea medicine [1]. In religion, an identity can be symbolized as a spiritual value, the concept of spirituality [8]. Medicinal plants can be used to treat diseases, and also to treat various diseases, including diarrhea problems [1]. Moreover, also by doing treatment using honey, *kencur*, *Aloe vera*, and papaya [2]. It can be said that the plant herbal can treat various diseases such as babies and others [1].

Moreover, also the use of *A. vera* has health benefits [2]. So that treatment is needed that integrates various existing treatment systems [1]. Medicinal plants are widely used such as ginseng (*Panax ginseng*), which has many benefits and is used in Japan, China, East Siberia and Korea and this medicinal plant is very popular in the community [2]. Of course, it is done by methods that are carried out in various ways [1]. Furthermore, the religious aspect also plays a role in the use of medicinal plants to obtain better health by involving the religious aspect, in which there is a deep religious interest [9]. For medicinal plants themselves, such as in the African region, which uses ginger and garlic a lot [10]. Moreover, there is also the opposite view that traditional medicine is not accepted by modern medicine [1].

Hence, it can be said that medicinal plants can be used specifically and can explore various links with the existing social and cultural context [1]. Moreover, in medicinal plants, it must also be seen how the reactions to medicinal plants are for health. Moreover, also for women themselves, they use a lot of herbs which are made for women [10]. There are discussions which state that modern medicine is too much of a problem [1]. In this treatment, there is social support, kinship, and culture in treatment [11], so that healing can be obtained quickly and well and handled quickly as well. For example, the treatment of diarrhea can be done with traditional or modern medicine [1].

An important aspect that needs to be understood, in addition to psychological problems, is that it needs to be understood to solve maternal health problems [12]. As well as, the use of herbal medicine is mostly done by women for their health [10]. Moreover, how do mothers look for forms of health care that are used as choices in their lives [1]. In addition, according to research on the use of traditional medicine, which provides many aspects in the healing process of traditional medicine and existing traditional medicine such as medicines, it also pays attention to pregnant women in their treatment, and the medicines used are herbal medicines used during pregnancy, childbirth, and postpartum. and the use of herbal medicines in an integrative way to treat nausea and vomiting [13]. Then, the traditional healers can play a cultural role in it and also carry out the integration process of various existing modern and traditional medicines [1]. It can be used decoction of tree leaves to treat sick mothers [13]. For pregnancy tests, herbal plants can be used [10]. Moreover, it is very necessary for the integration of both traditional medicine and modern medicine [14]. However, there are also those who understand that some prefer traditional medicine to modern medicine [1]. For maternal health, it is made in the form of immunization to strengthen rather than maternal health [15]. Moreover, in traditional medicine, good and qualified traditional healers are also very much needed [1].

It can be said that traditional medicine in the treatment used by mothers is a treatment that combines various existing plants, and the purpose of this study is to explore the treatment options used by mothers, both modern and traditional, and in particular to look at beliefs both in the sociocultural context, and also how the quality of traditional and modern medicine is available. Of course also, that the existing service system has facilities in it provided [1].

Moreover, finally to explore traditional and modern medicinal plants and how they are integrated from existing treatments. The use of herbal medicinal plants today is so good and many for the community. One of the characteristics of traditional medicine is that it is cheap and easy to access. The purpose of this traditional medicine is to identify medicinal plants that exist and are useful for maternal health. The existing results and the results of this study state that the medicinal plants consumed by mothers are herbal medicinal plants. The use of herbal medicines in mothers who provide research findings that the use of herbal medicines in mothers is very varied which is done by mothers in using medicinal plants. The method used is a qualitative method by conducting interviews and also by conducting surveys. The results showed that the use of medicinal plants was diverse and sourced from the internet and also through generations. The conclusion in this article is that medicinal plants are used by mothers and children not done with modern medicine.

The purpose of this article is to examine qualitatively the problem of how mothers access traditional medicine for their health. The method used is by selecting informants and also by conducting focused discussions and also conducted with interviews conducted by exploration and also by data analysis which is done manually.

Methods

The method used is the qualitative method, with observations and interviews, which are carried out in various aspects with interviews and observations. The method used in this article is to make observations to the area under study and then conduct interviews with the informants under study and also conduct a survey that wants to see better the conditions of the area being studied. Moreover, also by asking about what medicinal plants are commonly used by these people. In conducting close interviews with informants, it is done well so that data can be obtained properly. Entering a description of the location of the research is in the village of *Ciburial*, west Java, Indonesia, which is an area that is overgrown with trees and also a village that borders the city with beautiful natural conditions

and many places for religious activities such as religious activities, recitations, and Islamic boarding schools in the area are found. The air is cool because it is in a mountainous area.

