

# ATRIA

ISSUE 1 - DECEMBER 2024

MEDICAL FMHS

## Motherhood

**PREGNANCY**  
in 4th Series

**PRENATAL**  
moves

**MEROYAN**



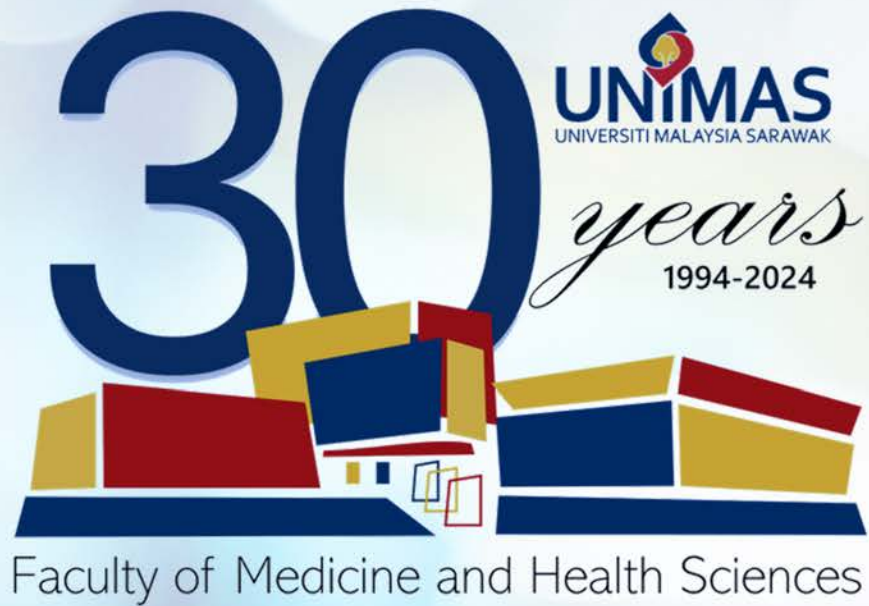
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Faculty of Medicine and Health Sciences



# FACULTY PROFILE

## **Our Vision**

A Global Leader in Medicine and Health Sciences Education.



FACULTY OF  
MEDICINE & HEALTH SCIENCES

## **Our Mission**

To enhance the health and well-being of the global community through the pursuit of excellence in teaching, research, and strategic collaboration.



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# Dean's

## FOREWORD



It is my great pleasure and privilege to pen this foreword for the inaugural issue of our Faculty of Medicine and Health Sciences magazine, a milestone that reflects the spirit of innovation, collaboration, and community engagement embedded in our mission. The theme for this issue—**Motherhood**—resonates deeply, not just within the realms of medicine but in every aspect of life. It is a theme that honors resilience, care, and the irreplaceable role of mothers in shaping healthier families, societies, and, indeed, the future of humankind. The World Health Organisation (WHO) also considers maternal health an important indicator of the quality of a health system.

As educators, researchers, and health professionals, we are acutely aware of the intricate intersections between motherhood and medicine. From maternal health to child development, from supporting mothers as patients to acknowledging them as healers and caregivers, our faculty remains committed to advancing knowledge and practice that nurture life at every stage. This issue reflects those commitments, celebrating mothers as partners in healthcare while exploring the challenges they face in today's world—be it through community-focused and communal knowledge research, advice from healthcare professionals, or contemporary issues in maternal and child care.

At UNIMAS, we believe that our role extends far beyond classrooms and clinics. We strive to be active contributors to societal well-being and drive meaningful dialogue, particularly around themes that profoundly affect lives. Motherhood embodies strength, compassion, and sacrifice—qualities we aim to emulate in our professional and personal pursuits.

I congratulate the editorial team and contributors for bringing this vision to life and setting a high standard for this inaugural issue. To our readers, may you find this magazine both insightful and inspiring, a reflection of our faculty's dedication to excellence, research, and the communities we serve. I hope this is the beginning of a long and enriching journey for our magazine.

Thank you.

**Professor Dr Asri Bin Said**

It is with great pride and excitement that I welcome you to the very first issue of ATRIA Medical FMHS, a platform envisioned to celebrate knowledge, innovation, and the incredible stories within our faculty and beyond. This issue offers a multidimensional look at motherhood, featuring articles that delve into maternal health, psychological well-being, and the societal impacts of mothers' contributions. We are proud to highlight research and perspectives from our talented faculty, as well as insights from our vibrant postgraduate and undergraduate students. Together, their voices form a tapestry of academic rigor and personal reflections that make this magazine truly special.

In addition to our theme, this issue serves as a window into the life of our faculty. You will find updates on our new staff members, who bring fresh expertise and energy to our community, as well as highlights from recent events that showcase the dynamic spirit of our institution.

At ATRIA Medical FMHS, our mission is to inspire, inform, and connect. This magazine is more than a collection of articles—it is a celebration of our shared commitment to knowledge and humanity. To our readers, we thank you for being part of this journey. To our contributors, we extend our deepest gratitude for making this debut issue a remarkable one.

Here's to a future filled with discovery, collaboration, and the unwavering spirit of our faculty.

## Chief's FOREWORD



**Dr. Muhammad Wahizul Haswan B  
Abdul Aziz**

# POSTNATAL CARE TIPS:

## Advantages of Using Traditional Medicine Ingredients

Taking care of yourself after having a baby is very important. While doctors and hospitals offer great medical support, new moms also find comfort in using traditional remedies. Adding natural ingredients to your postnatal care can be helpful. A herbalist from Kpg Bruit says that the benefits of these traditional remedies have been valued and shared for generations in the Melanau community (Kassim et. al.,2016).

One of the best things about traditional medicine is that it uses natural ingredients such as plants and herbs that are gentle on your body. As it widely known, turmeric is notable for its ability to reduce swelling and pain, which can be really helpful after childbirth. Ginger is another great ingredient; it helps with digestion and can give you a little energy boost when you're feeling tired.

**Traditional remedies focus on healing your whole self, including your body, emotions, and spirit. For instance, fenugreek is often used to help boost milk production, supporting your overall well-being after giving birth.**



Adding these ingredients to your daily routine is easy and fun. You can make calming herbal teas with fragrant pandan leaves. Spice up your meals with turmeric or ginger for extra flavour and health perks. The Melanau people also use tepus in warm baths to help cool down during the confinement period (Kassim et.al., 2016).

Before trying any new remedies, even natural ones, it's important to talk to your doctor. They can make sure these ingredients are safe for you, especially if you're taking other medications.

In short, using traditional medicine ingredients can be a gentle and complete way to help you recover after having a baby. These remedies provide a natural healing method that has been trusted for generations.



**Dr. Siti Zaleha binti Raduan**  
Neuropharmacologist



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