**PLANTS USED FOR TRADITIONAL POSTPARTUM CARE BY SAMA-BAJAU PEOPLE IN KOTA BELUD, SABAH, MALAYSIAN BORNEO.**

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**Abstract.** This study aims to present local traditional plants that have been used by Sama-Bajau women during postpartum care. From the face to face interview with local people, seven species were identified have been used traditionally to care women during their confinement period. The seven species are *Aloe vera*, *Bambusa* sp*.*, *Cosmus caudatus*, *Curcuma longa*, *Curcuma zanthorrhiza*, *Momordica charantia*, *Zingiber zerumbet*. The part of plants that have been utilized in preparations including leaves, young shoot, tuber, and fruits. The preparations were not just consumed orally, but also used as bathing mixture for both mother and new born infants. The traditional knowledge of postpartum care seldom scientifically documented, only passed through oral communication or by observing practice through generations.

**Keyword:** Kota Belud, Plant, Postpartum, Sabah, Sama-Bajau

**INTRODUCTION**

Sabah state of Malaysia is described with tropic weather and 4200 mm annual rain fall that advocate her establishment of biodiversity. The forest cover in Sabah encompassed approximate area of 37600 KM2, of which considered high according to Southeast Asia region’s standard. Sabah is also home for 40 indigenous ethnics and sub-ethnic groups, and each group has their own identity, lifestyle, and traditional culture. The Bajau community is the second largest native ethnics after Kadazandusun group, the Bajau make 13% of total native population in Sabah. Bajau is a generic word used to group several closely related sub ethnics, mainly Sama-Bajau and Aa’a Sama.

The Sama-Bajau of Kota Belud is also acknowledged as inland Bajau due to their traditional livelihood that related to activity such as paddy agriculture, forest foraging, livestock rearing, and also as skillful horsemen.