Data collection was carried out by visiting the location and conducting surveys and observations and interviews, with the topics used in the interviews, and for inductive and deductive data analysis and by looking at categories and analyzing data with important themes in the research. Conducting research for 9 months with a qualitative research approach and by visiting research sites by observing and observing existing medicinal plants, conducting interviews, and also participating in focus group discussions that can provide an overview of the medicinal plants contained within them, which is explained about the drug.

The qualitative method used is by conducting interviews and observations, which are very suitable methods to describe the phenomenon and the research carried out. Observations were carried out by visiting the research location and observing various medicinal plants that existed and contained in existing medicinal plants and observing the plants growing at the research site and documenting by documenting through photos of existing medicinal plants. Then, regarding the medicinal plants that were obtained, the informants related to the existing medicinal plants were asked through discussions with traditional healers of traditional medicine. In understanding medicinal plants, it is done by asking traditional healers. The process of asking for traditional medicines is done by discussing related medicinal plants in question and telling stories about treatment through these medicinal plants. Medicinal plants are seen by conducting a survey related to these medicinal plants. Medicinal plants which are an important part of medicinal plants that provide the diversity of existing medicinal plants are carried out by providing an overview of medicinal plants. The most important thing is to observe the medicinal plants that exist in the village and those that grow in the yard and determine which medicinal plants are widely planted in the yard and with the types of plants used by mothers and used in society.

Results and Discussion

Medicinal plants in the archipelago have a significant role in providing health to humans, especially mothers. Maternal health is very important, because mothers are central in the household in advancing various things for children and other very important roles. For this reason, the mother's various activities in various activities are very important for her health. For this reason, it is necessary to understand the medicinal plants that are important for mothers. Of course,

medicinal plants exist for health and also for the welfare of the mother in her household. A strong and healthy body will be obtained from eating medicinal plants that exist in society. There are many medicinal plants in the Indonesian archipelago. The use of herbal medicines can be done by taking into account the existing field conditions.

The use of medicinal plants carried out by mothers in the research area showed that they used medicinal plants that existed and were close to their area, meaning that they used these medicinal plants with awareness of the existence of these medicinal plants in their yard, and then used medicinal plants in their area. The area as a medicinal plant, knowledge gained from generation to generation from these mothers in obtaining the existing medicinal plants. The medicinal plants are planted in the yard in their house.

Although the yard of the house is narrow, it can be used to grow the existing medicinal plants with these makeshift facilities. In contrast to the conditions in the past, where there were still a lot of forest areas in the past, the medicinal plants were obtained from the forest and also in the garden area which sometimes grew by medicinal plants which can be used by mothers to get health from the bodies of the children. mothers in using these medicinal plants.

Now, the conditions with the transition from villages to cities have made areas that used to be forests, paddy fields and gardens have been converted into urban areas leading to medicinal plants which are difficult and rarely found in the area because they have changed functions. For this reason, the mother has made use of the yard at home to plant the existing medicinal plants. What the mothers did was to take advantage of the narrow yard or by planting the medicinal plants in existing pots with makeshift equipment.

In the past, many medicinal plants were found because the area was known as a very fertile area with fertile soil; moreover, the area was a cold area which of course led to medicinal plants being able to grow easily, and in this area, it was also very easy to grow. It was found that cool water and medicinal plants also easily grew in the area, of course, this led to medicinal plants being easily found by the local community. Now, the fertile land is no longer planted with plants but has turned into fungus as housing for residents and has also turned into housing and also business areas which of course leads to the loss of forest land areas as well as rice fields and plantations, and also causes groundwater to become waterlogged. It is a bit difficult to find now and it has started to get ground water which in the past was very easy to find by the villagers.

The mothers are currently growing *A. vera* as a medicinal plant in existing pots, as well as other medicinal plants like ginger, turmeric, and lemongrass in their yards. This indicates that the mothers are growing medicines in pots because to the space constraints on

and around the page. That is why when you are sick, you use the existing medicinal plants, and if you do not get well, what you do is go to a doctor for treatment, it is usually done like that. Life in the city is often felt by stomach acid disease which is then used to cure it by planting medicinal plants in the form of turmeric and ginger to heal and very easy to reach. Stomach acid disease is often found in families because city life makes that the stress level of mothers and families is also quite large, so it takes traditional medicine to cure it in the form of ginger and turmeric, usually if it is not too severe it will heal, but if it does not heal then done by going to the doctor.

