

Scientific name	Local name ^a	Voucher ^b	Preparation	Type of Use	Medical use	Part used	Village ^c	Ethnic ^d
<i>Ageratum conyzoides</i> L. (Asteraceae)	Nga Kiou (L)	Kool 501; 518; 634; 653	Leaves used for steambath and washing	Steambath / Body wash	Postpartum recovery	Leaves	8	S
<i>Allium cepa</i> L. (Alliaceae)	Pak Boua (L)	Cultivated	Boiled as vegetable	Boiled	Postpartum recovery	Plant	9	S
<i>Alpinia galanga</i> (L.) Sw. (Zingiberaceae)	Kga (B,S)	Cultivated	Roasted rhizome eaten	Eat	Postpartum recovery	Rhizome	3,8,10	B,S
<i>Alpinia</i> spp. (Zingiberaceae)	Kga (L,S); Pa Proung (B)	Kool 504; 580; ELLA 2; 5; 10	Steambath and washing for recovery ^{3,4,8,9,10} ; Roasting ⁷ ; Roasted rhizome eaten ^{8,10}	Steambath / Body wash ^{3,4,8,9,10} ; Roasting ⁷ ; Eat ^{8,10}	Postpartum recovery	Rhizome ^{1,4,8} ; Stem ¹ ; Leaves ^{1,3,7,8,10}	1,3,4,7,8,9 ,10	B,S
<i>Amomum</i> cf. <i>microcarpum</i> C.F. Liang & D. Fang (Zingiberaceae)	Mak Neng Kham (L); Same (B)	Kool 503; HVL 034; ELLA 13; 15; 16; 17	Used for steambath and washing	Steambath / Body wash	Postpartum recovery	Rhizome ^{3,4,6} Stem ^{1,2,3,4,6} Leaves ^{1,2,8}	1,2,3,4,6,8	B,K,S
<i>Amomum</i> spp. (Zingiberaceae)	Mak Neng Khao	Not collected	Rhizome used for steambath and washing	Steambath / Body wash	Postpartum recovery	Rhizome	1,3	B
<i>Artocarpus</i> <i>heterophyllus</i> Lam. (Moraceae)	Mak Mie (L)	Kool 472; ELLA 50	Leaves used for steambath and washing ³ ; Peduncle used for more milk ⁹	Steambath / Body wash ³ ; Decoction ⁹	Postpartum recovery ³ ; Lactagogue ⁹	Leaves ³ ; Peduncle ⁹	3,9	B,S
<i>Bambusa bambos</i> (L.) Voss (Poaceae)	Pai Paa (L); Pai Tuan (S)	Kool 588	Leaves used for steambath and washing	Steambath / Body wash	Postpartum recovery	Leaves	3,8	B,S
<i>Bambusa blumeana</i> Schult. & Schult. f. (Poaceae)	Pai Baan (L)	Kool 587	Leaves used for steambath and washing	Steambath / Body wash	Postpartum recovery	Leaves	3	B
<i>Bambusa tulda</i> Roxb. (Poaceae)	Mai Bong	Not collected	Leaves used for steambath and washing	Steambath / Body wash	Postpartum recovery	Leaves	3	B
<i>Bischofia javanica</i> Blume (Euphorbiaceae)	Som Fat, Boun Fart (L); Ja Lang Deum (K)	Not collected	Massage breasts with young leaves	External	Lactagogue	Leaves	4,6	B,K

