

# **REHABILITATION OF POSTPARTUM MOTHERS BASED ON THAI TRADITIONAL MEDICINE IN NAKHON PATHOM PROVINCE, THAILAND**

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## **ABSTRACT**

Rehabilitation of postpartum mothers based on Thai traditional medicine helps mothers after giving birth to have a good health or recovery rapidly. The purposes of this study are to examine the postpartum mothers' attitude toward rehabilitation of postpartum mothers based on Thai traditional medicine and to study methods of rehabilitation of postpartum mothers based on Thai traditional medicine. The sample used to study was drawn by using the purposive sampling with the number of 30 persons from the population of postpartum mothers in Nakhon Pathom Province. The data was gathered between March and July, 2016 by using in-depth interview and group discussion. The technique used for analyzing was the Content Analysis. The research findings are that the postpartum mothers had positive attitude toward rehabilitation of postpartum mothers based on Thai traditional medicine at a good level. This is because they received knowledge of Yoofai Method after giving birth based on Thai traditional medicine. The knowledge was transferred by their parents and friends, as well as from the Internet. The appropriate methods of rehabilitation of postpartum mothers based on Thai traditional medicine were Herbal Grajome, Herbal Massage, Herbal-Bath Taking, Yoofai Series and including eating nutrient food.

Keywords- Rehabilitation based on Thai Traditional Medicine, Postpartum Mothers