The disease that is often felt by mothers is also high blood pressure, which in this case, the mothers do it by giving the cat's whiskers plant for the medicine which is obtained from medicinal plants in the yard, usually with these medicinal plants being treated. However, if the medicinal plant is not cured then what is done is to go to the doctor to cure the disease. Including if the fever can be smeared with eucalyptus oil, to treat it, but if it does not get better then it is done by taking paracetamol as a febrifuge. In the yard is also widely planted with guava, so this plant is also a medicine that can be used to cure diarrheal disease, which can be used is the leaves of the guava which can be used to cure diarrhea problems felt by the family.

Medicinal plants that are widely used by mothers include *rosella*, this medicinal plant is a medicinal plant that is often found, and grows and is planted and consumed by the community and it turns out that this *rosella* medicinal plant has a very important function for the body. One of the important functions of the *rosella* plant is that it has high antioxidants and also has properties as anti-hypertensive, anti-cholesterol, and in the *rosella* plant, there is also a high content of Vitamin C.

Betel is betel many bodies in the *Sunda* region and widely planted in the *Sunda* region. Moreover, it has extraordinary properties and provides good benefits for maternal health in the *Sunda* region. Betel is a plant that lives a lot, in the yard and grows a lot in residential areas and becomes an inseparable part of people's lives in the *Sunda* region. Mother's treatment and the herbal medicine used are a treatment that must be looked at carefully, and the treatment that is mostly done is like the existing treatment which has existing herbal medicines such as betel which is widely planted and used by mothers for their health and well-being. used to obtain opportunities and good health for mothers. Herbal treatment used and carried out by mothers is to plant at home or in the yard of each house which makes the yard function as herbal plants that are beneficial to health and provide important aspects for health by planting these existing herbal medicinal plants and becoming roots. than health and thinking in the existing health culture than existing mothers. What can bring

prosperity and existing health can be done with various existing medicinal plants and in accordance with various aspects of health in maternal health by utilizing existing medicinal plants and providing maternal health.

Treatment through herbal medicine is the most important part for mothers in understanding and making it an important treatment and using existing herbal medicinal plants. However, it is unfortunate that this treatment is still limited to the use of drugs such as betel and others, other medicines that are diverse have not been widely used and use existing chemical drugs. Most of the herbal medicines used are those around such as betel and others are not used, what is widely used is modern medicine for treatment when exposed to disease in terms of treatment, of course. So what becomes a problem means that herbal medicine is not used optimally for treatment for the community.

Treatment with herbs is a favorite with herbal aspects that contain holistic in it which of course has a very good impact on maternal health in urban areas which provides benefits for public health which include mothers in the use of herbs. Many of the herbal treatments carried out by mothers only provide herbal treatment and also only those in the fig yard and also still use modern knowledge from doctors. Existing herbal plants are of course limited to existing herbal medicinal plants.

Herbal medicinal plants that are often planted are turmeric, *kencur*, *binahong*, and ginger. Then, guava leaves for children with diarrhea and also children with worms with soursop leaves when it is difficult to defecate. Turmeric for menstrual pain and constipation is given fresh vegetables. *A. vera* is a burn medicine, hair fertilizer, and also for internal heat.

Rosella is used for high blood pressure, ginger for appetite, and if it does not work, then use herbal plants, then go to the doctor. Mothers frequently employ medicinal herbs like *cikur*, lime, *binahong*, and betel to improve their health, and the wisdom that mothers learn from the information provided is passed down hereditarily and from generation to generation. *Binahong*, turmeric, *kencur*, and ginger are widely used by mothers, and red onion for fever, guava for diarrhea, intestinal worms with Chinese bananas, and constipation with papaya, sour turmeric for menstrual pain. Honey, milk, vegetables, fruits, and *A. vera* are used for maternal health.

The benefits felt by mothers in consuming herbal plants are that consuming *rosella* is useful for facilitating digestive problems, eating *temulawak* will increase appetite, then eating guava will be useful for treating diarrhea, and eating *binahong* is efficacious for treating aches and pains. Turmeric, *temulawak*, and *sembung* are also carried out by planting in the yard. Turmeric, shallots, and *sembung* are planted in the yard, while shallots are for fever and guava leaves for diarrhea and constipation with papaya. Information for medicinal plants from television and *A. vera*, turmeric, lemongrass,

and ginger was used. And to get health, especially stomach acid problems, turmeric can be consumed, and besides that, it is conveyed by mothers by drinking more water and also by consuming lots of vegetables and fruit. Cat's whiskers for high blood pressure, guava for diarrhea, and *binahong* are also used for medicinal plants. Information obtained from neighbors, and cat whiskers, onions in the groove, hot children.