<i>Blumea balsamifera</i> (L.) DC. (Asteraceae)	Bai Naad (L); A Phuak (B); Bu Naek (S)	Kool 614; ELLA 49; 57; 78	Cover bed during roasting for 10-15 days ^{1,2,9,10} ; Place leaves on coals under bed ^{4,8}	External ^{1,2,9,10} ; Roasting ^{4,8}	Postpartum recovery	Leaves	1,2,4,8,9,10	B,S
<i>Brassica juncea</i> (L.) Czern. (Brassicaceae)	Pak Khaad (L)	Cultivated	Boiled as vegetable, against headache and to improve milk	Boiled	Postpartum recovery; Lactagogue	Plant	7,8	S
<i>Brassica oleracea</i> L. (Brassicaceae)	Pak Ka Lam (L)	Cultivated	Boiled as vegetable	Boiled	Postpartum recovery	Plant	7	S
<i>Calamus rudentum</i> Thwaites (Arecaceae)	Boun Wai (L); Njod Woun (S); Pull (K)	Kool 668	Shoots boiled as vegetable (S, K); or grilled (K)	Boiled	Postpartum recovery	Shoots	6,8,9,10	K,S
<i>Camellia sinensis</i> (L.) Kuntze (Theaceae)	Bai Chai (L)	Cultivated	Infusion drunk 10 days following parturition	Infusion	Postpartum recovery	Leaves	3	B
<i>Centella asiatica</i> (L.) Urb. (Araliaceae)	Pak Nok (L)	Kool 523; 553	Treatment of hot fever in babies up to 6 months. Place a handful in a bowl of cold water for 5-30 min, then drink and/or wash the infant	External; Cold extract	Infant care	Plant	7	S
<i>Chromolaena odorata</i> (L.) R. M. King & H. Rob. (Asteraceae)	Nga Yerraman (L)	Kool 540; 632; 648	Place young leaves on coals ⁴ ; Cover bed during roasting ¹	Roasting	Postpartum recovery	Leaves	1,4	B
<i>Claoxylon indicum</i> (Reinw. ex Blume) Hassk. (Euphorbiaceae)	Kok Krasell (L); Koh Krasell (S)	Kool 621; 797	Leaves used for decoction	Steambath / Body wash	Postpartum recovery	Leaves	9,10	S
<i>Cyathula prostrata</i> (L.) Blume (Amaranthaceae)	Tong Chod (L)	Not collected	Plant used for steambath and washing	Steambath / Body wash	Postpartum recovery	Plant	6	K
<i>Dioscorea</i> sp. nov. (Dioscoreaceae)	Tha Thaet Tai; Taet Tae	Kool 645	To treat fever in children. Root used as decoction to wash the infant	Decoction	Infant care	Root	9	S
<i>Elaeagnus conferta</i> Roxb. (Elaeagnaceae)	Kheua Mak Rod (L)	Kool 589	To have enough milk if you are breastfeeding several children at the same time	Decoction	Lactagogue	Leaves; Stem	8	S

Unidentified (Euphorbiaceae)	Khamborsouk (B, S)	Kool 469	Leaves used for steambath and washing ^{3a} ; Boil a handful of roots and leaves in a pot of water until the water level has gone down 2 fingers ^{3b} ; Remove bark through burning and use wood. Not during roasting ¹⁰	Steambath / Body wash ^{3a} ; Decoction ^{3b,10}	Postpartum recovery	Leaves ^{3a,b} ; Roots ^{3b} ; Wood ¹⁰	3,10	B,S
Unidentified (Euphorbiaceae)	Thadrok Ngoua (S)	Kool 557	Remove bark through burning and use wood. Not during roasting	Decoction	Postpartum recovery	Wood	10	S
<i>Eurycoma longifolia</i> Jack (Simaroubaceae)	Kok Yik Bor Thong (L)	Kool 595	To treat rash in infants. Leaves used for decoction used for washing	External	Infant care	Leaves	9	S
<i>Ficus hispida</i> L.f. (Moraceae)	Doua Pong (L); Je Lang Ka Tod (K)	Kool 511	Leaves used for steambath and washing	Steambath / Body wash	Postpartum recovery	Leaves	6	K
<i>Gigantochloa parvifolia</i> (Brandis ex Gamble) T.Q. Nguyen (Poaceae)	Mai Sod (L); Pho Tiroy (B); Mai Or (S); Balre Pa Choy (K)	Kool 471	Leaves used for steambath and washing ^{3,6} ; Shoots boiled as vegetable ^{9,10}	Steambath / Body wash ^{3,6} ; Boiled ^{9,10}	Postpartum recovery	Leaves ^{3,6} ; Shoots ^{9,10}	3,6,9,10	B,K,S
<i>Globba</i> spp. (Zingiberaceae)	Waen (L); Ngaal (S)	Kool 590	Rhizome boiled alone or together with Mai Puai. Decoction drunk 2-3 times daily for 2 months to get good milk	Decoction	Postpartum recovery; Lactagogue	Rhizome	8,9	S
<i>Gonocaryum lobbianum</i> (Miers) Kurz (Icacinaeae)	Seng Muang (L)	Kool 470	Leaves used for steambath and washing ^{1,3} ; Massage breasts with young leaves ⁶	Steambath / Body wash ^{1,3} ; External ⁶	Postpartum recovery ^{1,3} ; Lactagogue ⁶	Leaves	1,3,6	B,K
<i>Hedychium</i> sp. (Zingiberaceae)	Saay Houn (L); Je Lang Yaal (K)	Kool 506	Root eaten as vegetable after birth	Boiled	Postpartum recovery	Roots	6	K
<i>Imperata cylindrica</i> (L.) P. Beauv. (Poaceae)	Nga Kha (L,B)	Kool 483	Entire plant used for steambath and washing	Steambath / Body wash	Postpartum recovery	Plant	3,6	B,K
<i>Ipomoea aquatica</i> Forssk. (Convolvulaceae)	Pak Boung (L)	Cultivated	Boiled as vegetable	Boiled	Postpartum recovery	Plant	7	S

