



Impact Assessment of Traditional Herbal Remedies on HIV/AIDS Treatment Adherence Among Rural Women in Zimbabwe

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Abstract

HIV/AIDS is a significant public health issue in rural Zimbabwe, where traditional herbal remedies are commonly used alongside conventional medical treatments. A mixed-methods approach including surveys, interviews, and focus groups was employed to gather data from a sample of 150 rural women in Zimbabwe's rural areas. Traditional herbal remedies were reported by 72% of participants as an integral part of their HIV/AIDS treatment regimen. However, only 45% adhered strictly to both traditional and conventional treatments simultaneously. The integration of traditional practices into formal healthcare systems could improve adherence if supported with evidence-based guidelines. Healthcare providers should incorporate knowledge about traditional remedies into their care plans and encourage patients to discuss complementary therapies with them. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^{-1} p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African Geography, Rural Health, Ethnopharmacology, Treatment Adherence, Traditional Medicine, Qualitative Research, Quantitative Analysis*

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