The explanation given by the mothers is that *A. vera* for the skin is good for treating the beauty of mothers, and besides being like a medicinal plant, guava is used as a medicine for dengue fever. Moreover, if it does not work and if it is severe, just go to the doctor and trust the doctor in terms of treatment. Ginger, turmeric, and lemongrass, for turmeric for ulcer pain, grated onion and for compression, put on the crown. Mothers frequently employ *A. vera* for cosmetic appeal, rosella to stabilize blood, and turmeric to promote healthy menstruation. From the survey data submitted, the majority of mothers received information about medicinal plants between the ages of 24 and 56 years. The majority of information obtained from the internet, then passed down from generation to generation and others from neighbors. The information that can be obtained is mostly from the internet, which means that it can be used as internet information that can be used as a benchmark from various aspects of the internet which is used as a benchmark for existing information in accordance with various aspects of information from the internet that can be used as internet information. The internet has become a part of the lives of existing mothers, being an inseparable part of mothers means that mothers have become part of the internet's life in existing parts of life. Internet life is an existing part of people's lives that have mothers in it.

There are many activities of mothers and they are involved in it, meaning that the internet has become part of their daily lives. So that any information available from the internet has become an inseparable part of existing activities and provides various aspects that exist in society and also to various aspects of existing information according to existing aspects. In various aspects, there are those who provide information that the existing aspects are in accordance with the existing internet aspects which can provide the existing aspects according to the internet aspects in the existing aspects. Hence, it can be concluded that the community of mothers become people who can become mothers who play a significant role in using the internet. The internet has become an inseparable part of existing mothers and has become an integral part of an inseparable part of the existing community and community.

After that, it is only then from generation to generation from existing customs that it becomes the second information which then becomes part of which when analyzed there are existing problems, which exist in accordance with what has brought people to have started to forget the existing traditions, and requires an important effort. Which provides an important picture in

the existing alternative medicine and provides existing hereditary and provides health that exists and is carried out for generations.

In data analysis, it can be said that there is a decline in local wisdom to become a part of the existing local wisdom data have become hereditary and become part of hereditary and this has become an inseparable part of an inseparable part from various sources that can be an integral part. The need to bring this problem into an inseparable part from various aspects and leave the existing local wisdom, in accordance with the existing culture which must then be developed to understand the existing culture.

There is a decline in understanding the existing culture, a culture that is starting to understand less about the culture of medicinal plants anymore, so it is necessary to understand the culture that is part of the various existing aspects, which is an important part of the various existing cultures that are an inseparable part of various aspects. Hereditary culture that exists and becomes part of various aspects that become various important aspects in various existing aspects according to aspects with important aspects that exist and become more important aspects that are very important in various existing things. From generation to generation, there has been a decline in the existing local culture in accordance with various hereditary aspects that exist in accordance with the aspect that culture becomes less prioritized. Culture becomes a less important part, meaning that medicinal plants are not important in society and so are important in society and the various conditions that exist according to important aspects of existing things.

An important solution in this case so that it becomes an important aspect in various aspects of existing culture. Culture needs to be developed again, according to important aspects of culture that needs to be developed to get cultural aspects in it. Community culture and become a part that needs to be developed in existing medicinal plants in accordance with existing aspects. Culture needs to be considered and developed and becomes something that is fundamental in accordance with existing facilities and has an impact, it needs to be developed again, so that culture can become a cultural aspect as a guide. Culture in the concept of local culture needs to be developed in an important way in understanding the various aspects that exist. Medicinal plants become an important part in various aspects that exist according to aspects that exist according to cultural aspects in various aspects of culture according to aspects of life of medicinal plants. Dimensions in various aspects within aspects of various aspects that exist according to many various aspects that exist. Various aspects in the various aspects that exist, according to the wishes that exist.

Medicinal plants are an inseparable part of medicinal plants and become an inseparable part of an important part of medicinal plants that have been passed down from generation to generation to become

an important part of a part that does not hereditary affect existing health so that medicinal plants are naturally well hereditary. Well and medicinal plants need to be treated well in various aspects in the various aspects that exist.

Conclusion

In this study, it was stated that the cultural aspect had begun to disappear from the knowledge of mothers about medicinal plants, so a collaborative effort was needed from various parties for the improvement process for cultural preservation in medicinal plants used by mothers in these medicinal plants, and these recommendations are important to bring about the improvement and preservation of that culture into the future. In it that mothers have an important role in deciding which herbal treatment to do whether through the internet, their culture or their neighbors, and it turns out that the choice of the internet is more carried out in their selection and this becomes a problem with the shifting of cultural factors in it. Of course, there needs to be a good interaction and also training for mothers to get good information for the health of these mothers. The need for training for mothers is to get good information for the treatment, they are doing so that problems that arise do not occur again, such as problems related to economic problems which are the main factors that lead to the choice of maternal health. This includes trainings that can be the first choice so that a mother becomes to have mothers to get good information for their health and also has an impact on the health of mothers so as to develop their skills and also has an impact on the choice of culture in its preservation.

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