<i>Knema</i> sp. (Myristicaceae)	Ka Sec R'Jae (K); Kheua Leuad (L)	Kool 500	Infusion of the roots is drunk from 2 days up to 2 months after the delivery	Decoction	Postpartum recovery	Roots	5,6	K
<i>Lagerstroemia calyculata</i> Kurz; <i>L. macrocarpa</i> Kurz (Lythraceae)	Mai Puai (L); Koh Raan, Koublau (S); Kun Siliang (B)	Kool 515; 547; 679; 837	Decoction of bark drunk during confinement ^{4,9,10} ; Take about 30 cm of stem, roast it clean, chop finely, boil, and drink for 1 month postpartum ^{7,8}	Decoction	Postpartum recovery	Bark ^{4,9,10} ; Wood ^{7,8}	4,7,8,9,10	B,S
<i>Lygodium salicifolium</i> C. Presl (Lygodiaceae)	Pak Kot Kheua (L); Ni Ray Koy (B)	ELLA 26	Prevents sickness and dizziness when leaving the bed after the roasting period	Steambath / Body wash	Postpartum recovery	Plant	2	B
<i>Maesa</i> sp. (Myrsinaceae)	Kok Mak Deuan (L); Ko Mak Kok (S)	Kool 543; 842	Boiled roasted wood is drunk	Decoction	Lactagogue	Wood	10	S
<i>Mangifera indica</i> L. (Anacardiaceae)	Mak Muang (L)	Cultivated	Leaves used for steambath and washing	Steambath / Body wash	Postpartum recovery	Leaves	3	B
<i>Melicope viticina</i> (Wall. ex Kurtz) T.G. Hartley (Rutaceae)	Kok Maad (L); Koh Maad (S)	Kool 551; 570; 598	Drink decoction of the leaves ^{4,9,10} ; Use leaves for roasting ^{7,8,10} ; Put leaves on bed and rest ¹⁰	Steambath / Body wash ^{4,9,10} ; Roasting ^{7,8,10} ; External ¹⁰	Postpartum recovery	Leaves	4,7,8,9,10	B,S
<i>Musa acuminata</i> Colla (Musaceae)	Mak Pie Kuay (L); Eupong (B); Mak Pri (S); Ta Lou Ma La (K)	Not collected	Juvenile inflorescence boiled as vegetable	Boiled	Postpartum recovery; Lactagogue	Flower	4,5,6,7,8,9, 10	B,K,S
<i>Ocimum basilicum</i> L. (Lamiaceae)	Ee Toh Thai (L)	Cultivated	Anthelmintic for infants: Use one handful of leaves and stems. Put in cold water and drink.	Cold extract	Infant care	Leaves	7	S
<i>Persea odoratissima</i> (Nees) Kosterm. (Lauraceae)	Kok Mai Hoom (L)	ELLA 21	Leaves and singed stem for steambath; massage breasts with young leaves	Steambath / Body wash; External	Lactagogue	Leaves; Stem	2	B

<i>Phoebe lanceolata</i> (Nees) Nees (Lauraceae)	Paivenh (L); Kok Yuang; Kok Tan Tae (S)	Kool 538; 619	Leaves used for steambath and washing ^{2,3,7} ; Roasting ⁹	Steambath / Body wash ^{2,3,7} ; Roasting ⁹	Postpartum recovery	Leaves	2,3,7,9	B,S
<i>Piper lolot</i> C. DC. (Piperaceae)	Pak Ieud (L); Prak Leud (S)	Kool 478	Boiled as vegetable ^{8a,9,10} ; coalescence ^{8b} ; To treat hot fever in infants: Apply poultice to the head. Start when the child gets sick and continue up to 3-4 months ⁷	Steambath / Body wash ⁸ ; Boiled ^{8,9,10} ; Poultice ⁷	Postpartum recovery ^{8,9,10} ; Infant care ⁷	Leaves	7,8,9,10	S
<i>Polyalthia cerasoides</i> (Roxb.) Bedd. (Annonaceae)	(Nam) Tao Noi (L)	Kool 513; 575	Leaves used for roasting ³ ; Drink a decoction of the wood ^{2,6}	Roasting ³ ; Decoction ^{2,6}	Postpartum recovery ^{3,6} ; Recover after miscarriage ²	Leaves ³ ; Wood ^{2,6}	2,3,6	B,K
<i>Psychotria sarmentosa</i> Blume (Rubiaceae)	Van Chod (L); Ko Brao (S); Sala Ba La (K)	Kool 468; ELLA 3; 22; 163	Drink a decoction of the wood for up to 2 months	Decoction	Postpartum recovery ^{1,2,4,6,7,9,10} ; Lactagogue ¹	Wood	1,2,4,6,7,9 ,10	B,K,S
<i>Rhapis laosensis</i> Becc. (Arecaceae)	Kok Sarn (L)	Kool 571	Decoction of the root	Decoction	Recover after miscarriage	Roots	2	B
<i>Rubus tonkinensis</i> F. Bolle, R. <i>cochinchinensis</i> Tratt. (Rosaceae)	Katoum Deng (L)	Kool 542; 552; 574; 631	Infusion	Infusion	Menstruation problems	Leaves	9	S
<i>Sida retusa</i> L. (Malvaceae)	Nga Khad (B)	Kool 474	Entire plant used for steambath and washing	Steambath / Body wash	Postpartum recovery	Plant	3	B
<i>Smilax</i> spp. (Smilacaceae)	Kheua Ya Hua (L); Tang (K)	Kool 550; 774; 782; 824	Leaves used for steambath and washing ⁵ ; First day after delivery: remove bark from stem, chop finely, boil and drink 2-3 times ⁶	Steambath / Body wash ⁵ ; Decoction ⁶	Postpartum recovery	Leaves ⁵ ; Stem ⁶	5,6	K
<i>Tacca chantrieri</i> André (Taccaceae)	Kok Tui (L); Touis (K)	Kool 505	Boiled root eaten postpartum. Bitter	Boiled	Postpartum recovery	Roots	5,6	K

<i>Zingiber officinale</i> Roscoe (Zingiberaceae)	Khing (L); Ai Seuj (B)	Cultivated	Crush rhizome and put in the ear	External	Postpartum recovery (Postpartum haemorrhage)	Rhizome	4	B
Unidentified (Zingiberaceae)	Koh Pa Kang (L); Ta Kong Kalua (B)	ELLA 18	Stops secondary postpartum haemorrhage	Decoction	Postpartum recovery (Postpartum haemorrhage)	Rhizome	2	B
Unidentified (Zingiberaceae)	Pi Din (L)	ELLA 4	Stem and leaves used for steambath and washing	Steambath / Body wash	Lactagogue	Stem; Leaves	2	B
<i>Ziziphus attopoensis</i> Pierre (Rhamnaceae)	Kham Lang seghon (L); Tha Sua Ghon (S)	Kool 546	Remove bark through burning and use wood. Not during roasting	Decoction	Postpartum recovery	Wood	10	S
<i>Ziziphus oenophila</i> (L.) Mill. (Rhamnaceae)	Kok Lep Meo (L); Si Mu Chong (B)	Kool 680	Alleviate postpartum abdominal pain; Expel the placenta	Decoction	Postpartum recovery; Parturition	Wood	2	B

^aLanguages are abbreviated: Lao (L), Brou (B), Saek (S) and Kry (K). ^bVouchers of all collections are deposited at the Uppsala University Herbarium (UPS) and the herbarium of the Biology Department, National University of Laos; ^cVillages are numbered: 1. Ka Oy; 2. Mak Feuang; 3. Phung; 4. Koutnae; 5. Maka Tai; 6. Maka Kang; 7. Dteun; 8. Buuk; 9. Nameo; 10. Nameuy; ^dEthnic groups are abbreviated: Brou (B), villages 1-4; Kry (K), villages 5-6; Saek (S), villages 7-10.